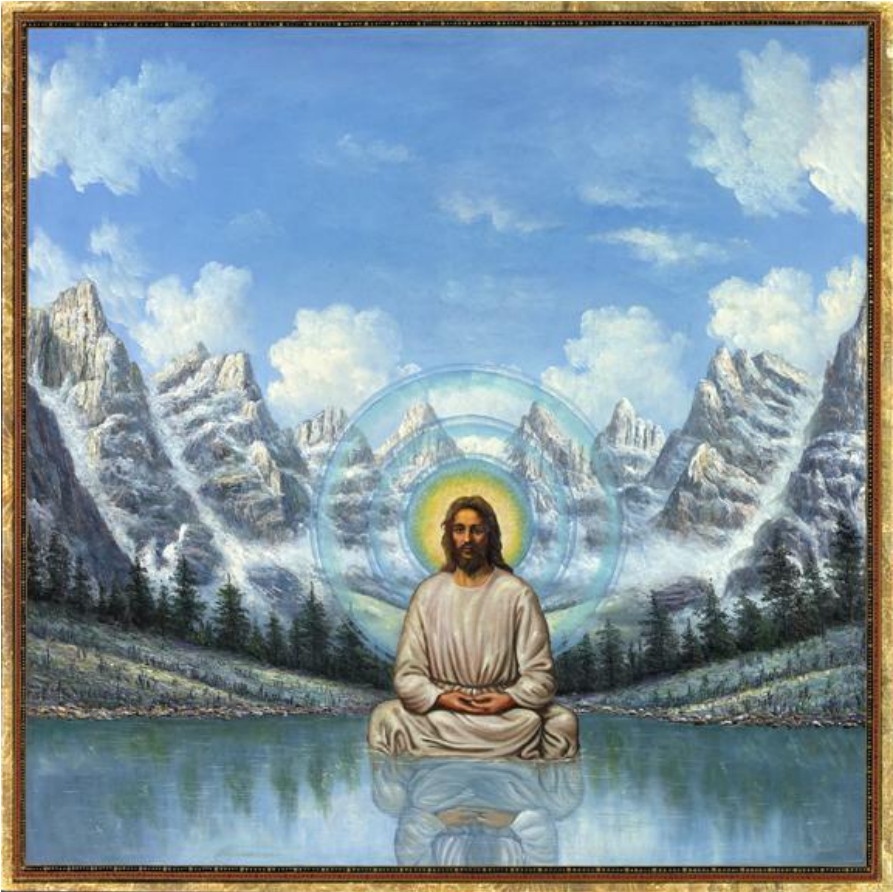


SOUL FOOD



Rest in the Lord, wait patiently for Him, and He will give you the desires of your heart. –Psalm 37:4

May 2010

Why Worry?

Whenever worry enters our minds, another emotion tends to tag along with it: impatience. Often we grow impatient by worrying that life won't turn out the way we think it should. We may unconsciously say to ourselves, "The Lord can't handle it, so I'm going to worry for Him."

Consider the following Biblical story, where King Saul becomes impatient with the Lord's command, and relies on his own judgment instead. The setting is this: the Philistines have accumulated a huge army, and Saul is waiting for Samuel to offer sacrifices so he can go into battle with the Lord as his ally. "[Saul] waited seven days, the time appointed by Samuel. But Samuel did not come to Gilgal, and the people were scattering from him. So Saul said, 'Bring the burnt offering here to me, and the peace offerings.'" As soon as he had finished offering the burnt offering, behold, Samuel came" (I Samuel 13:8-11). When Samuel shows up, he's not happy with Saul. He says, "You have done foolishly. You have not kept the command of the Lord your God, with which he commanded you. . . .now your kingdom shall not continue" (I Samuel 13:8-11, 13-14).

Just as Saul—when facing his enemies—worries about the risk of patiently following the Lord's orders, we tend to feel the same way when we're under pressure. We worry that if we follow the Lord's way, it won't turn out the way we want it to. Because of this impatience, worry, and lack of trust, Saul lost his kingdom. We also may lose out when we become impatient. Specifically, we lose:

Enjoyment of the situation. We think about being somewhere else or being with someone else, so we lose the delight of that moment.

Forward spiritual progress. If we aren't thinking about the present, we're either worrying about the past or the future. We get concerned with time, and this skews our perception. We think physical, lower thoughts, and we forget higher matters. Worry can't change our past or future, but it can ruin the present. When we dwell on the past or future, we lack motivation to make progress now.

Trust in the Lord. We begin to think the Lord isn't managing the universe very well. Just as Saul lost the kingdom because he trusted his own agenda, when we trust in our own ideas, we make poor decisions. Scholar Christopher Syn wrote, "Anxiety springs from the desire that things should happen as we wish rather than as God wills." This causes us to lose the kingdom—the happiness—the Lord wants us all to have.

So how can we achieve real patience, and gain back these things we've lost? First, we can make an effort to find contentment with what we have, and focus on being that person who is kind and loving rather than looking for that person elsewhere. Second, we can strive to make the best of our present situation, looking for opportunities to use our talents and reach out to others. And, finally, we can trust the Lord to bring good out of every situation, believing that what He says in His Word is true.

In his work, *Secrets of Heaven* (3827), Swedenborg explains how we can rise above impatience to an angelic state of love and acceptance, where time no longer matters: "When you are in a state of love...you are in an angelic state, that is to say, as if not in time.... For impatience is a bodily affection, and insofar as you are in it, so far you are in time.... By the affection of genuine love, we are withdrawn from bodily and worldly things, for our mind is elevated toward heaven and thus is withdrawn from things of time."

Life is often compared to a journey. We can shuffle our feet and mope about the path we're taking, but anxiety and impatience don't change our speed or route. Instead, we can enjoy the scenery, confident that the direction of the stream of Divine Providence will steer us toward a more beautiful vista. So don't waste today worrying. Cast your burden on the Lord. Take a glance at the flowers, or listen to the birds, and remember that the Lord is taking perfect care of each one of us, in every single moment.

By Rev. David Roth, pastor of the [New Church of Boulder Valley in Colorado](#)

Worry can't change our past or future, but it can ruin the present.

We choose the lenses with which we view the world. To correct our lens, though, we have to take steps to change:

1. Reflect on our attitude or perspective about a situation.
2. When we see a negative pattern, take responsibility for avoiding that mindset.
3. Realize that we have no power on our own. Pray to the Lord for His strength.
4. Try to stop worrying. We have the ability, with the Lord's strength, to meet any challenge.
5. Use every opportunity to practice using this new lens.

Remember that the kingdom of heaven is not out there, but within us. When we learn to love and accept the situation we're in, we find the power to change—not the situation—but our perspective.

Prayer: “O Lord, let us commit our way to You, and trust also in You, and You shall bring it to pass.” (Adapted from Psalm 37:5)

Thank you to one and all that have and continue to offer and give help, support and love to the Phans 😊 They appreciate the kind assistance with the children, the food made for them, and the services rendered to them. Please keep them in your prayers.

Church Library Thanks again to Richard for donating the bookcase and for Warren and Jason for putting it together! The church library is set-up now with a diverse array of books ready for borrowing! (see picture). Ask Mary or Lisa for more information on what books are available – 9414 6986.



Sunday School Please see within the calendar below for teaching roster and change with others if you cannot make that date.

News This last month saw a lot of traveling with the Coustas off to Bali for a holiday, Amy to Southeast Asia and a visit to the congregation from Louisa and Barry Allais from Johannesburg who were over visiting Mary and family. Val and Richard celebrated the marriage of their son David to Sharleen! Congratulations to David and Sharleen – we wish you all the joy in world as you begin your eternal journey together!

Journey Programs The ‘Building Healthy Relationships’ course will be starting soon – commencing after church around midday on Sundays, run by Mary and Bernice. Stay posted for more information and see Mary/Bernice to register your interest.

MAY CALENDAR

	MORNING	EVENING	VENUE
Sun 2 nd		Worship 5pm <i>Followed by a shared meal</i>	10 Broome St
Sun 9 th	Worship 10:30am <i>Followed by shared meal</i>	Sunday School: Val	10 Broome St
Sat 15 th		3:30pm Doctrinal discussion at Frosts	Frosts Home
Sun 16 th	Worship 10:30am <i>Followed by shared meal</i>	Sunday School: Bernice	10 Broome St
Sat 22 nd		3:30pm Church Strategy and Vision meeting	Frosts Home
Sun 23 rd	Worship 10:30am <i>Followed by shared meal</i>	Sunday School: Amy	10 Broome St
Sun 30 th	Worship 10:30am <i>Followed by shared meal</i>	Sunday School: Lisa	10 Broome St

Worship Services are held weekly at
 10 Broome Street, South Perth (off Douglas Street)
 the first Sunday's services at 5pm
 the rest at 10.30am

General Church of the New Jerusalem in Perth

10 Broome St. South Perth (off Douglas St)

www.newchurch.org

Based on the Holy Bible, The New Church gains further inspiration and understanding from the Lord's New Revelation given through the 18th century scientist and theologian Emanuel Swedenborg. The 35 volumes of theology, set out the Lord's plan for a rebirth of Christianity, a clear vision of God in His own Word, and what that means in our lives.

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or call Mary/Lisa: (08) 9414 6986

*We sponsor **"The Loving Arms Mission"** in Nepal, a home for orphaned children. Donations gladly accepted.*

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