

Marcham Baptist Church

(Packhorse Lane)

October 2010

Sunday Morning Worship at 10.30 am

(Communion every first Sunday)



Our speakers for this month are

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| 3rd October | Mr. Roger Frith of Wantage Baptist Church |
| 10th October | Mr. Bob Hazell of Wantage Baptist Church |
| 17th October | Mr. Maurice Glover of Grove |
| 24th October | Mr. Tony Houghton of Wantage Baptist Church
<i>(This service supports the work of BMS World Mission)</i> |
| 31st October | Mr. Graham Kneale of Grove |

Everyone welcome

Sleepless nights

The psalmist David had his dark, lonely nights when everything seemed out of control. Doubts and fears assailed him, and there was no escape from his problems. He tossed and turned just as we do, but then he turned to his Shepherd (Psalm 23:1) and reminded himself of the Lord's presence. That brought peace to his anxious, troubled soul. David said, "**Because He is at my right hand I shall not be moved**" (16:8).

We too have occasions of sleeplessness when anxious thoughts jostle one another for attention, when we curse the darkness, and when we long for sleep or the morning to come. Sleeplessness is usually the result of some concern, that we are unable to stop thinking about. We can fret, we can be anxious or we can talk to the Lord about every concern, casting our care on Him (*1 Peter 5:7*). We can talk about our failures, our conflicts, our challenges, our anxieties, our frustrations over His lengthy delays, all the things that distress us and render us sleepless and listen to what He has to say. That's what can set us apart from ordinary insomniacs. That's the secret of quiet rest. When you can't sleep, don't count sheep - Talk to the Shepherd.

Bory Pilgrim

For further information on church activities:

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Marcham Baptist is affiliated to the Baptist Union of Great Britain