

SERVICE OUTLINE FOR SABBATH 4th AUGUST 2018
MORNING PRAYER SESSION 9:45 - 10:00
Bible Study Hour: 10:00 am
Bible Study Guide Third Quarter 2018: " The Conversion of Paul".

Welcome:	Wallace
Opening Hymn:	518 –‘Standing On The Promises’
Prayer:	Wallace
Lesson Introduction	Wallace
Teachers:	Sister Rhoda& Sister Daisy
Mission Item & Offering:	Gift
Closing Hymn:	251 – ‘He Lives’
Benediction:	Elder Brenya

DIVINE SERVICE 11:15

Welcome & Announcements:	Elder Brenya Obeng
Opening Hymn:	281 –‘I Gave My Life For Thee’
Opening Prayer:	Elder Brenya Obeng
Scripture Reading:	Colossians 3:12-25
Special Item 1	Samantha&Gillian
Tithes & Offering:	
Children's Story	Enock Bamusi
Special Item 2:	Enock Bamusi
Hymn of Meditation	183 –‘I Will Sing of Jesus’
Sermon:	Title: Is That Me/You?
Closing Hymn:	572 –‘Give of Your Best to the Master’
Benediction:	Enock Bamusi

AFTERNOON SESSION

Literature Distribution at the City Centre

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THOUGHT FOR THE WEEK: The power of Gratitude

Recently some of us were gripped by the Thai cave boys' experience. 12 boys whose ages range from 11 to 16 and their football coach were trapped inside a six- mile cave for over two weeks receiving their sustenance mainly from the water that dripped from the stones in the cave. There were lot of excitement on July 10 when the final four boys and their coach were rescued to end the three-day operation. The boys paid tribute to the ex- navy seal diver, Saman Kunan who lost his life during the rescue operation. They show their gratitude by writing messages of thanks and promised to be 'good guys' on a portrait of the diver. I was deeply moved by the response of these boys.

We were reminded in last week's thought by Justin of the antidote to discontentment which is gratitude. Gratitude is often describes as an emotional response that relates to one's ability to feel and express thankfulness and appreciation. Studies have shown that gratitude can be transformative. This aspect is multifaceted because gratitude positively affects the individual and his or her relationships with others and with God. It prevents us from overreacting to negative life events through revenge. It improves physical health and immunity against disease. Gratitude reduces toxic emotions such as resentment, frustration and regret. It even makes us sleep better and enhances self respect and friendship. Not only that it contributes to better performance from employees, it is a major factor in strengthening our resilience (Robert Emmons, Thanks!: How the New Science of Gratitude Can Make You Happier, Boston: Houghton Mifflin, 2007; Danner, Deborah D., David A. Snowdon, and Wallace V. Friesen. "Positive Emotions in Early Life and Longevity: Findings from the Nun Study." Journal of Personality and Social Psychology 80.5 (2001): 804-13).

As the children of Israel find themselves in many difficult situations as they journeyed away from the certainty of Egypt and what it offered to the Promised Land with all its uncertainties they consistently manifested the lack of gratitude through the frequent complaints. On numerous occasions they were reminded of the importance of gratitude when their attention was drawn to what God did on their behalf: In Deuteronomy 5:6 they were reminded, "I am the Lord your God, who brought you out of Egypt, out of the land of slavery. A common theme in Deuteronomy reminded them of who is responsible for their victories and survival, when they were tempted to think otherwise. "My power and the might of my own hand have gained me this wealth." They should be cognizant of this: " . . . the Lord your God, for it is he who gives you the ability to produce wealth,"(Deut. 8:11-17).

There are two components of gratitude. The first is recognizing that God is the giver of all the good things in our lives. The second, integral to the first, is acknowledging those who have been instruments in the hand of God for those good things we enjoy. The latter I have come to understand and experience more acutely in the past couple of years. I am grateful for this experience because I am privileged and very grateful to be a member of this community—the Seventh-day Adventist Church. I am grateful for a community that looked after me when I was a student. I am grateful for a community that supported, provided for me and my family and helped when I lost my job. I am grateful to a community that provided a place to lay my head when I was homeless. In all its imperfection, I thank God for such a community of Christians who are channel of God's grace. Whenever you feel spirit of discontentment try writing down ten things for which you are grateful. You can also write down 3 positive experiences on a daily basis. May God help us this week to embrace an attitude of gratitude. Christian Blessings

ANNOUNCEMENTS

WELCOME: We are delighted to welcome you to Dundee Seventh-day Adventist Church; especially if this is your first visit. May our time together be blessed! We extend a warm invitation to all to join us for a bring-and-share meal immediately after the service.

PRAYER: Every Monday from 6:00 pm at Church. You are welcome with your Testimonies and Prayers and spread the news.

BIBLE STUDY: The Thursday Bible Study meetings will be taking a summer break and re-commencing in Late August.

AFTERNOON PROGRAM: 4th of August 2018 will be DUNDEE CITY CENTRE LITERATURE DISTRIBUTION.

TITHES, OFFERINGS & OTHER PAYMENTS: To be made directly into the church bank account. Sort Code: 83-25-25, Account No: 00172727 and send an email to n.robertson@onetel.net with the details of the payment.

HEALTH EXPO: We are going to hold a Health Expo training, then start having our regular Health Expo events in Dundee. Those who want to attend the training please speak to Sandra Nel.

TODDLER GROUP: Is on a summer break and re-opens on Tuesday 7th August. Volunteer helpers are always welcome!

BULLETIN ITEMS: Please email to brenyaobeng9@gmail.com till Lloyd returns from holiday.

WHILST WE ARE FULLY COMMITTED TO MINISTERING TO ALL THE AGE GROUPS, OUTSIDE SABBATH SCHOOL AND PATHFINDERS, PARENTS ARE RESPONSIBLE FOR THEIR CHILDREN. UNDER NO CIRCUMSTANCES SHOULD THE PARENTS LEAVE THEIR CHILDREN UNATTENDED ON CHURCH PREMISES. THANK YOU FOR YOUR UNDERSTANDING AND COMPLIANCE.

Forthcoming Preachers

04 Aug -E Bamusi
11 Aug -Mervyn Owusu-Ayim
18 Aug -Geoffrey Aori
25 Aug -Pr. I Sweeney

Forthcoming Events

04 Aug -Global Mission Evangelism
11 Aug -Reach the World: Church Planting
18 Aug - Education Day
25 Aug - Abuse Prevention Emphasis



BULLETIN FOR 4TH AUGUST 2018

Guided by God's sufficient **grace**
Relying on God's free gift of **grace**
Acclaiming God's abundant **grace**
Calling all to live by God's merciful **grace**
Enlightened by the sure word of God's **grace**

SUNSET TIMES

Sabbath 04 Aug - 21:17
Friday 10 Aug - 21:06
Sabbath 11 Aug - 21:04

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