

15 - 28th April

CONNECT

CHURCH UPDATE



CHRYSTON 
PARISH CHURCH



Welcome

Welcome to this edition of our church update that helps us stay connected. You can also keep in touch on our website, facebook page and WhatsApp group. If you would like this emailed please do contact us to be added to the email list. We can also deliver printed copies to those with no digital access.



Connecting In Worship

At the heart of what we are as a church family is the worship we offer together to our great and loving God. We make it a priority to offer shared live worship so that it can be accessed by all. It can be accessed by gathering in the building or online using YouTube, Vimeo or Facebook Live.



Tea & Coffee

Tea & Coffee will be served each week from the serving areas under the balcony at the front. There will be tables scattered around the building for you to sit at. Why not bring your own reusable cup with lid?



YouTube

YouTube, Vimeo, Facebook

Live streams will start 5mins before services begin allowing you plenty of time to get Connected. Just choose the platform the suits you best. To know how to dial using your landline please see details below.

YouTube: <http://youtube.com/c/ChrystonParishChurch>

Church Website: <http://www.chrystonparishchurch.co.uk>

Facebook: [facebook.com/chryston.church](https://www.facebook.com/chryston.church)



Join Zoom Meeting

Meeting ID: 968 847 6326

Passcode: 4188

Can You Help

Gala: The Chryston and Muirhead Gala will take place on Saturday 15th of June. We have been asked to help out with the tea tent. If you can help with this please speak to Mark Malcolm.





www.theword121.com



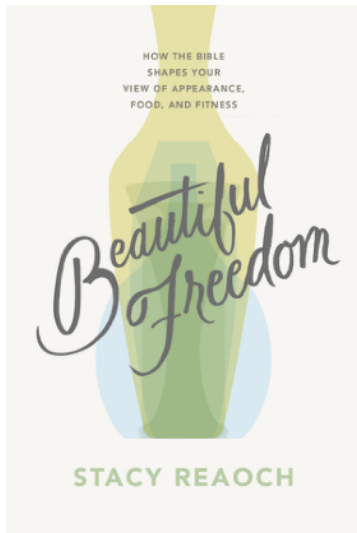
The Word One To One

If You need any help with accessing The Word One To One please do speak to Mark. There is an app, a desktop facility and a book you can order.

What's On

Day		Event	Time	Location
Mon	15	No Tiny Tunes (Restarts 22nd April) Small Group Week: The Saviour Who Returns		
Tue	16	No Silver Surfers (Restart 23rd April)	10am-12pm	The Hub
Wed	17	The Hub Cafe	10.30am-12.30am	The Hub
Thu	18			
Fri	19	Work Party	9.30am-11.30am	Whole Building
Sat	20			
Sun	21	Morning Worship (John 4: 43-54) X-Groups, Creche, Tea and Coffee Evening Worship (Esther 2)	10.30am 6.30pm	Building & Online Building & Online
Mon	22	Tiny Tunes	9.30am	Whole Building
Tue	23			
Wed	24	The Hub Cafe Engage: Praying Together Engage: Praying Together	10am-12.30pm 10.30am-11am 7.30pm-8pm	The Hub Building Building & Online
Thu	25			
Fri	26	Work Party	9.30am-11.30am	Whole building
Sat	27			
Sun	28	Morning Worship (John 5: 1-29) X-Groups, Creche, Tea & Coffee Evening Worship (Esther 3)	10.30am 6.30pm	Building & Online Building & Online





Beautiful Freedom

How the Bible Shapes Your View of Appearance, Food, and Fitness

Stacy Reaoch

Explore God's Priorities for the way you live, eat and exercise.

Every day we are exposed to messages about health, food, exercise and looking good. It's hard not to get swept along with it all; in fact, it's easy to end up caring too much about these things and even to feel trapped trying to live up to the ideals that we see in the media.

Author Stacy Reaoch points you to the Bible to find freedom! The Bible tells us that our physical selves do matter. But it also invites us to think about our bodies in a God-centred way—helping us to reset and find a balanced approach that is grounded in our faith.

Beautiful Freedom is an invitation to love the body God gave you and to explore his priorities for the ways in which you live, eat and exercise.

This book will help you find freedom from damaging narratives about weight, fitness, appearance and ageing. Even better, it will turn your gaze towards Jesus and help you love him more and more.

Reflection questions at the end of each chapter are useful both for personal reflection and group study.

Contents

Introduction

1. A Beautiful Life

2. Whose Kingdom Are You Seeking?

3. Apathy, Obsession, and a Healthy Balance

4. Buns of Steel: A Biblical View on Exercise

5. You Are What You Eat? A Biblical View on Food Restrictions

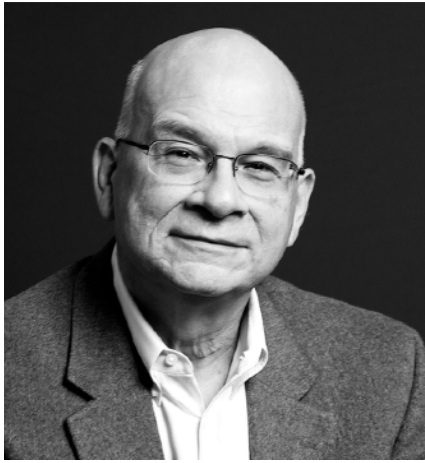
6. The Chocolate Calf: A Biblical View on Overindulgence

7. A Crown of Glory: A Biblical View on Beauty and Aging

Afterword

Appendix: The Red Flags of Disordered Eating

Acknowledgments



Why does anyone become a Christian? Timothy Keller

Many say that Christians who maintain the historic, traditional doctrines are behind the times, are too exclusive, and are “on the wrong side of history.” Two recent books that cast doubt on this view are from historian and biblical scholar Larry Hurtado, *Destroyer of the gods: Early Christian Distinctiveness in the Roman World* (Baylor University Press, 2016) and *Why on Earth Did Anyone Become a Christian in the First Three Centuries?* (Marquette University Press, 2016).

The earliest Christians were widely ridiculed, especially by the cultural elites, excluded from circles of influence and business, and often persecuted and put to death. Hurtado says that Roman authorities were uniquely hostile to them, compared to other religious groups.

Why? It was expected that people would have their own gods, but that they would also be willing to show honour to all other gods as well. Nearly every home, every city, every professional guild, and the Empire itself each had its own gods. You could not even go to a meal in a large home or to any public event without being expected to do some ritual to honour the gods of that particular group or place. To not do so was highly insulting, at the least, to the house or the community. It was also dangerous, since it was thought that such behaviour could bring the anger of the gods. In particular, it was seen as treason to not honour the gods of the empire, on whose divine authority its legitimacy was based.

Christians, however, saw all these rituals and tributes as idolatry. They were committed to worship their God exclusively. While the Jews had the same view, they were generally tolerated since they were a distinct racial group, and their peculiarity was seen as a function of their ethnicity. Christianity, however, spread through all ethnic groups, and most of them were former pagans who suddenly, after conversion, refused to honour the other gods. This created huge social problems, making it disruptive or impossible for Christians to be accepted into most public gatherings. If an individual in a family or a servant became a Christian, suddenly they refused to honour the gods of the household.

Christianity’s spread was seen as subversive to the social order, a threat to the culture’s way of life. Christians were thought to be too exclusive to be good citizens.

But in light of the enormous social costs of being a Christian in the first three centuries, why did anyone become a Christian? Why did Christianity grow so exponentially? What did Christianity offer that was so much greater than the costs? Hurtado and others have pointed out three things.

First, Christians were called into a unique “social project” that both offended and attracted people. Christians forbade both abortion and the practice of “infant exposure,” in which unwanted infants were simply thrown out. Christians



were a sexual counter-culture in that they abstained from any sex outside of heterosexual marriage. This was in the midst of a culture that thought that, especially for married men, sex with prostitutes, slaves, and children was perfectly fine.

Also, Christians were unusually generous with their money, particularly to the poor and needy, and not just to their own family and racial group. Another striking difference was that Christian communities were multi-ethnic, since their common identity in Christ was more fundamental than their racial identities, and therefore created a multi-ethnic diversity, which was unprecedented for a religion. Finally, Christians believed in non-retaliation, forgiving their enemies, even those who were killing them.

Second, Christianity offered a direct, personal, love relationship with the Creator God. People around the Christians wanted favour from the gods, and eastern religions spoke about experiences of enlightenment, but an actual love relationship with God was something that no one else was offering.

Third, Christianity offered assurance of eternal life. Every other religion offered some version of salvation-through-human effort, and therefore no one could be sure of eternal life until death. But the gospel gives us the basis for a full assurance of salvation now because it is by grace not works and by Christ's work not ours.

I hope that by now you can see the relevance of these studies. The earliest church was seen as too exclusive and a threat to the social order because it would not honour all deities; today Christians are again being seen exclusive and a threat to the social order because it will not honour all identities. Yet the early church thrived in that situation. Why?

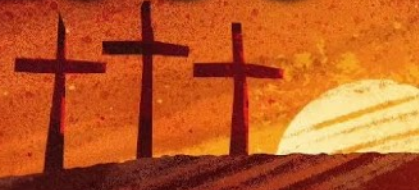
One reason was that Christians were ridiculed as too exclusive and different. And yet many were drawn to Christianity because it was different. If a religion is not different from the surrounding culture, if it does not critique and offer an alternative to it, it dies because it is seen as unnecessary. If Christians today were also famous for and marked by social chastity, generosity and justice, multi-ethnicity, and peace making — would it not be compelling to many? Ironically, Christians were “out of step” with the culture on sex to begin with, and it was not the church but the culture that eventually changed.

Another reason Christianity thrived was because it offered things that no other culture or religion even claimed to have — a love relationship with God and salvation by free grace. It is the same today. No other religion offers these things, nor does secularism. Nor can the “spiritual but not religious” option really capture them either. These are still unique “value offers” and can be lifted up to a spiritually hungry and thirsty population.

The early church surely looked like it was on the “wrong side of history,” but instead it changed history with a dogged adherence to the biblical gospel. That should be our aspiration as well.

I WILL TRUST MY SAVIOUR JESUS

CITYALIGHT



I will trust my Saviour Jesus
When my darkest doubts befall
Trust Him when to simply trust Him
Seems the hardest thing of all

I will trust my Saviour Jesus
Trust Him when my strength is small
For I know the shield of Jesus
Is the safest place of all.

Jesus, only Jesus
Help me trust you more and more
Jesus, only Jesus
May my heart be ever yours

I will trust my Saviour Jesus
He has said His way is best
For I know the path He's chosen
Leads to everlasting rest

Oh on that cross, how it was seen
I can go now ever trusting
in the One who died for me
What could I bring for your gift is complete
So I trust you, simply trust you,
Lord, with every part of me





Daily Readings

Praying The Bible

*" In listening to His voice
we find our own "*

Each day there is a short passage to read.
As you read ask yourself these three questions.

What in the passage is there something to...

ADORE- What did you learn about God for which you should praise or thank him?

ADMIT- What did you learn about yourself for which you could repent?

ASPIRE- What did you learn about life that you could aspire to ask for and act on?

Date		Passage	Date		Passage
Mon	15	Acts 5 v 1-11	Mon	22	Acts 7 v 44-53
Tue	16	Acts 5 v 12-16	Tue	23	Acts 7 v 54-8 v 1
Wed	17	Acts 5 v 17-42	Wed	24	Acts 8 v 1-8
Thu	18	Acts 6 v 1-7	Thu	25	Acts 8 v 9-25
Fri	19	Acts 6 v 8-16	Fri	26	Acts 8 v 26-40
Sat	20	Acts 7 1-22	Sat	27	Acts 9 v 1-19
Sun	21	Acts 7 v 23-43	Sun	28	Acts 9 v 20-31

Don't close your Bible yet because in in listening to His voice we find our own.
Take the things you have learned from the reading and then use them to help you pray.

What does God want you to **ADORE** him for?

What do you need to **ADMIT** to him?

What could you **ASPIRE** to and ask for?

Each day try and pray for something national, something local, something in your family, something in the church and something in your own life.

Contacts

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Church WhatsAppGroup : Text Your Name and Request to join to 07731737377

FaceBook: Search for Chryston Church Family