

TAINTED WITH NEGATIVITY?

Dear Friends,

Have you noticed what happens when you focus on the negative things in your life? The heartaches or disappointments? If you are like me, your focus turns inward after a while, and suddenly, every aspect of life is tainted with negativity, hence giving thanks seems impossible, and you might struggle to find anything to give thanks for.

We need to acknowledge that life is hard and it takes time to process the things weighing us down, we need not be consumed by life events. I know that is often easier said than done. Take for instance, when we lose a loved one, get a diagnosis, or bear the burdens of those around us, it is not easy to be focused on the brokenness of this world.

However, when we cultivate a habit of expressing gratitude, we are not only giving honour to our Heavenly Father but also training our hearts to see the goodness in this world and the precious gifts our Lord lavished on us.

I have recently come to realise that when we dwell on the negatives of activities in our churches, we limit potentials that we already have. Whether young or elderly, God can use us to work out his purpose in our churches.

We need to thank Him and dwell on what we can use to do his work, and in our own personal lives.

His Grace is still the same for all who trust and believe in his leadership. Once we cultivate the habit of looking at the good things, our heart will overflow with gratitude.

It should be acknowledged that the Church is not without faults: considerable harm has been done around the world in the name of religion over the centuries. Yes, indeed, the Church has not always got it right, in that the church is made of ordinary people and people have their limitations. No one is perfect. Some highly respected figures have done some terrible things. For example, John Newton is best known as the 18th century composer of the famous hymn, 'Amazing Grace', as a campaigner for the abolition of slavery. He was a slave trader himself for years before concluding that it was cruel, evil and had to be stopped. These are the negatives, but what about the positives? The positives since the inception of our faith in the world has had more greater impacts on society and our world.

'In times of difficulty we can still use what we have. We can strive if we dwell on the positives and gifts of the people we have. The tunnel may be dark, but we can go through it by the power of the "touchlight" that we have.

Let us thank God for what we have and not dwell on the "doom and gloom" which often dampens our faith and commitment. We need to express and cultivate the attitude of gratitude and

thankfulness. 1 Thessalonians 5:18 "Give thanks in all circumstances; for this is the will of God in Christ Jesus for you."

Prayer

Heavenly Father

There is none like You in all the earth. Many have created a false image of who You are, many times we worship a God of our own making rather than You, and who You have revealed Yourself to be in scriptures. Forgive us for our ignorance, and how we often place You in a box that we have created in our minds. Let Your Holy Spirit fill us with true knowledge and understanding of You through Your word. Help us to see you as our unlimited resources.

Help us to respond to You through worship that is done in spirit and in truth. Remove any barriers that we have created for ourselves, especially human traditions that keep us further away from You.

Teach us to seek Your face, and grow in the knowledge of Your character. You are our today, tomorrow and the future. Help us to be positive and not tainted with negativity. In Christ's Name we pray. Amen!

Devotedly Yours,
George

Resources/Good News

There is God's blessing and joyful fellowship over coffee, tea and cakes on Thursdays at Merrow and West Horsley Methodist Churches. Why not join us for this wonderful and amazing time, from 10.30am until 12.00pm. All are welcome. Enjoy the piece below.

<https://youtu.be/nhnYG6Yla4?si=aU1w9JXOzy6ZsRw1>

Our Advent reflections begin next Monday!

Throughout Advent we are sharing daily email reflections that explore our theme Out of the Ordinary. Sign up to receive these each day and discover a rhythm of reflection during Advent this December. They begin on Monday 27 November (Advent starts on Sunday 3 December) and finish on Christmas Eve.

Sign up for our Advent reflection emails here:

[An Out of the Ordinary Christmas \(methodist.org.uk\)](https://www.methodist.org.uk)

