



THANK YOU, LORD!

We have so much to be grateful for in this life - each and every day. But reality is that sometimes constant life demands, struggles and worries give more room to defeat than to a heart of thanks. Or we forget, in the midst of “busy-ness” and pressures, just to pause and give thanks for all that God has done and continues to do in our lives.

“Every good gift and every perfect gift is from above, coming down from the Father of lights with whom there is no variation or shadow due to change.” James 1: 17

Song Leader: Mike Baisley

Opening Prayer: Braam Le Roux

Closing Prayer: Rudi Le Roux

Servers: Thando, Rudi, Ray and Braam

Scripture Reading: Thando Ntozakhe

Lord’s Table: Ray Calder

Attendance last Sunday: 41

Why Are We Happy?

An issue of the *Reader’s Digest* had an interesting article entitled, “Why We’re Happy.” Before pointing out his five keys to happiness, the author noted that happiness is not based upon the acquisition of things or being accepted by others or any other factors that “we typically hear about.” Rather, the key to happiness, and the difference between happy and unhappy people, is a life that reflects values. This researcher of happiness concluded when he summarized five “happiness predictors,” as he calls them. You’ll find he is not revealing anything new!

“Happiness Predictor 1: Faith.” Happiness is the result of a strong faith, which is what Jesus taught. “Blessed are those who hunger and thirst for righteousness” (Matt. 5: 6). “Blessed” includes the idea of being happy. One is happy when he hungers for God’s Word and builds his faith from it and upon it (Rom. 10: 17).

“Happiness Predictor 2: Work.” Happiness is the result of being a worker, which is what the Bible teaches. God enjoins us to find a work and do it with our might (Ecc. 9: 10; 2 Thess. 3: 10 - 12), and He promises that if we do His work, we will “be blessed” in what we do (James 1: 25).

“Happiness Predictor 3: Marriage & Family.” Happiness is the result of a strong family, which is what the Bible teaches. God says the wife is a man’s “helpmeet” and that “happy is the man” who has children from the Lord (Psa. 127). Happiness comes from this vestibule of heaven.

“Happiness Predictor 4: Charity.” Happiness is the result of expressing true love, which is what Jesus taught. “It is more blessed to give than to receive” (Acts 20: 35), which means giving of ourselves to others brings true happiness (Matt. 5: 3).

“Happiness Predictor 5: Freedom.” Happiness is the result of being free, which is what the Bible teaches. When man has the greatest freedom from the greatest oppressor and is no longer in bondage to sin, God says, “Blessed is that man” (Psa. 32: 1 - 2; Rom. 4: 6 - 8; 6: 7 - 23).

There are no new findings about true happiness that God has not already revealed to us.

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SUNDAY TIMES:

BIBLE STUDIES: 09H00

WORSHIP: 10H00 TO 11H00

18TH MAY 2025

Preacher: Chris du Preez

Sermon Topic:

Scripture reading:

SUNDAY BIBLE STUDY - 9 am.

We are at present studying the book of Romans, with Johan facilitating the class. Please join us during this time of learning God’s Word.

SUNDAY MORNING CHILDREN’S

CLASS – 9 am

If you have any questions about this class, please speak to Shana.

LADIES BIBLE STUDY

WEDNESDAY 21st May - 10 AM

All ladies are encouraged to join in the study. This week the ladies will have a workshop.

THE HISTORY OF CHRISTIANITY

East Cape Bible College

Monday, 19th May, 18H00 – 19H00

20 Keam Rd

Topic 3: - The first church councils

Presenter: Johan Smulders

PRAYER REQUESTS

Please pray for those in need of God’s intervention and comfort.

May we remember Malcolm Share who is working under dangerous conditions far from home, David Crossley and Moyra Le Roux who are experiencing health issues and our Louise Crossley who is in Cape Town at present. Also, Amy and Justin in the U.S.A. as they still miss home and family.

Let us remember to thank God for answering prayers and for the blessings He bestows on our lives.

INVITATION TO OUR MONTHLY FELLOWSHIP TEA

Next Sunday 25th May, after morning worship. Ladies on duty are Erika & Louise.



Romans Chapter 4

1. Paul uses the example of Abraham to show that the believer is saved by faith and not works. The Jews, in the time of Jesus, believed that keeping the law was what saved them, as they still believe today.
2. It is interesting what Jesus had to say about the law as recorded in the Gospels. Read Matthew 5: 17ff.
3. When Paul spends so much time on this subject, it indicates that the belief that the Jews were still God's chosen people, was still strong and that the Jewish Christians believed that they were better than the Gentile Christians. It is interesting that he is writing to Rome and not to Jerusalem! So this belief of superiority had moved on with the church of that time.
4. Faith is an abstract concept and can best be understood by using a concrete example. We put faith into practice all the time! Example of sitting on the pew/chair. You believe it will hold your weight and that it is trust worthy to do its work. Faith and trust are closely connected – you can't have one without the other.
5. Paul then uses an example from history, which the Jews knew well, to illustrate that God does not accept people because of works but because of faith.
6. When God called Abraham, as recorded in Genesis 12, the Bible account says "so Abraham left". Abraham did not know what the future held but he trusted God completely. That, Paul argues, is what faith is all about. God can be absolutely trusted to fulfil what he promises through Jesus. All the good works in the world cannot make a person deserve to be saved and in fact, then save them. But God, in righteous mercy and love, makes the way to salvation possible. Abraham believed that God had the power to do what was best for him and so simply put his trust in God.
7. Martin Luther, as a devoted Priest in the Roman Catholic Church, realized that a works orientated religion is not good enough and so, in reading these chapters in Romans, started the Reformation after breaking away from Rome.
8. The final two verses of this chapter sum it all up beautifully. Then Paul begins to reflect on the blessings of the Christian life in the Kingdom of God, the Church, as he continues in Chapter 5.