

# ASK ANYTHING!

Questions from 7.09.17

1. What does the breaking of bread mean? My bible translates it as the common meal. How is that different from fellowship?

There are two parts to this: A Meal and Communion

Part 1 of this is simply Eating together

Part 2 is communion...

In Luke's Gospel, he describes Jesus breaking bread with his disciples at the last supper. *"And He took bread, gave thanks and broke it, and gave it to them, saying, "This is My body which is given for you; **do this in remembrance of Me.**"*

A FEW THOUGHTS ON COMMUNION:

Communion is a time to **remember** what Christ did for you.

Communion is a time to **evaluate** your life in light of the Word.

Before, during, and after communion, **examine yourself**

2. How can I incorporate these things in my life if my spouse does not go to church?

I would suggest that your spouse get connected with our women's or men's ministry leaders. One of my favorite men's activities is our men's hike in the mountains. We do this twice a year and the next one is the last week of September. Our Women's ministry is also very active.

3. Please tell me a prayer or prayers to help me not to worry. My heart is heavy on a daily basis. How do I stop?

- **God, whatever the day brings, help me to focus on you. Guide me today and calm my worries.**  
[Philippians 4:6-7](#) says: *"Don't worry about anything, but in all your prayers ask God for what you need, always asking him with a thankful heart. And God's peace, which is far beyond human understanding, will keep your hearts and minds safe in union with Christ Jesus".*
- **God, no matter how busy I am this week, remind me that you are the center of everything. In you I find my peace.**  
[Galatians 2:20](#) says: *"...so that it is no longer I who live, but it is Christ who lives in me. This life that I live now, I live by faith in the Son of God, who loved me and gave his life for me".*
- **God, I know you're watching over me. I trust that you have great plans for me. Help me to stay in your Word and in relationship with you, so that you may pour happiness and hope into my heart, replacing any anxiety that's there now.**  
[Ephesians 3:19-21a](#) says: *"May you come to know his love—although it can never be fully known—and so be completely filled with the very nature of God. To him who by means of his power working in us is able to do so much more than we can ever ask for, or even think of: to God be the glory".*

4. How can you forgive someone about the past if you can't forgive yourself for not letting go of the hate?

It is important to be clear about what forgiveness is not. Forgiveness is not forgetting, condoning, or perpetuating injustice. Since it is sometimes unsafe or impossible, forgiveness does not always involve reconciliation. Forgiveness is not always quick; it is a process that can take time to unfold. Don't rush yourself.

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## SIX STEPS FOR SEEKING FORGIVENESS

1. Admit what you did was wrong or hurtful.
2. Try to understand/empathize with the pain you have caused.
3. Take responsibility for your actions and make restitution if necessary.
4. Assure that you will not do it again.
5. Apologize and ask for forgiveness.
6. Forgive yourself.

## SIX STEPS FOR GRANTING FORGIVENESS

1. Acknowledge your pain and anger. Allow yourself to feel disrespected.
2. Be specific about your future expectations and limits.
3. Give up your right to “get even,” but insist on being treated better in the future.
4. Let go of blame, resentment, and negativity.
5. Communicate your act of forgiveness.
6. Work toward reconciliation (when safe).

### 5. How may I help out on the pastor search team?

- PRAY. Specifically, consider joining our mid-week prayer service on Wednesday nights?

### 6. What is the scriptural rationale for the order of service used at FBCNA?

- Colossians 3:23 – “Whatever you do, work heartily, as for the Lord and not for men”

### 7. Why is there no childcare for the Wed night Parenting class and prayer meeting? Some of us who served Wed nights during the school year could not attend and would like to now.

- GREAT QUESTION! Childcare is now available for our Wednesday night activities.

### 8. Stephen, why are you only the interim for months of July & August? Are you getting ready to go somewhere else?

- No. Wendy and I are very happy here and I am NOT getting ready to go somewhere else. The deacons picked that amount of time in order for the Pastor Search Team to have time to be voted on by the church and get organized. Once the Pastor Search Team is approved by the church, they will prayerfully work together to handle decisions about how to move forward after August 31.

### 9. Why are funerals so sad? The first 3 letters of the word spell FUN. If the person whose life we are honoring was a believer, shouldn't we be celebrating their passing and being able to spend eternity with Jesus?

- Sadness is part of a healthy grieving process and should not be minimized. Although the funeral of a believer is a celebration of them spending eternity with Jesus, it is also a source of loss for those left behind. The Bible is clear that we can have joy even when we are sad. This is because sadness is determined by our circumstances whereas joy is not. Joy is a fruit of the Spirit of God.

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