

up this valley of tears, and fills the wells in the valley of Baca to the brim with streams of love and joy.

DAILY PRAYER POINTS

SUNDAY – There is a reason the Lord has brought you to this new week. Pray that He will shine brightly through you so that everyone that comes across you this week may know His presence in you and be blessed by your words and actions.

MONDAY – Thank God for the strength and ability to serve Him each day through Jesus Christ, in the power of the Spirit. Pray that we'll all know God's blessing and strength in serving the Lord with joy and thankfulness.

TUESDAY – Pray that the next time you mess up you would be quick to repent and receive forgiveness and be restored to your church family. (Heb.10:22)

WEDNESDAY – Ask God to help Session and the Committee of Management as we prayerfully plan for the future of St Andrew's during an uncertain time within the PCQ and Australia, as a whole.

THURSDAY – Pray for **Millie McCarthy, Iain McDougall, & Gabrielle**

FRIDAY – Continue to pray for those in need of God's healing and comforting hand: Belinda Birch, Edith Collins, John Donnell, Kevin Petrofski Jr and Margaret Petrofski, and Dawn Robinson. **Pray also for blessings on those who can't get to church:** Audrey Armstrong, Del Finn, Carol Gillett, Joey Kelly, Gladys Marnock, Millie McCarthy, Heather McGaw, Marie McKee, Mavis Smith, and David Valintine.

SATURDAY – Give thanks that in all circumstances our Heavenly Father knows our needs and supplies them richly to us in His Son and His Spirit.

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THE ANCHOR

NEWSLETTER OF THE ST ANDREW'S PRESBYTERIAN CHURCH



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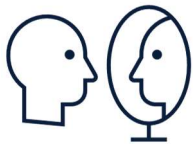
SIX WAYS TO SET OUR MINDS ON CHRIST DURING A BUSY WORKDAY.

By Andrew Laird

OW HOW TO LET OUR FAITH SHAPE OUR WORK EVEN WHEN WE'RE BUSY. Christians are to be people who think differently, who have a spiritual (Romans 8:5-6) or heavenly mindset (Colossians 3:2). Our thoughts are to be preoccupied by values, dreams, desires, and schemes that are radically different to the world around us, where people are

focused on matters of the flesh (Romans 8:5-6) or the earthly nature (Colossians 3:4). That is, as Christians, we give our mind to how we can worship God and put the needs of others before our own in all the decisions of life, rather than the selfish pursuits of the “flesh”.

This is to be a settled state of mind (“set your mind”) that directs all our thoughts and drives us, not to disconnect from the world, but to live differently in each moment of each day.



But if we’re honest, it is hard at the best of times to “set our minds” on spiritual priorities when we’re being bombarded by fleshly ones on our screens, from people around us, and even from our own hearts. How much more when we are inundated with requests, tasks, and demands at work! It’s hard enough keeping in mind all our responsibilities for the day, let alone having time to “set our minds on Christ”.

What might help us practically to do this? Here are six suggestions:

1. PURPOSE

Having a mind set on Christ doesn’t mean detachment from this world, but in fact, moves us to be more deeply involved in the world around us, as God originally intended.

We need to constantly remind ourselves of our purpose as God’s ambassadors in this world, and in particular, in our work. While earning an income to provide for ourselves and others, or putting our talents to use in a fulfilling way, or even simply getting through our to-do list for the day in a satisfactory way are not bad things to pursue, they aren’t the ultimate purpose of work for the Christian.

Rather, the purpose for the Christian can best be summarised as love God and love your neighbour (Mark 12:30-31). This is a purpose that is profoundly spiritual and heavenly in mindset. And yet it is a purpose with significant implications in the here and now—not leading us to disengage from the world, but to engage passionately and enthusiastically in work, for the good of others.

QUESTION 8o.

What is required in the tenth commandment?

- A. The tenth commandment requires full contentment with our own condition, with a correct and charitable orientation of our spirit toward our neighbours and all that is theirs.

QUESTION 81.


What is forbidden in the tenth commandment?

- A. The tenth commandment forbids all manner of discontentment with our own state, envying or grieving at the good state of our neighbours, and all excessive feelings and desires for anything that belongs to them.

THE HAPPINESS OF RELIGION.

LET A MAN TRULY KNOW THE GRACE OF OUR LORD JESUS CHRIST, and he will be a happy man; and the deeper he drinks into the Spirit of Christ, the happier will he become. That religion which teaches misery to be a duty is false upon the very face of it, for God, when He made the world, studied the happiness of His creatures. You cannot help thinking, as you see everything around you, that God has sedulously, with the most strict attention, sought ways of pleasing man. He has not merely given us absolute necessities, He has given us more; not simply the useful, but even the ornamental. The flowers in the hedgerow, the stars in the sky, the beauties of nature, the hill and the valley—all these things were intended not merely because we needed them, but because God would show how He loved us, and how anxious he was that we should be happy. Now, it is not likely that the God who made a happy world would send a miserable salvation. He who is a happy Creator will be a happy Redeemer; and those who have tasted that the Lord is gracious, can bear witness that the ways of religion "are ways of pleasantness, and all her paths are peace." And if this life were all, if death were the burial of all our life, and if the shroud were the winding-sheet of eternity, still to be a Christian would be a bright and happy thing, for it lights

loved. And of course, this brought Him to the cross, a visual symbol that we must continually fix our minds upon, to be reminded of His sacrificial love.

One way to do so is by reading a portion of a gospel each day. Dwell on the person of Christ, and in so doing, see in human form what it means to live as one who has their mind set on spiritual things in the midst of the nitty gritty busyness of daily life. 

GOD AND NATURE

TWO WEEKS ON... BIBLE READING PLAN

TWO WEEKS ON GOD AND NATURE

"There is nothing in the ordinary course of nature, throughout the whole frame of heaven and earth, which does not invite us to the contemplation of God." – John Calvin

WEEK 1 | Day 1, **Genesis 1** - God creates the earth. Day 2, **Genesis 2** - God creates human beings. Day 3, **Proverbs 8** - Wisdom's view of creation. Day 4, **Genesis 7** - God preserves the species. Day 5, **Job 38** - The greatness of nature. Day 6, **Job 39** - The wildness of nature. Day 7, **Job 40** - God's mastery of nature.

WESTMINSTER SHORTER CATECHISM

The Westminster catechisms begin with the language of glorifying and enjoying God. *These Standards exist to explain in doctrinal terms how Scripture directs us to glorify and enjoy God in all we think, do, and say.* - Burk Parsons

QUESTION 79.

What is the tenth commandment?

A. The tenth commandment is, *"You shall not covet your neighbour's house; you shall not covet your neighbour's wife, or his male servant, or his female servant, or his ox, or his donkey, or anything that is your neighbour's."*

So, as we think about how to practically set our minds on Christ during a busy workday, our starting point is to recognise that doing so is not at odds with our busyness. Rather, it is to shape how we engage in that space, namely, as people of love, loving God and loving neighbour.

For example, doing our work well so others are blessed and served by it, seeking to help our colleagues rather than tear them down for our own advancement and so on. In all these ways and more, we bring a heavenly mindset to why we work and so "set our mind on Christ" in our daily work.

2. PRAYER

How do we keep our spiritual purpose at the front of our minds when we are so busy, and have so many responsibilities?



A SPIRITUAL MINDSET IS ALSO A SPIRITUAL GIFT. THINKING GOD'S THOUGHTS AFTER HIM DOESN'T COME TO US NATURALLY. RATHER, WE NEED HIS SPIRIT TO CONTINUALLY PROMPT US TO THINK THIS WAY. SO, LET'S COMMIT TO ASKING HIM FOR THIS IN PRAYER.

For many years, I have made it a firm priority to begin each day in prayer about my work. Sometimes I pray individually through all the activities and tasks I have before me that day. Other times all I have time (or the headspace) for is a simple "Lord, help me be motivated by love for others today". Starting each day in this way helps me frame my purpose for the day with the desire to be other-person centred—to focus on the other person—and not just on myself and my needs.

Throughout the day, I'll also aim to pray quick prayers as unexpected issues arise—a difficult encounter with a colleague, an unethical request from a boss, a challenging email to respond to. In these moments I'll seek to simply pray, "Lord, help me to know what you would have me do in this situation. Please give me Your mind for handling this."

Of course, in the busyness of the day it can be hard to remember to do this (believe me, the number of times I have set upon a course of action in my own strength only to think, “Why didn’t I say a quick prayer about this first?”). Which is why I also try and regularly pray, “Lord, help me to remember to pray first before acting”.

One thing that will help us remember is by praying with others. I cannot recommend more highly the value of having a small group of Christian brothers and sisters to pray with regularly (during the workday) about our work together.



3. PICTURES

Visual reminders can also be very helpful in prompting us to recall this heavenly purpose throughout our day. A simple image with the words “Love your neighbour” on your desk, or as your computer wallpaper or phone lock screen, can be very effective in keeping our spiritual priority at the front of our mind, especially when things get busy.

And such a message, if displayed in a place where our colleagues might see, is very attractive and inoffensive, yet radically counter-cultural, and can lead to great questions about its meaning and why it matters to us.

4. PRAISE

In a similar way, listening to music that encourages us to praise God can help keep this heavenly mindset at the forefront of our minds.



I personally find it helpful to listen to such music while I’m commuting for work, filling my mind with God’s perspective through song.

Some of us might have jobs that enable us to listen to music during the day, which can help us keep in view God’s heavenly purposes for our life. And like the visual reminders, this too may lead us to opportunities to speak of Christ to our colleagues.

A friend who works in a noisy factory often listens to praise music while she works. One day, she was singing along, thinking no one could hear her, only

to be asked later in the day by a colleague what it was she was listening to! Once she got over her embarrassment about being heard singing, it led to a wonderful conversation about the words of the song.

5. PRACTICE

In the Christian life it is often said that our hearts overflow into our habits. But the reverse is also true. That is, the ways we live also help shape our hearts.

When we practice love for others before ourselves, it can move us to have a heart that increasingly desires to love others in this way. For example, not cutting corners in our work, which creates more work for others, giving thought to how we can improve our product or service so that more people are blessed (rather than negatively impacted) by our work, or the simple but powerful act of taking burdens off our colleagues when they are overwhelmed.

So, another practical way of keeping our mind set on Christ during a busy workday is living as He desires us to live. Choosing in that moment to put the interests of others before ourselves is a way of prompting us to recall, “I live this way because this is the new spiritual, heavenly identity I have in Christ”. In doing so, we not only love our neighbour, but we also love God, for our love for Him is demonstrated through our selflessness toward others, and He is glorified in our lives.

6. PERSON

All these suggestions come together in my final tip, which is to dwell on the person and work of Jesus Christ.

In all His actions, He was driven by the purpose to love God and love the neighbour. This drove Him to prayer and praise of His Father. This moved Him to perform others-centred actions as He healed, and fed, and



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