

OVERWHELMED – **FINDING BALANCE IN FAST PACED WORLD**



Led by Andy Peck

Saturday 27th January 2024

9.30 am - 1 pm

(Coffee available from 9 am)

at Godalming Baptist Church,
Queen Street, Godalming, Surrey GU7 1BA

Jesus promises an ‘easy yoke’ for the believer, yet many Christians find life anything but ‘easy’. It seems tough navigating the challenges of 21st century life, inside and outside the church, and we can feel ‘overwhelmed’, by life itself or the volume of things coming to us.

This morning we will look at the following:

- What makes us overwhelmed?
- How do we typically respond?
- Learn from what Jesus modelled, and taught his followers
- Developing mental strength: how are you thinking?
- Expanding your emotional capacity: how are you feeling?
- Spirit empowered living: who are you trusting?

Come for yourself and those who need our ministry.

Please reserve a place, with payment of £7, by contacting Sally Pollard email:
pollard3@hotmail.co.uk
tel: 01483 428646
by *Friday 12th January*