

# *Marcham Baptist Church*

(Packhorse Lane)

## January 2009

### Sunday Morning Worship at 10.30 am

(Communion every first and third Sundays)



#### *Our Speakers for the New Year include*

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|-----------|---|
| Jan. 4th  | Mr. Dale Sutcliffe of Didcot Baptist Church |
| Jan. 11th | Mr. Nigel Chown of Abingdon Baptist Church  |
| Jan. 25th | Mr. Tony Valente of Abingdon Baptist Church |

### Everyone welcome

Getting in shape can be dangerous. According to one report, the two most hazardous methods middle-age Europeans use to keep fit are riding a bike and playing football. Last year over 209, 000 people were injured riding bikes or playing football.

Why do people risk injury to stay or to get physically fit? Because they see some benefit, like feeling better, maintaining the body structure they want, or living longer. They are willing to endure the sweat and tears it may take to get that heart pumping and those weak muscles working.

The Bible says bodily exercise profits us a little, but it also says our greater responsibility is to exercise spiritually (1 Timothy 4:8). Do we have the same determination as those bikers and footballers who are risking pain and injury to get in shape?

The real danger comes when we don't get in shape spiritually. Unless we experience some gain in our relationship with the Lord, we'll know the pain of broken fellowship and lack of spiritual effectiveness.

The good thing about spiritual exercise is that it helps us in this life and in the life to come (v.8).

***Bory Pilgrim***

***"We pray God's blessing  
for each one of you in the coming Year".***

**For further information on church activities:**

**Contact Mr R Barrett 01865 391356**

**Mr W Dyer 01235 814986**

*Marcham Baptist is affiliated to the Baptist Union of Great Britain*