



15 OCTOBER 2023

Welcome to church this morning,
we hope you enjoy being with us.

Lectionary Readings

This week 15 October, 2023

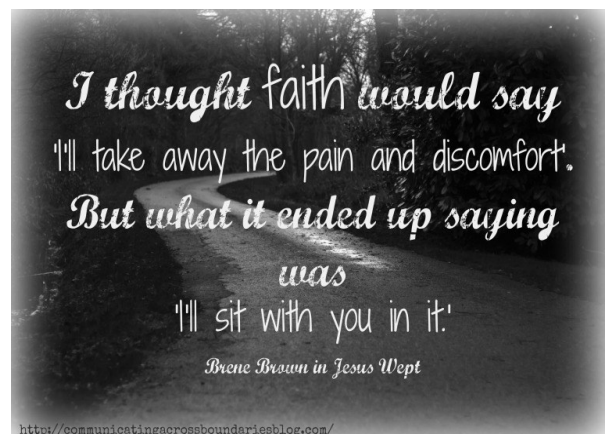
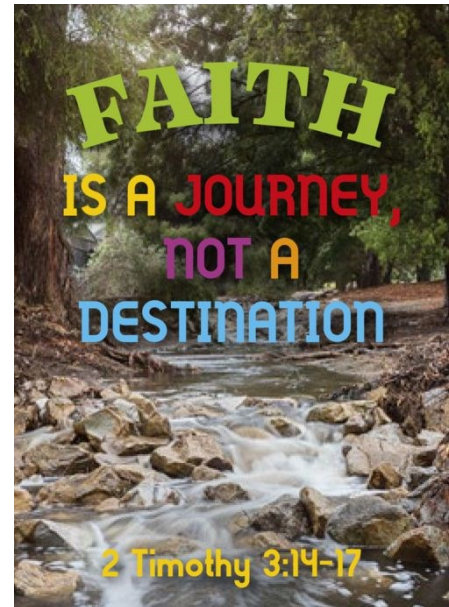
Exodus 32:1-14
Psalm 106:1-6, 19-23
Philippians 4:1-9

Next week 22 October, 2023

Exodus 33:12-23
Psalm 99
1 Thessalonians 1:1-10
Matthew 22:15-22

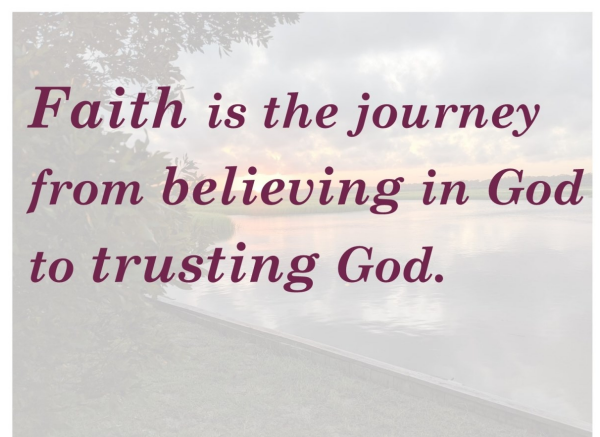
Ladies Bible Study

Ladies Bible Study will meet on
Tuesday in the chapel from 3pm,
they are looking at Study 4 - Being
Connected (John 15:1-17)



"Wander in the desert for forty
years? — Is this some kind of
fitness program?"

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The Exodus Journey and how it mirrors the Christian journey of transformation.

Spiritual Practices Teacher and Writer, Dr. Lynne Baab explains why "journey" works so well as a metaphor for faith. Lynne notes that "the Bible is full of journeys – Abraham, the Exodus, the Exile and the return to Jerusalem, Paul's missionary journeys – but you'll seldom, if ever, hear the Bible referring to the life of faith as a journey.

We, however, use that metaphor all the time. We say things like, "In my faith journey, God has used so many circumstances to teach me about trust." We talk about God "walking with us" in hard times. We might say something like, "I've come a long way in my faith since my father died." All of these statements evoke faith as a journey."

Lynne also offers the following reasons why "journey" is a helpful metaphor. Firstly she explains that "Journey" focuses on the process of getting there, not the arrival. Christians are being transformed into Christ's image "from one degree of glory to another" (2 Corinthians 3:18). This is a process that continues throughout our earthly life. On earth, we never arrive but we continually grow closer to who we were created to be. When we talk about faith as a journey, we are emphasizing progress, not perfection."

Secondly, Lynne suggests that "journey implies changes, transitions, challenges and adventures. I'm sure my desire for comfort, stability and outward peace isn't unique to me. When I think of my life in Christ as a journey, I am more open to meeting God in the unexpected. I am less likely to resist change and challenge."

The above extracts from Dr. Lynne's webpage follow on from my Grapevine blog, 1st October. Two weeks ago I invited you to consider the Exodus journey as a metaphor for our own Christian journey of faith. This week I invite you to ponder the following questions:

- Have you ever considered your life of faith as a journey?
- Do you agree that faith is more about the process of getting there, not the arrival?
- How do you react to changes, challenges and unexpected adventures?
- Has there been a time when you have felt like the Israelites wandering the desert, not sure where you are going or if God is really there? What did this journey teach you?
- Do you think our 'spiritual fitness' improves when we seek God in every change, challenge and adventure?