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First Baptist Church of San Mateo

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How to Get Courage and Confidence

By Pastor Marc Heinz

You know at various times in our lives most of us will experience fear, discouragement, loss or loneliness. Believe it or not, sometimes even Christians feel such things. In fact there may be times in our lives when we are so discouraged or hurt that were tempted to wonder if God even knows or cares about our situation.

In Psalm 77 the Psalmist, Asaph was having one of those moments. He was in anguish. He felt discouraged and alone. He was hurting and it would seem that he was about ready to throw in the towel and give up. Listen to the first ten verses:

"My voice rises to God, and I will cry aloud; My voice rises to God, and He will hear me. In the day of my trouble I sought the Lord; In the night my hand was stretched out without weariness: My soul refused to be comforted. When I remember God, then I am disturbed: When I sigh, then my spirit grows faint. Selah. You have held my eyelids open: I am so troubled that I cannot speak. I have considered the days of old, The years of long ago. I will remember my song in the night; I will meditate with my heart, And my spirit ponders: Will the Lord reject forever? And will He never be favorable again? Has His lovingkindness ceased forever? Has His promise come to an end forever? Has God forgotten to be gracious, Or has He in anger withdrawn His compassion? Selah.

"Then I said, "It is my grief, That the right hand of the Most High has changed."

These verses paint a picture of dis-

tress and anguish, as Asaph searches his heart for answers. All he can do is think about the past when things were better. And his sleepless nights and searching spirit produce no resolution or answers, only agonizing questions that strike at the very heart of his faith. It's as though he has become so discouraged that he can't even pray and his attempts at prayer give way to anguished meditation. The meditation culminates in wrenching questions and we see the apparently hopeless conclusion that God has changed. Now look at verses 11-20.

"I shall remember the deeds of the LORD: Surely I will remember Your wonders of old. I will meditate on all Your work, And muse on Your deeds. Your way, O God, is holy: What god is great like our God? You are the God who works wonders; You have made known Your strength among the peoples. You have by Your power redeemed Your people. The sons of Jacob and Joseph. Selah. The waters saw You, O God: The waters saw You, they were in anguish; The deeps also trembled. The clouds poured out water: The skies gave forth a sound; Your arrows flashed here and there. The sound of Your thunder was in the whirlwind; The lightnings lit up the world; The earth trembled and shook. Your way was in the sea And Your paths in the mighty waters. And Your footprints may not be known. You led Your people like a flock by the hand of Moses and Aaron."

I find it fascinating to see how quickly Asaph goes from the brink of despair to a sort of calm hope. So what hap-

pened? What changed? How do we account for this sudden transition. I believe the change occurs as he is reminded of who and what God is. This is reflected as his speech changes from "I" in verses 11-12 to "You" in verse 14. Do you see what happened? As he began to think about God rather then himself and his situation, things started to come into focus. And as He recounted all that God had done in the past he regained hope for his own present situation and for the future. So the key to Asaph's sudden change was the fact that he began to think about and remember God.

Do you have pictures of your loved ones in your wallet or purse? How about the walls or your refrigerator? Why do you do that? I know why I have pictures of my wife and family on my desk, I have a need to remember those I love. In a similar way, we all have a need to remember God, as well as the things He has done on our behalf. Thinking about what God has done in the past will not only encourage you, but it will strengthen and help revive your faith during difficult or lonely times.

It seems to me that one of the Nation of Israel's greatest problems was short term memory loss, i.e., they were guilty of forgetting what God had done on their behalf in the past. You know when it comes to remembering what God has done in the past, we too, like the Israelites have a tendency to quickly forget. Think about it? How long after God has helped you through something painful or difficult experience do you continue to remember and be thankful for what He has done?

So what can we do we to insure that we don't forget? In Deut. 7:17-19 Israel (Continued on page 2)

was wandering in the wilderness God said:

"If you should say in your heart, 'These nations are greater than I; how can I dispossess them?' you shall not be afraid of them; you shall well remember what the LORD your God did to Pharaoh and to all Egypt: the great trials which your eyes saw and the signs and the wonders and the mighty hand and the outstretched arm by which the LORD your God brought you out. So shall the LORD your God do to all the peoples of whom you are afraid."

God's challenge was for them to use their memories to inspire courage and confidence for the present. Psalm 77 reminds us of the same truth, informing us that one of the best way to deal with current problems or hurts is to remember what the Lord Has done in the past. And as you do that you will become confident in the present and the future. While faith isn't a guarantee that there will be no difficulties or hardships in our lives we need to constantly remember that the same God who has been our help in ages past will also be our hope in the present and our confidence for the future.

Folks, we must learn to continually recount who God is and respond accordingly by being thankful. When you realize just how much you have to be thankful for it will make a world of difference in how you live your daily life.

It is truly mind boggling to consider the incredible blessings God has bestowed on all of us! I encourage you to pause today and reflect on just how very much God loves you! Take time to remember and think about some of the ways in which God has blessed you and simply give Him thanks.





Thanksgiving 'Eve Service

Wednesday, Nov. 26, 7:00 p.m.
Bring your favorite dessert
and spend time together as
God's family, sharing our
thanks.





"Oh Great, Great God, You are the song, the song of this heart. Your great love, has won me."

-- "Great God" by Christian Musicians - For All Seasons

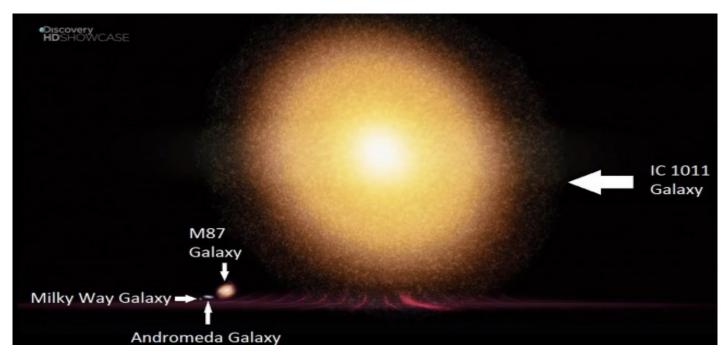
This summer at youth camp the band that led worship sang this song. And it begs the question: How truly great is our God? Well in simple terms... Infinite! Now as amazing as that might seem, we really don't have the brain capacity to fully understand that word, so we usually just move on from the subject. But God seems to desire for all mankind to contemplate just how vast and great He is. Romans 1:20 says that, "His infinite power and divine nature have been clearly seen from what has been made, so that men are without excuse." For looking at creation, we are able to see these two truths about what God is like. Recently, at our worship retreat a we decided to take a quick look at God's creation.

To travel to the moon, at the speed of some of our current rockets of 36,000 mph, we can get there in about 6 hours. Pretty good! At that same speed, it would take about 107 days (3.5 months) to reach the Sun which is 93,000,000 miles away. To leave our solar system, about 4.6 billion miles, it would take 14 years. Wow! That's a long time sitting in a rocket. Wait it gets better. To get to the nearest star (25.6 trillion miles) at that

He determines the number of the stars and calls them each by name. Great is our Lord and mighty in power; His understanding has no limit. Psalm 147:4-5

He created the heavens with a word (Genesis 1:14). He sustains the universe by His power (Hebrews 1:3; Colossians 1:17). And He sits enthroned above everything (Daniel 7:9, Revelation 4). Yet He is near to us in our lives and working (Psalm 46). He knows not only the name of every star in the universe, but also every molecule in each of the stars. And what's truly amazing is that He knows every hair on your head, and knows every thought that you have before you speak it (Psalm 139). He is so intimately present that He wants you to know and live in continual relationship with Him. Again, we cannot grasp how amazing and wonderful is our God.

Since examining these scientific truths together with the biblical presentation of the nature, and character of the God we worship, and being deeply impacted by everything God has been teaching us through our Sunday morning messages and on Wednesday nights, I have been swept away in total awe and wonder of God. But along side that has come an incredible sense of humility. "When I consider your heavens, the work of your fingers, the moon and the stars, which you have set in place, what is man that you are mindful of him? (Psalm 8)



speed would be about 81,000 years. The Milky Way Galaxy is about 100,000 light years across (traveling at the speed of light - 186,000 miles per second). But our galaxy is considered a dwarf galaxy. The largest galaxy we know if is IC-1101, and it is 6 million light years across.

That means traveling at the speed of light, it would take 6 million years to cross it. The universe contains an estimated 100,000,000,000 (100 billion) galaxies, with over 400 billion stars in each, some a lot more. Words cannot begin to describe the incredible vast size and sheer incredible scale of the universe. Our minds cannot even truly comprehend the numbers that are involved in measuring what we see and our astrological instruments say. But truly even more incredible is the power and size of our God who breathed this into existence.

Do you approach your time with the Lord and your worship of Him with a sense of awe and humility? John Stott wrote about the early church described in Acts 2:42-43:

"If joy is the mark of authentic worship, so is reverence. "Everyone was filled with awe (v 43). The living God had visited Jerusalem (through Christ and at Pentecost) and they bowed down before Him in that mixture of wonder and humility we call worship."

As we approach this time of praise and thanksgiving to the Lord, may this look at our great, great God fill you with more awe and wonder fueling a life lived in obedient thanksgiving!

Daily Bible Readings - November

The following Bible reading schedule was compiled by Robert Murray McCheyne in 1842. Using this Bible reading schedule you will read four portions of Scripture each day (two in the morning with "family" or individually and two in the evening in "secret" or privately), and read through the Old Testament once and the New Testament and Psalms twice in a year.

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Sat.
         1 2Kings 14
                        2 Tim. 4 Hos. 7
                                        Ps.120-122
Sun.
           2Kings 15
                        Titus 1 Hos. 8
                                        Ps.123-125
Mon.
           2Kings 16
                        Titus 2
                                Hos. 9 Ps.126-128
           2Kings 17
                        Titus 3 Hos. 10 Ps.129-131
Tues
         5 2Kings 18
Wed.
                        Philem. Hos. 11 Ps.132-134
         6 2Kings 19
Thurs.
                        Heb. 1 Hos. 12 Ps.135-136
           2Kings 20
                        Heb. 2 Hos. 13 Ps.137,138
Fri
Sat.
         8
           2Kings 21
                        Heb. 3
                                Hos. 14 Ps.139
                        Heb. 4 Joel 1 Ps.140,141
           2Kings 22
Sun.
         9
                        Heb. 5 Joel 2 Ps.142
Mon
        10 2Kings 23
Tues.
           2Kings 24
                        Heb. 6 Joel 3 Ps.143
        12 2Kings 25
Wed.
                        Heb. 7 Amos 1 Ps.144
Thurs.
        13 1Chron.1,2
                        Heb. 8
                                Amos 2 Ps.145
Fri.
        14 1Chron.3,4
                        Heb. 9
                                Amos 3 Ps.146,147
        15 1Chron.5,6
                        Heb. 10 Amos 4 Ps.148-150
Sat
Sun.
        16 1Chron.7,8
                        Heb. 11 Amos 5 Lk.1:1-38
Mon.
        17 1Chron.9,10 Heb. 12 Amos 6 Lk.1:39-80
        18 1Chron.11,12 Heb. 13 Amos 7 Luke 2
Tues.
Wed.
        19 1Chron.13,14 James 1 Amos 8 Luke 3
Thurs
        20 1Chron.15
                        James 2 Amos 9 Luke 4
Fri.
        21 1Chron.16
                        James 3 Obad. 1 Luke 5
Sat.
        22 1Chron.17
                        James 4 Jonah 1 Luke 6
        23 1Chron.18
Sun.
                        James 5 Jonah 2 Luke 7
Mon.
        24 1Chron.19,20 1Pet. 1 Jonah 3 Luke 8
Tues.
        25 1Chron.21
                        1Pet. 2
                                Jonah 4 Luke 9
Wed.
        26 1Chron.22
                        1Pet. 3 Micah 1 Luke 10
Thurs.
        27 1Chron.23
                        1Pet. 4 Micah 2 Luke 11
Fri.
        28 1Chron.24,25 1Pet. 5 Micah 3 Luke 12
        29 1Chron.26,27 2Pet. 1 Micah 4 Luke 13
Sat
        30 1Chron.28
                        2Pet. 2 Micah 5 Luke 14
Sun
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Special Offerings

For the month of November will go to Western Seminary.



Have you ever considered honoring a loved one by providing a bouquet of flowers

for the sanctuary? Several dates are available. Sign up in the notebook on the counter in the narthex. We ask and appreciate a \$40 gift for each arrangement.

The Amazing Ways of God

By Doris Waddell

I always stand amazed at the ways God brings the thoughts of our attention to ways of understanding His teachings through everyday situations.

Lately, I've been experiencing problems with balance, veering off to one side as I walk and having to correct my steps to keep from falling. As I was walking one morning a few weeks ago, I noticed a "seam" in the two parts of the sidewalk that continues all along the sidewalk in front of the church. As I began to keep my eyes on the seam, my balance seemed to be helped.

Then, my mind went to something I'd been taught in school about using a brush or pencil to make a line: we need to keep our eyes on the place just ahead of where we intend the line to form. If you take your eyes off, invariably, you will mess up the line you're intending to make. As I pondered the similarity of these two instances, my mind went to a spiritual truth.

When we take our eyes off of Jesus, we put ourselves in a vulnerable position and if not corrected, we will fall.

What an amazing God we serve!



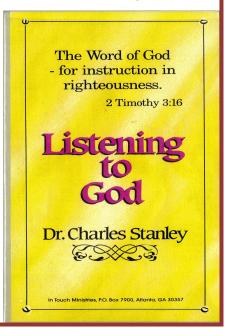
ATTENTION ALL MEN:

Men's Ministry Monthly Breakfast Saturday, Dec. 6, 8:30 a.m. in the Chapel.



On Every Sunday morning at 11:00 a.m. in Room 250, the Men are studying Dr. Charles Stanley's lessons on "Lisening to God."

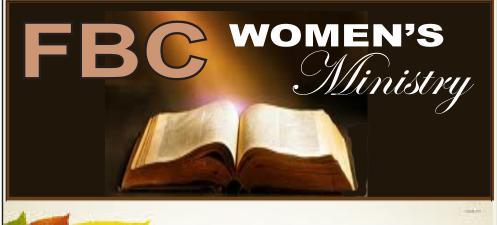
All men are invited to listen and discuss the truths about hearing God's voice.



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	HUR	CH		Z	0V(November	r 2014
\perp	TUE	WED	\vdash	THU	\vdash	FRI	SAT
	All Events Subject	s Are t to					8:30am Men's Breakfast

SAT	8:30am Men's Breakfast 2pm Scout Eagle Court of Honor	CO 7	9em Women's Ministry Fell Brunch	000	
FRI			21	, and a	
THU		3pm Youth Band Reh. 7pm TNT	3pm Youth Band Reh. 7pm TNT	3pm Youth Band Reh. 7pm TNT 7pm Scouts Greenbar Meeting	Hampy Champy Chambsquing
WED	its Are ct to ige.	6:30pm Midweek Service 6:30pm AWANAS 7pm Scouts Leaders Meeting 8pm Worship Rehearsal	6:30pm Midweek Service 6:30pm AWANAS 7pm Scouts Leaders Meeting 8pm Worship Rehearsal	6:30pm Midweek Service 6:30pm AWANAS 7pm Scouts Leaders Meeting 8pm Worship Rehearsal	6:30pm Thanksgiving Eve Service 6:30pm AWANAS 7pm Scouts Leaders Meeting 8pm Worship Rehearsal
TUE	All Events Are Subject to Change.	7pm Women's Ministry Study 7pm Al-Anon 7pm C.A.D.	7pm Al-Anon 7pm C.A.D. 18	6:30pm Women's Ministry 7pm Al-Anon 7pm C.A.D.	7pm Al-Anon 7pm C.A.D.
NOW .	Bible Studies for Children and Adults Contemporary Style Worship Bible Studies for Adults and All Youth Classical Style Worship	7pm Scouts	7pm Scouts	7pm Scouts 7pm Scouts Parent Meeting	7pm Scouts
NUS NUGOW VACINIES	9:30am Bible Studies for Children and Adults Contemporary Style Worship	8:45am Prayer Meeting in the Hospitality Room 5pm Scouts Court of Honor	8:45am Prayer Meeting in the Hospitality Room 12:30 Children's Ministry Lunch	8:45am Prayer Meeting in the Hospitality Room 12:30pm Women's Ministry Team Meeting	8:45am Prayer Meeting in the Hospitality 8:45am Room Prayer Meeting in the Hospitality Room 30



Women's Ministry Fall Brunch

"Give thanks to the Lord for He is good."

(Psalm 118:1)

Saturday, November 15, 10:00 AM - 12:45 PM In the Chapel

Speaker: Libby de Juan, former Teacher Leader for BSF

No Cost: A love offering for Libby will be received.

Invite your family and friends!

FBC Ladies,
Mark Your Calendars for December 13th.

FBC Women's Ministry has been invited to a Christmas Tea at *Grace Bible Church.* More details will be coming soon.

Keep alert!



New Class --Coming Soon

> "Building a Firm Foundation in the Faith"

Open to Men and Women

Sundays, at 11:00 a.m.

To sign up (if you haven't already) or get information, call the church office at 650-345-1965.

Be Rooted in the Faith.

To know God is not just to know the facts about Him, but to stand in awe of Him, and have a RELATIONSHIP with Him.