

## Preaching program

New Sermon Series: **'Rediscovering the Longings of Your Heart'**  
*An Intense Look at Psalm 42*

May 3	<b>The Longing for Meaning</b>	Psalm 42:7-8
May 10	[Mother's Day— <b>"A mother's noble ambition"</b> ]	Matthew 20:20-28
May 17	<b>The Longing for Justice</b>	Psalm 42:9-11

## Covid-19 Announcement

Although all of our services have been cancelled until further notice, we will do our best to keep in contact with you through weekly **Prayer Triplet** phone calls and check-ups. An **on-line audio** of the sermon will be available by 10:30am each Sunday. Finally, let me remind you that without our Sunday church services, the usual income we receive from **offertories** will quickly drop. If you are able, please give your offertory by direct debit using the banking details below:

**Westpac Bank, Mortdale**  
**St Johns General Fund**  
**Account BSB: 032167**  
Account No: 870821

## Changing our Inner World

During our shared pandemic quarantine, there are a lot of things we cannot change. For instance, we cannot change the danger of this virus, when it will go away or the safety precautions we need to take. Yet if we dig a little deeper, we can see that there are things that we can **change** and they centre around us personally.

Technology blogger, Chris Penn, summed it up like this: "There are fundamentally two worlds we exist in. There's the **outside world** – which, as you've noticed, is kind of a hot mess right now. Then there's the **inside world**, the world that exists within you."

He goes on: "The inside world is largely under your control. It's who you are, what you think, how you feel, your entire existence. It's the place that both loves and mourns, is both brave and fearful, is largely optimistic, but can also fall into despair."

An important part of our 'inside world' is our soul. Penn writes: "With the decline of

organized religion, millions of people experience a sick soul, however you want to define it — weariness of heart, existential dread, a sinking feeling that nothing really matters — without finding a way out.

His offers this advice:

1. Remember your sense of meaning or **purpose**
2. Be **loving** and be willing to be loved
3. Tap into anything that gives you **joy**.
4. Be of **service** or provide comfort to others
5. Be generous of spirit and engage in acts of **kindness**.

He concludes: "The Old Testament says, 'Be still and know that I am God.' In the New Testament, Jesus says, 'the Kingdom of God is within you.'" While we cannot change the outer world, tapping into the deeper parts of our inner world is well within our reach.

# WELCOME TO PENSHURST ANGLICAN CHURCH

May 3, 2020

