

Sunday 20 July 2025



SERMON TOPIC: Every Spiritual blessing is in Christ
BIBLE TEXT: Ephesians 1: 3-14
PREACHER: Chris Pretorius
ELDER ON DUTY: Jacob du Toit
OFFERINGS:
1st Collection: The work of the Church
2nd Collection: Diaconate

Rest as God intended

Winter Holidays always have many favourite memories packed away in my childhood memory box. Baking trays and trays of cookies with my mom and sister, reading books till late at night, Working through the 20 videos for \$10 special at the local video store, all while under blankets and wearing wool socks.

While making memories of our own this past holiday, Genesis 2:2-3 stood out for me: "By the seventh day God had finished the work He had been doing; so on the seventh day He rested from all His work. Then God blessed the seventh day and made it holy..."

In a world that prizes busyness and productivity, rest is often seen as a weakness or luxury. Yet, from the very beginning of creation, God made rest a central part of His divine design. God, who never grows weary, chose to rest - not out of need, but to set an example for His creation. Rest wasn't an afterthought. It was part of the rhythm of life He established for our good.

Throughout Scripture, rest is more than physical stillness. It's a posture of trust - a surrender from striving. In Exodus 20:8-10, the Sabbath commandments reminds us that regular rest is a sacred rhythm. Jesus later clarifies in Mark 2:27, "The sabbath was made for man, not man for the Sabbath." Rest is a gift, not a burden.

Biblical rest invites us to pause our work, reflect on God's goodness, and renew our strength on God's goodness, and renew our strength in Him. It teaches us to rely on God's provision rather than our own performance. True rest is found not just in ceasing from activity but in abiding in Christ. AS Jesus said in Matthew 11:28:

"Come to me, all who are weary and burdened, and I will give you rest."

In our rest, we declare that God is in control-that our identity is rooted in Him, not our accomplishments. This kind of rest reorients our hearts towards worship and peace.

May we not neglect this sacred gift. Let us learn to rest-not only with our bodies, but with our souls - in the presence of our faithful God. ~ Leana

Our Giving, an Act of Worship

In our Church we have two offerings every Sunday. The first goes toward the ministry of this congregation. The second offering goes toward various Christian causes. This week our second offering is for the Diaconate.

If you would like to support the work of you can do so by in Church giving - simply add your offering to the bag at the back of Church or by bank transfer -

BSB 063-167. A/C 1015-8356

If using bank transfer please indicate whether it is for the first offering "Sun1" or second offering "Sun 2" in the reference line. Or you can give online via our Church app

<https://wpcrc.org.au/give>

This week's **PRAYER POINTS**

There is no burden of the spirit but is lightened by kneeling under it. Little by little, the bitterest feelings are sweetened by the mention of them in prayer. And agony itself stops swelling, if we can only cry sincerely, "My God, my God!" ~William Mountford

Personal **PRAYER POINTS**

As we go into the coming week let us daily pray;

With a humble and contrite heart honouring our God in trembling awe as we seek his favour in all our petitions.

"This is the one I esteem: he who is humble and contrite in spirit, and trembles at my word." (Isaiah 66:2b)

Give praise and thanks to the Lord our God who willingly comes down to our level to lead us and guide us as a shepherd his sheep.

Congregational PRAYER POINTS

Please continue to pray for Ben Palmer and give thanks for his continued recovery, pray for Lauren as she supports her husband through all this.

Please pray for our children and young people as they re-commence their studies after the holidays, pray also for their teachers that they will teach with wisdom and integrity.

Please pray for those of us struggling with dementia, Henk Knol, Suzanne Nel, Hanna vander Walt as well as other family members of our congregation, pray also for their loved ones as they suffer with them.

Please continue to pray for Sally Moore as she recovers from her heart surgery.

Local & Global PRAYER POINTS

Pray for the churches in our vicinity that we will all be beacons of light to a dark world.

Pray for our nation that those who have been elected to lead us will do so with wisdom, courage and a desire to do what is best for our nation. Pray that the Lord will cause them to do his will.

Please pray for our brothers and sisters in Pakistan.

A young teenage Christian girl was finally able to escape from her Muslims captors after two years in captivity.

On the night of May 24, 2023, 14-year-old Muskan Liaqat was asleep in her bed down the hall from her parents when Muslim men snuck into her home in Muridke, Pakistan, and abducted her at gunpoint, dragged her to a government office, forcefully made her convert to be a Muslim and marry an older man. "They took me to their home, where they tortured me and forcibly took my thumb impressions on some papers - I was later told that I had become a Muslim and Adnan was my husband," Muskan told Christian Daily International-Morning Star News. Muskan however, learned that she was not just forced to be Adnan's wife. It was much worse than that.

Muskan, a member of the local Salvation Army Church, said she was forced to become a sex slave. "I was raped and beaten with an iron rod on almost a daily basis," she said, "He used to call me 'Chuhri' [a pejorative term used for Christians] and other curse words. As a result of repeated sexual abuse, I got pregnant in 2024." Adnan beat and tortured her so severely that Muskan lost her baby in the fourth month of her pregnancy. "I used to cry all night and prayed to God to rescue me from this hell, but it looked like my prayers were not reaching Him..."

Muskan couldn't take it anymore, so she tried to kill herself by cutting her wrists. "I wanted to kill myself as it seemed the only way out of the agony that I was suffering every day," Muskan said. "I would also question myself, 'Would my family accept me even if I somehow manage to escape and return home? Would they believe me that I had not gone with Adnan willingly?' These thoughts haunted me all the time, forcing me to think that ending my life was the only option."

But then, everything changed. Her prayers seemed to be answered when she was able to sneak away and make a secret phone call to her older sister. She told her sister where she was and gave her the name of her captives. Her sister quickly gave the information to her parents who immediately went to the local police station. It finally seemed that there was a light at the end of the tunnel, but that all changed when Muskan's captors learned about the police report.

"When Adnan and his father came to know that my family had approached the court for my recovery, they threatened to kill me and my family members if I gave a statement against them," she said.

"They told me to tell the court that I had converted to Islam and married Adnan of my free will. I succumbed to their pressure though my heart and soul yearned to be with my parents and siblings."

It didn't matter that Muskan was a minor and legally not old enough to make such decisions. In Islam, it is legal to follow the teachings of Muhammad and marry young girls. One of Muhammad's wives was only six years old when he married her. The Islamic court sided with Muskan's captors.

Muskan received a brutal beating with an iron rod for contacting her family, fracturing her left arm and caused other multiple injuries. Muskan, recovering from her injuries felt hopeless and on June 3 she saw another chance. Adnan left her unguarded at his house. She saw a chance to escape and knew that if she didn't, she might not survive much longer. "I'm truly grateful to God for rescuing me from captivity and to my family for trusting me that I had not gone with Adnan willingly," she said.

Fearing Adnan could legally come and take custody of Muskan, her family sought help from a group called Christian True Spirit (CTS), a paralegal organization that also runs a shelter for Christian women and girls where Muskan is currently in hiding.

The abduction of young girls in Pakistan is common. Muslim men are known to stroll Christian neighborhoods and even primary schools looking for attractive girls that they later abduct, force to convert, and then marry. Once the young underaged girls are converted to Islam, their Christian families then have no rights over them.

According to BBC, up to 1,000 such girls are abducted every year and forced into Muslim marriages in Pakistan. Back To Jerusalem



Have you joined our church over the last year?

We'd love to welcome you properly over a shared meal on 27 July after the service.

Our Newcomers Luncheon is a relaxed and friendly gathering designed to help you feel at home, meet others from the congregation, and learn a little more about who we are as a church. Whether you've joined over the last year, just started visiting, or have been coming for a few weeks, this is a great opportunity to connect.

In case you haven't already, you'll have the chance to meet some of our leadership team, hear about our vision and ministries, and ask any questions you may have. Families are most welcome. We'd love to know if you're coming so we can cater well. Come and enjoy good food, warm company, and a chance to connect! We look forward to seeing you there!

Please let us know if you can come by emailing Jenna (jenna@wpcrc.org.au)



Timeline to **CHURCH CENTER ACTIVATION**



Ways to serve at the **DINING ROOM MISSION**

I would love to hear from the next person/team who would like to cook for us in July .

Contact Joy van Veen for details.

Another way of supporting the Dining Room Mission is by supporting their food pantry. They would love donations of pantry staples such as... Cereal, long life milk or other beverages, tuna and other tinned goods, rice, pasta etc.

A little money to support the cooks or pantry is also gratefully accepted.

Upcoming events **OUR CHURCH CALENDAR**

Sunday 20 July 10:00 The Lord's Supper

Wednesday 23 July 19:30 Young Adults Bible Study

Friday 25 July 19:30 Super Dash

Sunday 27 July 10:00 Deacon & Elder Installation

Sunday 27 July 12:00 Newcomers Luncheon

Sunday 3 August Church centre activation for the Church community

Sunday 10 August Church Centre Activation for the Church Community



TERM 3 **2025**

SUPERDASH

25 JUL	SOCIAL : ESCAPE ROOM 7: 30 PM @ WONGA PARK CRC
8 AUG	BIBLE STUDY: MARK 7: 30 PM @ WONGA PARK CRC
10 AUG	STATE YOUTH SERVICE 4 PM @ GEELONG CRC
22 AUG	BIBLE STUDY: MARK 7: 30 PM @ WONGA PARK CRC
5 SEP	BIBLE STUDY: MARK 7: 30 PM @ WONGA PARK CRC
19 SEP	BIBLE STUDY: MARK 7: 30 PM @ WONGA PARK CRC

FOR MORE INFORMATION SPEAK TO YOUR YOUTH LEADERS

Discussion QUESTIONS

1. Which part of verses 3-14 most stirs your heart to praise God and why?
2. Paul says we were chosen "before the foundation of the world." How might that shape the way we see one another across age, gender, and background in our church family?
3. Father plans, Son redeems, Spirit seals. Where do you see each Person of the Trinity at work most clearly in the life of Wonga Park CRC?
4. Think back to a recent bout of doubt or shame. Which line of the passage speaks straight into that feeling?
5. The Spirit is called our "guarantee." How can you lean into His presence when tomorrow feels uncertain?
6. If your spiritual inheritance were a cheque, what would it look like to cash it this week rather than simply frame it?
7. Our adoption in Christ reframes family dynamics. How might that gospel reality change the way you respond to a difficult relative or authority figure?
8. We're "predestined... to the praise of His glory." What would living for God's praise look like in your workplace, school, or neighbourhood?
9. Paul piles up words like "riches" and "lavished." Do you instinctively approach God as abundant or scarce, and what habit could retrain that instinct?
10. Later in Ephesians we'll meet mutual submission (5 : 21). How do the blessings of 1 : 3-14 lay the groundwork for humble, gospel-centred submission in marriage, parenting, and leadership roles?

Sermon NOTES

Bible passage: _____

Date: _____



Something
that shines
from the
passage



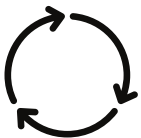
Anything
hard to
understand
or any
questions



Personal
application
for your life



Theme of passage



How does it
fit with other
passages in
the Bible



Who will you
tell about
what you have
learnt?

[illegible]

Helping HANDS

	20 July	27 July	3 August
Preacher	Chris Pretorius	Chris Pretorius	Chris Pretorius
Elder on Duty	Jacob	Peter W	Kasha
Prayer Leader	Inge	Peter W	Herman D
Music Leader	Nelleke	Inge	Neil
Children's Talk	Inge	Nicky	TBC
Bible Reader	Karien	Danika	Salme van Staden
Sound	Nina	Nic	James
Visuals	Isaac	Ene	Salme
Broadcasting	Christo	Pieter	Cassie
Sunday School	No Sunday school	TBC	TBC
Coffee	Jo & Dale Reed	Theron Family	Ilze & Peter Kellerman

Upcoming BIRTHDAYS



Isaac Organtzoglou 20 July
Lizemarie Szarek 22 July
Leana van Gent 28 July
Suzanne Theron 30 July
Lynette Dyer 31 July

**HAPPY
BIRTHDAY**

Who Should I Contact?

Pastor:	Chris Pretorius	0423 889 913	pastor@wpcrc.org.au
Chairman of Session:	Peter Williams	0431 500 006	session@wpcrc.org.au
Church			
Administrator:	Sarah Pretorius	0409 221 277	admin@wpcrc.org.au
Deacons:			deacons@wpcrc.org.au
Music Ministry:	Mia Van Wyk	0420 817 800	
Sound & Visuals:	Cassie Van Veen	0499 230 872	
Children's Talk:	Sarah Pretorius	0409 221 277	
Sunday School:	Sarah Pretorius	0409 221 277	
Youth Group:	Lauren Palmer	0488 453 834	youth@wpcrc.org.au
Young Adults:	Michael van der Merwe	0456 960 424	
Growth Groups:	Chris Pretorius	0423 889 913	
Prayer Chain:	Herman Linde	0411 069 808	
Facilities & Maintenance:	Dale Reed	0412 216 300	deacons@wpcrc.org.au
Outreach:	Lauren Palmer	0488 453 834	
Newsletter:	Leana Van Gent	0452 334 224	newsletter@wpcrc.org.au