



On the Same Page

“In my distress I called upon the LORD, And cried to my God for help; He heard my voice out of His temple, And my cry for help before Him came into His ears.” (Psalm 18:6 NAS95)

Forever-Family Fellowship

We will teach and practice truth-and-love relationships with brothers-sisters in Christ that must survive/thrive in the present because we believe that these relationships will last forever

All-Week-Long Worship

As the local body of believers gathers each Sunday for worship, we will inspire a worship experience for all age groups that will travel with you all week long. What we do on Sunday will assist you in your singing, in your praying, in your devotion, and in your witness.

Conversely, it is as you worship all-week-long that you will be prepared to enter into gathered worship on Sunday.

Day-to-Day Discipleship

As followers of Christ, we are disciples every single day. Respect for and commitment to Scripture is essential. We will show you how to interact with and respond to God's Word, both as individuals, and in groups.

Moment-by-Moment Mission

God, the Architect of the world and of our lives arranges appointments and interruptions. Each of us is called to represent His Son for the glory of His Name. We will cultivate a mind-set for moment-by-moment mission, whether close to home, or far away.

Mindfulness and Prayerfulness Distinguished

Of the many life strategies advocated in print and digitally, one that caught my attention was the recommendation of “**mindfulness.**” I would like rather to recommend “**prayerfulness.**”

First of all, they are not the same thing. **Mindfulness** can be practiced by anyone who sets their, well, “mind” to it. What exactly their “mind” is, or how it is equipped to engage in this activity, who knows? When it comes to minds, we are all dealing with a flawed tool.

But **prayerfulness**, and I am speaking of **Christian prayer**, is much different. First of all, it is **a function of the soul**, that non-material part of your being that doctors cannot examine but that God can. Similar to physical lungs, the soul’s “breath” is prayer. Sadly, most people’s souls don’t “breathe” much. **Mindfulness need not engage the soul; true prayer does.**

Prayer has an object. You are not talking to yourself in prayer, nor the ceiling. You are talking to the **Creator** and **King** of the universe, who is also, by virtue of faith in Christ, your heavenly **Father**. This alone sets it far apart from mindfulness. But also, Christian prayer is mediated by **our ascended Lord, Jesus**, who is at the right hand of the Father. He is called **our High Priest**, and every word or thought of our prayers reaches the ears of the Father through the Person of Jesus. And still more, this ascended Lord, Jesus, has given His Spirit into the hearts of those who believe in Him, that is, every true Christian, and **this Spirit**, among many functions, **helps us in our prayers.** He inspires us to pray; He guides us to pray aright; He edits our wrong-headed prayers. That is, we don’t pray in isolation, all by ourselves.

Now compare this to mindfulness. Since there is no divine element **in mindfulness, you are indeed talking to yourself.** Think about that. Whereas in prayer, you are talking to the one, true God, in mindfulness, you are talking to the biggest authority that you recognize, yourself. That is, you consider yourself to be your own god (if there are many gods, the “g” cannot be capitalized).

And **in mindfulness, you are the facilitator of your own activity.** Think back to the Old Testament where only Israel’s high priest could take the offering into the Holy of Holies once a year for the atonement of the people. That is now fulfilled in what Jesus did for us on the cross, a one-time event that completed fully the demands of God’s justice and also salvation for those who come to Christ. But with mindfulness, your messy mind is your own

not-so-holy of holies. **You are fabricating your own redemption** through your half-baked thoughts collected indiscriminately from last night's late show. And you are replacing the Spirit's "energy" for prayer with an instinct to "reach out" or "reach up," all the while asserting your own sovereignty and deity that starts and stops with you. **You are, in essence, saying, "I can fix myself."** God's Word says otherwise.

Now, have I overstated or been unfair? Perhaps. Christians who pray can also be mindful. But, this must be admitted. Christian's pray. **A Christian who does not pray is a contradiction of terms.** And when we stand before God one day, Christian prayer is an assurance that we will not be talking to a Stranger. Mindfulness cannot make that claim.

Forever by Paul David Tripp

Here is something humbling to think about: no one swindles you more than you do. No one plays games with your reality more than you do. No one deceives you better than you do. No one has told as many lies to you as you have told to yourself. No one has worked as hard and as long to get you to deny what is real and to embrace what is unreal as you have.

Notes:

Sunday school meets each week at 10 a.m. with classes for adults and children. **"Training Table"** (breakfast) for the youth class will be ready at 9:45 a.m. **American House service**, Sunday at 3 p.m.

Ladies Bible study is conducting their Winter series on Tuesdays, 10 a.m., with a study called Seven Feasts: Finding Christ in the Celebrations of the Old Testament, by Erin Davis. They will meet this Tuesday, but be off for the week following, March 12.

Our next **Wednesday evening dinner, discussion and prayer is this week**, Mar 6, 6 p.m.
Men of Action breakfast and meeting is Mar 9, 8 a.m.

Time change occurs next Sunday early morning, March 10 - Spring Ahead

Weekly Worship @ 11:00 a.m.

This Sunday, March 3, we prepare for Lord's Table by skipping ahead to the latter part of 1 Thessalonians 5:14-22, with a brief look at what I have called **"A Christian Catalogue."** We will also hear **Romans 6** as a preparation for Lord's Table.

Last Sunday, February 25, we continued our Winter series, "Living in the Light of His

Coming" with a study of 1 Thessalonians 4:13-18 and a message, titled, **"Rescued from the Coming Wrath."** We looked at various examples of "rapture" in the Bible. [Listen to the message here.](#)

On the Same Page weekly newsletters are available on our website, and there is also an email list which will deliver the newsletter to you each week.

Daily Encouragement emails go out Monday-Saturday mornings, with a short devotional and congregational prayer requests. You may request to be added to this list (or, deleted from this list) by sending a request to baptistmilford@gmail.com.

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