

Dear Friends

Recently a dietitian suggested a new way of eating i.e. more plant food rather than dairy and meat. I'm getting used to soy milk in tea and coffee as well as on my breakfast.

The dietitian has a wonderful cooking book with all kinds of unusual recipes. Not being used to cooking with lentils (and very little salt) I decided to try one of her suggestions. I measured everything out and put it on to cook - it was



disastrous! It certainly didn't look like the photo.

What went wrong, I followed the instructions but it tasted and looked like dishwater. I did have a bowl but didn't like it at all.

I reread the instructions and suddenly realised I hadn't used dry lentils but tinned lentils which were already cooked. I didn't need 6 cups of water at all, no wonder it was so watery and tasteless.

I will try again and I'm sure it will taste just right.

It reminds me of the Christian life, we have a perfect "recipe" book, The instructions are simple and yet we often mess the recipe up by our actions, by not sticking to the instructions. What does Scripture tell us? In John 3:16 "For God so loved the world that he gave his only son that **whosoever believes in me should not perish but have everlasting life.**" **Abundant life** not just for today but always, a life filled with God's spirit that produces fruit e.g. love, joy, peace, patience, long suffering, and we could add much to that list.

When we do mess up and we all do, and ask for forgiveness, God forgives us and makes something beautiful of our lives. It is God who changes us, we don't have to change ourselves – all we have to do is to call on Jesus' name.

My prayer is that we will all let God come into our lives and change us into the men and women he created us to be. Amen

In Christian love and service,
Lyn

[Jesus Was There All the Time - Bing video](#)

A lifetime ago, a young girl alone,
Stood quietly thinking of grief she had known,
I know what she felt like, I know of the cost,
The girl I speak of is who I was.

Unable to face, what life seemed to be,
There seemed to be nothing important to me,
Nothing to look for and nothing to find (And nothing to find)
No one close to ease my mind.

But Jesus was there all the time, (You know He was there all the time)
Waiting to open the door,
Forgiveness, has always been mine,
A new life, and oh, so much more.

Somewhere I felt what I couldn't see,
His Presence was slowly enveloping me,
Filling me, healing me, making me new, (Making me new)
I felt His message coming through.

But Jesus was there all the time, (You know He was there all the time)
Waiting to open the door,
Forgiveness, has always been mine,
A new life, and oh, so much more.

Now I can sing, with pride in my song,
I'm singing of things that were there all along,
I'm feeling the strength that was given to me, (Was given to me)
Jesus was there all the Time.

Jesus was there all the time,
I'm so glad You never left me here,
You were there all the time.
You gave me a brand-new life, a brand-new hope, a brand-new song,
I love You Jesus for being there all the time,
You were there, You were there, Hallelujah!
Delivering me, healing me, making me new,
You're my closest friend day and night,

I can be glad when I sing, cause I'm singing the song that You gave to me,
It's a melody that's come right straight from my heart,
Dear Lord, you've been so great for You were there all the time.
I love You Jesus.