



YOU
KNOW
WHAT!!!???



FROM
DAVE'S
HEART
TO
YOURS

Here's what I've discovered...

It was Christmas morning as we all huddled into the little old traditional church building in a quaint little coastal town on South Africa's east coast.

It was clearly the biggest day of the year for the little 'Humpty-Dumpty' type figure of the local minister, who could barely see over the pulpit. One couldn't help but feel that the occasion was bigger than him.

Things were progressing well with carols being sung with great gusto, with several little girls dressed up as angels. Eventually the sermon got underway and all was going according to plan, that was, until one 'little fellow' decided join in, yelling at full volume with, 'you know what'? Causing the little red faced, somewhat flustered preacher and his notes to appear as if they had been caught in a wind tunnel. Dignity was duly restored, but the question was repeated on two more occasions by the little guy, much to the delight and amusement of the congregation.

Thinking about the 'you know what' line and having had much time to take stock and reflect over the past few months, I began to ask what I had discovered, particularly about myself over this season.

So Here goes:

The first thing I learned is that....

KOINONIA IS NOT JUST A WORD, IT'S A VERB.

God said that; 'it is not good for man to live alone', and I've come to embrace that truth more now than ever before.

I've learned afresh that I love and appreciate my friends. I miss them. That even though we have WhatsApp calling and texting, my friends think that their cell phones are also in lock down. I hasten to add, that I am the foremost among the guilty in this regard.

God has implanted deep within us an inherent need to dwell and interact with each other. It's the 'dwelling' part or the absence thereof, that I've found most difficult. Knowing that my children, grandchildren and friends are just up the road yet being unable to see them.

In thinking about Koinonia, I've also discovered that I miss my church. Don't get me wrong, Zoom is a wonderful invention, and has been a lifeline to the Body of Christ during this time. Amazing as it is, and given the incredible innovation of many churches, it's just not the same. I simply love to 'go' up to the house of the Lord, and have to concur with the psalmist David when he declared; 'But it is you, a man my equal, my companion and my familiar friend; we who had sweet fellowship together as we walked in the house of God'... (Psalm 55:13)

I guess I was made to worship!

Another thing I discovered afresh....

MAN WAS MADE TO BE FREE.

There is a most interesting phenomena I've learned, man is not designed to be 'boxed-in' or as the common term has become, 'locked down'.

God has created man to be inherently free in every sense. Free to roam, free to explore and free to choose. God's plan from the very beginning was for us to enjoy life to its fullest extend and to have it more abundantly.

So being limited and having God's intent removed or limited, knocks us out of kilter and

removes our rhythm of life, emotionally, biologically and spiritually. We are all creatures of routine, God made us that way, even when He ordained the simple yet profound miracle of sunrise and sunset each day.

God's intent for us to be free was so great that he even gave us the freedom to accept or reject Him.

Even though I wasn't incarcerated, and only partially restricted, I discovered that I don't function well when my God given freedoms are removed.

So, I'm grateful in a new and refreshed way for Gods' wonderful gift of Freedom.

I also learned that....

WHAT YOU NOURISH YOUR SOUL-MAN WITH AFFECTS YOUR SPIRIT-MAN.

We all need food, whether it be physical or spiritual. What you feed yourself has a profound impact on your well-being. Having found myself in a household with nowhere to go and many of the chores done, what was next?

Apart from the tempting demise of our newly discovered Covid diet, accompanied by Carol's wonderful revived baking skills, there was ample time to read or spend it watching TV. (sadly, without sport)

I soon discovered however, that you can't eat all the time and that the endless (mostly negative) rambling updates on Covid wore thin quite quickly.

Carol and I are not avid Movie watchers, and the news rapidly devolved into a political blame game, which I found began to pollute my spirit man and peace.

This brought me back to Paul's exhortation of; 'Finally, brethren, whatever is true, whatever is honourable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, fix your mind on these things'.

Phil 4:8

In the end I have found once again that as I employed and invested time in my first love, talking to the Father in prayer and drenching myself in His Word, this is my food, this is my solace and my place of rest and peace.

To wrap up here's what I've learned: I'm aware of my mortality and the fresh appreciation of life and in whom I have believed. I love my Church, I love my family, I love my friends, I love my freedom, I love my Heavenly Father and Jesus.

So, let us guard our minds and spirits. Let us continually remind ourselves that God always uses a moving vessel and that we are free. In addition, that if our Perceptions are grounded in these Truths, they will be the rudder and propeller of our safe passage.



**DAVID & CAROL
CAPE**

Dave

KINGDOM CLIP SEPT 2020

TONY FITZGERALD

IMPACT THOUGHTS FROM OUR 50 YEAR JOURNEY

The seasons of our 50-year journey have taught us to live in the day while dreaming tomorrow. This COVID time has certainly been one of these, a time to reflect and focus. This has been the same for many.

Eleanor Roosevelt said, "Yesterday is history. Tomorrow is mystery. Today is a gift."

One of the early truths that we embraced in COTN was "Constant change is here to stay! We have been reminded recently just how fast things can change! At the World Economic Forum in 2018, Canadian Prime Minister Justin Trudeau stated, "The pace of change has never been this fast, yet it will never be this slow again."



**TONY & MARILYN
FITZGERALD**

May we forever discover the mysteries of the kingdom as we maximize every day in fine tuning or even finding our individual destiny. Biblical scholar William Barclay noted, "There are two great days in a person's life—the day we are born and the day we discover why."

Enjoy the day!

Tony & Marilyn

