



Newsletter

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Franklin Road Baptist Church

Christ is our Message . . . The Bible is our Text

“IT SHALL NOT FASTEN ITS GRIP ON ME.”

PASTOR ANDY

I REALLY LIKE HISTORY – I LIKE KNOWING HOW “WE” GOT TO WHERE WE ARE TODAY. IT INTRIGUES ME HOW DIFFERENT THINGS COULD BE IF BATTLES WERE LOST INSTEAD OF WON. HOW MONEY, AT TIMES, HAS DECIDED THE HARD DECISIONS. THE FACT THAT WE HAVE SO MANY THINGS (LIKE PENICILLIN) BY ACCIDENT. ONE OF MY FAVORITES IS TODAY. . .

AND ON THIS DAY, IN 1875, MATTHEW WEBB BECAME THE FIRST PERSON TO SWIM ACROSS THE ENGLISH CHANNEL. IT TOOK HIM 21 HOURS AND 45 MINUTES TO SWIM 39 MILES. HE DID NOT SWIM IN A STRAIGHT LINE BUT IN ZIG-ZAG FASHION BECAUSE OF THE WAVES. HE WAS STUNG REPEATEDLY BY JELLY FISH AND HE COVERED HIMSELF IN PORPOISE OIL (WHICH SOUNDS WEIRD. .AND IT IS WEIRD, BUT IT HELPS WITH GLIDING THROUGH THE ROUGH WATER BETTER). HE HEARD OF ANOTHER TRYING AND FAILING AND THIS SPARKED SOME CURIOSITY IN HIM. HE QUIT HIS JOB AND STARTED TRAINING. NOTHING OF THIS MAGNITUDE (SPORTS RELATED THAT IS) HAD BEEN DONE BEFORE. WHEN HE DID ACCOMPLISH IT, IT OPENED THE EYES OF SO MANY PEOPLE THAT THEIR BODIES COULD DO SO MUCH MORE THAN WHAT THEY THOUGHT. THE ENDURANCE, STRESS, AND PHYSICAL STRAIN WERE TESTED BEYOND COMPARE, BUT THE MENTAL CAPACITY WAS ENHANCED AS WELL. STILL TO THIS DAY IN FOOTBALL, SOCCER, VOLLEYBALL, TRACK AND FIELD, ETC. . . PEOPLE ARE FINDING OUT HOW MUCH STRONGER THE BODY CAN BE.

I HAD A WRESTLING COACH THAT TOLD US, “THE BODY WILL ALWAYS DO WHAT THE MIND TELLS IT TO”. HE ALWAYS TOLD US THAT BECAUSE WHEN WE STARTED BREATHING HARDER AND OUR MUSCLES STARTED TO TIRE, WE WANTED TO STOP. IT WAS GETTING TOO TOUGH; TOO HARD TO BEAR. . . SO WE “THOUGHT”.

AND SO YEARS LATER, I ASK THE QUESTION, “WHAT IS OUR MIND TELLING US TO DO”? A GREAT PASSAGE IS PHILIPPIANS 4:8 - FINALLY, BRETHREN, WHATEVER IS TRUE, WHATEVER IS HONORABLE, 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, **DWELL** ON THESE THINGS.

SO MANY TIMES WE START FOCUSING ON THE NEGATIVES. . ON THE MATERIAL. . . ON THE CORRUPTIBLE. . . ON THE FLEETING. . . ON THE CURSED – AND IT WILL DRAG YOU DOWN AND MAKE YOU WEARY, DISGRUNTLED, ANGRY, AND BITTER.

OUR MINDS SHOULD BE PURER THAN THAT. THEY SHOULD BE HONORABLE, AND TRUE, AND LOVELY. ONE OF THE PASSAGES FROM SCRIPTURE THAT DRIVES ME IS PSALM 101:3 - I WILL SET NO WORTHLESS THING BEFORE MY EYES; I HATE THE WORK OF THOSE WHO FALL AWAY; IT SHALL NOT FASTEN ITS GRIP ON ME.

A HUGE MOTIVATION FOR THE CHURCH TO STAY THE COURSE (TO KEEP OUR EYES FOCUSED) IS WHEN PEOPLE TELL US “JUST WAIT AND SEE”, IS TO START THINKING, JUST BECAUSE SOMETHING PULLED THEM DOWN DOES NOT MEAN IT HAS TO HAPPEN TO US. “IT SHALL NOT FASTEN ITS GRIP ON ME.”

HISTORY DOES NOT HAVE TO REPEAT ITSELF – IT CAN HELP US TO GROW.

I AM SO GLAD MATTHEW WEBB DIDN'T SAY, “WELL I GUESS IT CAN'T BE DONE”