



NEWSLETTER

19 – 25 January 2026

Revive
Restore
Reach Out

Sunday Worship 9am

Prayer for Our Church

Dear God,
As a new year begins, we humbly ask for Your Spirit to guide our church. Give us the wisdom to seek your will in all that we do, trusting your unchanging love amidst life's uncertainties. Help us to put aside differences so that we might build your kingdom sharing the Gospel with love and compassion. Open our eyes to the sorrows of the world, empowering us to respond with sacrifice and tenderness to those in need, reflecting Your grace and mercy.
We ask this in Jesus' name, Amen



You are invited to pray this prayer individually, in small groups, Bible study groups or at other gatherings during the week.

Practising the Way - NRCC Feb-Mar 2026

In February and March we are trying something new and different in our church services. Rather than standard sermons, we will use video material on Christian discipleship from *Practicing the Way*, a Christian ministry based in the U.S. and led by John Mark Comer (formerly lead pastor at Bridgetown Church, Portland).

The Practising the Way Course is designed as a framework for spiritual formation built around teaching, community, and practice. At North Rocks Community Church, we aim to integrate sermons, supplied videos, discussion groups, and homework. Below is an eight-week plan that balances those elements, structured around a weekly rhythm.

Each person should have access to a Companion Guide (available free as a PDF) and a notebook to write their reflections, questions, insights, and prayers. Before 1st February, it's also important to complete the [Spiritual Health Reflection](#). You'll find other resources on the [website](#). We will endeavour to have print copies of all the resources you need for each week. Copies of the book by John Mark Comer, *Practicing the Way*, are available from Rod or Cathy (small donation

appreciated). Any questions, please contact Rod.

Week-by-Week Plan

Week	Session Title	Sermon Theme	Session Flow	Homework
1	Following Jesus	Who or what are you following? (Mark 1:16–18)	Welcome → Reflect intro → Video Part 1 → Discussion → Video Part 2 → Optional post-video → Prayer	Read “ <i>Apprentice to Jesus</i> ” (PTW, pp. 1–31); begin daily prayer rhythm; reflect 10–15 min
2	Formation (Part 1)	Becoming like Jesus: formation begins	As above but focused on formation themes	Practice a formation exercise (from Guide); reflect; journal
3	Formation (Part 2)	Deeper formation practices	Continue pattern, exploring deeper spiritual formation	Extend formation practice; reflect; note insights
4	The Practices	Spiritual practices as structures of life	Learn on spiritual disciplines, pause for reflection	Choose a discipline (e.g., silence, scripture); reflect
5	Meeting God in Pain & Suffering	Seeing God amid suffering and hardship	Video and discussion focused on lament and presence	Practice lament prayer or journaling; reflect
6	Healing from Sin	God’s healing and redemption	Discuss sin, grace, healing practices	Engage a forgiveness or confession exercise; reflect
7	Crafting a Rule of Life	Sustaining formation through life rhythms	Learn to create a Rule; group brainstorm	Draft personal Rule of Life; reflect on sustainability
8	Life Together	Community as context for the Way	Explore life in community; closing group reflections	Plan ongoing community rhythms; reflect on journey

Cleaning Bee - 14 February

We will be cleaning the church on February 14 starting 8.30am in preparation for An Afternoon in Song the following week.

Please put the date in your diary and come along to help if you are able.

Previous Sermons

If you have missed any of our previous sermons you can listen to them on our YouTube channel <https://www.youtube.com/@nrcc6214> or read them on Rod's blog at <https://rodbenson.com/>

Dates for your Diary

Wednesday Morning Prayers - Rod will be leading early morning prayers on Wednesdays at the church from 7am. The session will last about 30 minutes. All are welcome.

Jan	
24	Community Garden
Feb	
14	Cleaning Bee
14 & 28	Community Garden
21	An Afternoon in Song

Community News and Notices

North Rocks Community Church

Invites you to attend



*An Afternoon
In Song*

FEATURING:

"Small Things" *"Emma Goodsir"*
"Tony Keyte"

WHEN: Saturday February 21st, 2026
WHERE: 132 North Rocks Rd, North Rocks
TIME: 3pm to 5pm

Café Style seating - BYO drinks and nibbles
(Free Coffee and Tea available)

**** Suggested donation \$5.00 ****

Uniting Church Assembly and Synod News Links

Uniting Church

Assembly: <https://uniting.church/news/>

NSW & ACT Synod: <https://nswact.uca.org.au/>

Parramatta Nepean

Presbytery: <https://pnp.uca.org.au/>

Reflection of the Week

Read Psalm 129:1-8.

While most nations would look back on their history and brag about their achievements, in Psalm 129, Israel reflects on all that they had to survive. "'They have greatly oppressed me from my youth,' let Israel say; 'they have greatly oppressed me from my youth, . . .'" (Psalm 129:1-2). Israel became a nation while in slavery in Egypt. That was the oppression of her youth. Then, God sent Moses to be their deliverer, and eventually Israel made it to the Promised Land. But that wasn't the end of their trouble. It seems there has always been someone attacking or subjugating the people of God. However, the Lord always defends His people, as the rest of verse 2 concludes: ". . . but they have not gained the victory over me." God is faithful, and He will have the victory.

You and I can have hope in times of trouble precisely because we know God will ultimately deliver us to glory. He will bring justice where only persecution exists. He will bring freedom where oppression currently reigns. He will not let the innocent suffer forever, nor will He let the guilty go unpunished. And we can pray to that end—just as in this imprecatory psalm, God's people pray against their enemies (see vv. 5-8). Likewise, we pray that the wicked will not prosper in their wickedness, and we trust that because God rescued Israel time and again, in Christ, we too will have the victory over Satan and his schemes. With the psalmist we can proclaim, "But the LORD is righteous; he has cut me free from the cords of the wicked" (v. 4).

Because Christ has set us free, we can pray for our enemies as Jesus commanded us (see Matthew 5:44), specifically that they would repent and turn wholeheartedly to the Lord. We can experience peace even when we are wronged, trusting that God will avenge with perfect justice (see Romans 12:19). Finally, we can be emboldened to stand strong when the world tells us to wink at evil, for we know that it is never loving to condone sin.

Prayer: Father, Your faithfulness is clear as I look at the story of Your people recorded in Scripture and history, culminating in the coming of the promised Saviour—the Light of the World. As I face trials and even hostility for my faith in You, may I be bold to stand against evil and loving to pray for the salvation and repentance of the wicked. I pray in the name of Jesus. Amen.

"But the LORD is righteous; he has cut me free from the cords of the wicked" (Psalm 129:4).

Prayer Points for This Month

For Our Church

- Pray for encouragement and strength for all who faithfully serve in our church family.
- Pray for those preparing to begin the new school year.
- Pray that God will provide Rod with strength, wisdom, and protection. May he continue to preach boldly, lead faithfully and remain dependent on God.

- Pray for church council, that they continue to work as one making wise decisions for our church.
- Pray for healing and restoration for those in need.

For the Wider Church

- Pray for the presbytery ministries of Parramatta Nepean Presbyteries – [Suburban Seeds](#), [Bidwell Uniting](#) and [Lifeline Macarthur and Western Sydney](#).
- Pray for strength and perseverance for churches around the world that they may share the message of Christmas to the communities in which they worship.
- Pray for those in mission as they reach out to those who do not yet know you. We pray especially for the missionaries we support - Mike & Jacky Hammond, Richard & Lindsey Parker, and Bill & Sandra Callister.

For Australia

- Pray for safety and resilience for communities facing natural disasters.
- Pray for reconciliation between Indigenous and non-Indigenous Australians.
- Pray for wisdom for our leaders in local, state and federal governments.

For the World

- We pray for the nations and regions of the world experiencing conflict.
- We pray for peace, justice, and wisdom for those in positions of authority, and for the salvation of all people, that they may come to know Christ.
- We [pray](#) for Iran, Iraq & Syria.

Prayers

E - give (Anonymous Direct Electronic Giving)

Account Name: North Rocks CC - Giving
(BSB): 634634 **Account Number:** 100025906

If you have any prayer requests or would like to know about those with particular pastoral needs to pray for, please contact Cathy or another member of the Pastoral Care Team
 Cathy: 0411 055 403

Ministry Leaders

Transitional Supply Minister: Rev Dr Rod Benson / 0412421678 / rod@northrocks.org.au

Church Council

Chairperson: Cathy Nelson Secretary: Samson Leung Treasurer: Anne Crabb
 Alex Chow, Jenny Keyte, Sue Vasilevska