

The HBC Weekly Forecast
Hilton Baptist Church
101 Main Street, Newport News, VA 23601
757-595-3300 / www.HiltonBaptistChurch.org



You lay your head down upon your pillow at night and close your eyes, and the struggle for sleep begins again. In moments when the mind won't rest, it can feel like a storm raging within, tossing thoughts like waves crashing against the shore. In these times, finding solace and peace in our Christian faith often involves surrendering the ceaseless chatter of the mind to the calming presence of God.

In prayer and meditation, we strive to seek refuge from the tumult of our thoughts, laying them at the feet of a loving and understanding God. Our faith teaches us that even in moments of restlessness, there is purpose and meaning to be found. It's an invitation to trust in God's plan, knowing, that He works all things for the good of those who love Him. Even in our uncertainty and turmoil, faith becomes an anchor, grounding us in the unshakeable truth of God's love and sovereignty.

Ultimately, the Christian journey is one of surrender and trust, letting go of the need to control, and allowing God to quiet the storms within. It's a continual process of seeking His presence, finding rest for the weary soul, and discovering peace that transcends the chaos of the world. And in the stillness of His presence, the restless mind finds refuge, and the troubled heart finds rest.

Join us live at HBC, 10:00 am this Sunday for this timely message...
“When Your Mind Won’t Rest” and encourage
others to join in with you!



When You Struggle With Your Sleep

If you're a believer struggling to find restful sleep, remember that you're not alone in your struggle. Even some of the most devout individuals throughout history have grappled with sleeplessness. Here are a few pieces of advice that might help:

- 1. Prayer and Meditation:** Practice prayer and meditation before bedtime. Surrender your worries, fears, and anxieties to God. Allow yourself to feel His presence and trust in His divine plan for your life. Meditating on Scripture or reciting calming prayers can help quiet your mind and ease you into a peaceful state before sleep.
- 2. Gratitude Journaling:** Consider keeping a gratitude journal where you jot down a few things you're thankful for each day. Reflecting on God's blessings, even in the midst of difficulty, can shift your focus from worries to appreciation, promoting a sense of peace and contentment as you prepare for sleep.
- 3. Establish a Relaxing Routine:** Create a bedtime routine that promotes relaxation and signals to your body that it's time to wind down. This might include activities like reading a comforting passage from the Bible, listening to calming music, or taking a warm bath. Avoid stimulating activities or screens that can interfere with your ability to fall asleep.
- 4. Seek Support:** Don't hesitate to reach out to fellow believers or a spiritual mentor for support and encouragement. Sometimes, sharing your struggles with someone who shares your faith can provide comfort and perspective, reminding you that you're not alone in your journey.
- 5. Trust in God's Providence:** Lastly, trust in God's providence and timing. Remember that He is always with you, even in the darkest of nights. Surrender your worries to Him and trust that He will guide you through whatever challenges you may face. Rest in the assurance that God's love and grace are constant, even when sleep seems elusive.

Getting the rest you need is often much easier said than done. This is one of those times that we turn to our Bibles for a direct “word from the Lord.” Found in Psalm 127:2, it reads “...*God gives to His beloved sleep.*” Claim this verse as a personal promise whenever you struggle to sleep. And the next morning be sure to say a special “Thank you,” for a good night’s rest!

On the grace journey together with you, Lynwood

The Hilton Baptist Church Record

Lynwood Wells, Pastor

April 30, 2024

This weeks count will be in next weeks Forecast

Forecast Update

If you are receiving the Forecast by mail and would rather have it emailed to you, please send an email to hiltonbaptistchurch@gmail.com. We will put you on the email Forecast list. The Forecast will be emailed to you every Wednesday from hiltonbaptistchurch@gmail.com in PDF form as an attachment.

Please remember we have a large print Forecast also. If you need to have the large print Forecast and you are receiving the other, please call the church office 757-595-3300 and we will make sure you receive the large print.

If you need further assistance, contact the church office.

Calendar

Tuesday, April 30th

1pm– 2pm Food Distribution

Wednesday, May 1st

7pm Bible Study and online

Thursday, May 2nd

1pm-2pm Food Distribution

Saturday, May 4th

Flourish Women's Gathering

10am-2pm

Sunday, May 5th

9:00am Discipleship Class

10:00am Live Worship at HBC

10:00am Sonshine Kids

Tuesday, May 7th

1pm-2pm Food Distribution

Wednesday, May 8th

7pm Bible Study and online

Thursday, May 9th

1pm– 2pm Food Distribution

Sunday, May 12th

Happy Mothers Day

9:00am Discipleship Class

10:00am Live Worship at HBC

10:00am Sonshine Kids

Food Bank Giveaway after

Morning worship

[Missions Outreach—Pam Cooke 660-4226](#)

[Aluminum Cans](#)

Recycle your cans at HBC and help Support missions! Bring them to HBC and place them in the gym or the church office. All money collected goes to missions.

[Pray for our Missionaries](#)

Hayden Herfurth (American People) TG (Asian Pacific Rim People) MD, SE, AH (Central Asian People) Jan Johnsonius (European People) PG, RW (Global Strategic Advance) MC, AG, RR (Northern African and Middle Eastern People) MV (South Asian People) Noah Denney (HI) Kyle Barta (NY) Aaron Leggett (WY)

[Serve the City](#)

There are many opportunities to serve. See www.stcpeninsula.com or Pam Cooke and she will send you in the right direction. *BIG SERVE WEEK June 25– 29th* Save the Date– More information will be available on the website soon. There are many ways you can serve!

[Community Dinner– Friday, May 31st](#)

We would love to have your help at our next Community Dinner. Our Dinner is growing in size! The Olive Garden will be providing the food and we will need people to serve, clean up and help our guests. The Small Jazz Band will be playing also. If you can help in any way, please see Pam Cooke.

[Senior Bingo Prizes](#)

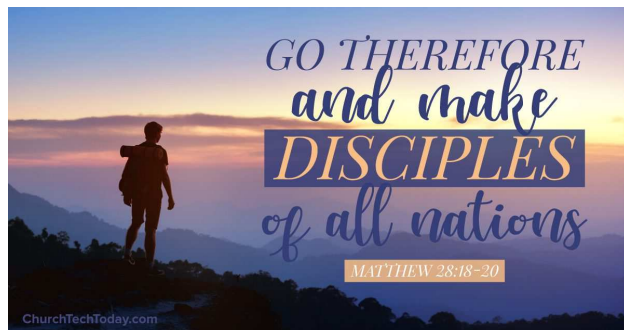
We are collecting Bingo Prizes for the residents of Berkely Village and Ashe Manor to support Serve the City. Anything is great. Dollar Tree gifts are suggested! Thank you for giving to help this important outreach to Senior Adults.

[Hilton Area Red Cross Blood Drive](#)

May 8th 1pm-6pm at Hilton Christian Church.

[WMU Project for May](#)

The Mission Project for this month is Carenet Pregnancy Center. Collecting new and used baby clothes up to 12 months, socks up to 12 months, teethers, pacifiers, bibs, diapers and wipes, shampoo and soap, diaper rash cream , diaper bags and monetary donations.



Food Pantry/ Food Bank

If you can help with the Food Pantry /Bank on Tuesday and Thursdays for Food Distribution or on Fridays to bag Veggies, please let the church office know. We are looking to add people to our team.

The Sunshine kids served dinner to over 100 people on Friday and we were able to help 146 people with Food Bank Food after the dinner. It was a great success! Please consider being a part of the team!



Happy Birthday in May

5/1 Maddie Jordan	5/15 Mary Ann Schell
5/2 Robert Caffacus	5/17 Tommie Peake
5/4 Joyce Green	5/19 Don Moore
5/6 Kizzyann Moriah	5/20 Joe Wircenske
5/12 Jonathan Michie	5/22 Winifred Ntumngia
5/14 Melodie Ntumngia	5/27 Debra Jones
5/14 Lynwood Wells	5/30 David Gibson



Lock up/ Hall Monitor 5/5 Lisa/Dave Falls 5/12 Pam Cooke

Counter 5/6 Joe Wircenske 5/13 Margaret Upole

Kids Church 5/5 Kathy Caskie 5/12 Tracy Venable

Grass Cutting– 5/4 Don Moore/ Joe Caskie 5/18 Pam / Roger Cooke



Are You Wrestling With God?

*“Then Jacob was left alone; and a Man wrestled with him until the breaking of day... Jacob said, "I will not let You go unless You bless me!" And He blessed him there. And Jacob called the name of the place Peniel: **"For I have seen God face to face, and my life is preserved."***

Genesis 12

In the most extreme moment of his life, when his entire household was threatened with annihilation, the Patriarch Jacob wrestled with a Man through an entire sleepless night.

Somehow, after this astounding encounter, Jacob came to the realization that he had been wrestling with God, and face to face! Once again, the Lord God of heaven showed Himself as a human being to a man He loved; this time, for the purpose of rescuing, blessing, and preserving the man's destiny.

Jacob was relentless during this struggle and his perseverance changed him profoundly, forever, in several ways: he was wounded and walked with a limp for the rest of his life, a sign of human weakness and dependence on the Lord; he was given a new name ("Israel") and with it a new identity, as a prince with God, and one whose struggle with the Almighty saved his life, his family, and his God given inheritance and posterity; and finally, Jacob received the long-awaited relief and closure with the brother whom he had deceived and enraged so many years before.

So this wrestling match with God was a massive turning point in Jacob's life, and though it must have taken every ounce of human effort he could muster, the victory he won affected every human being in history, since, of course, the Man that Jacob wrestled with was almost certainly the same Man who became his most important descendant, the Savior of the world, Yeshua, the Messiah; Jesus the Christ.

How often difficulties and crises are used by the Lord to bring us closer and to develop intimacy with Him. It is sometimes the Lord's will to draw us to Himself through extreme and even terrible circumstances or threats.

The inner transformation that can take place when we pass through these intense prayer battles, cannot perhaps, be accomplished any other way. But consider the fruit and the blessing which can result from these mighty wrestlings. And consider how being that close to God Himself may change you forever.

So, you who are gutting out that anguishing trial—don't let go until you receive the blessing, the change, the victory. I believe the Lord also wants to say to you— that you have struggled with God and with men — and have prevailed!

Why Give God Your Best...

Missionaries to China in the last part of the Nineteenth century began to push into the unexplored interior of that great land. They found a community where the main crop was potatoes.

They had a good climate and good soil, but their harvest was always little tiny potatoes. About the size of marbles. The natives said that big potatoes just did not grow there. The newcomers said that surely some big potatoes grew there. "Oh yes, we do get a few now and then," they admitted.

"What do you do with them?"

"Well," the local farmers answered, "We eat them, of course. The big ones are the best." They were planting the runts. They were planting the potatoes that had the genes that produced ever smaller crops.

They were systematically reducing their crop as they took the biggest and best for themselves. The missionaries showed them that only when you plant the big ones – plant the best you have – will you get bigger ones in return.

We smile at the ignorance of people who do not understand this most basic of principles. Yet, we often do the very same thing. We say, "I want to keep the best for myself. Whatever is left – the little potatoes – I will give to God. If I have any left – the ones I do not want – I will let God have them."

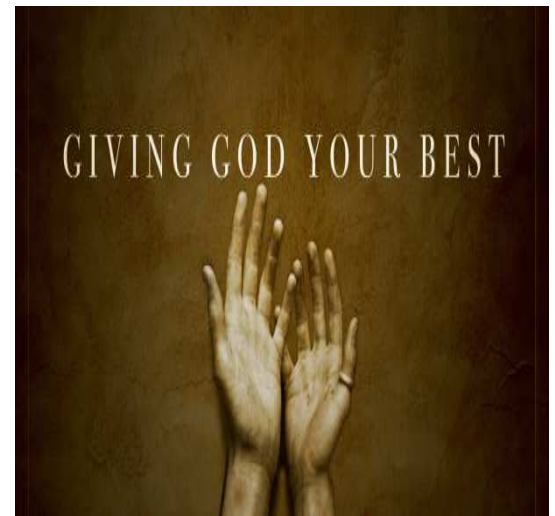
Beloved friends, the Apostle Paul could not have stated this principle any more clearly when he said: *"Be not deceived, God is not mocked, Whatever a man sows, That shall he reap..." Galatians 6:7, 8.*

What will you give God today – your best – or the leftovers?

Today, make sure you give God your absolute best – your best worship, your best time, your best work. Today, give God the best of everything you say, everything you do, everything you own and most importantly, give your very life as the best sacrifice you can offer to your savior.

"I beseech you therefore, brethren, by the mercies of God, that you present your bodies a 'living sacrifice', holy, acceptable unto God, which is your reasonable service." (Romans 12:1)

Give God your best and expect to see His best poured back into your life in miraculous abundance!





Requesting a Donation

A very wealthy man in the community was not known for his generosity to the church. The church was involved in a big financial program so the fundraising committee decided they had to pay him a visit. As they met with him, they said that in view of his considerable resources they were sure that he would like to make a substantial contribution to this program.

"I see," he said. "So you have it all figured out, have you? In the course of your investigation did you discover that I have a widowed mother who has no other means of support but me?" No, they responded, they did not know that.

"Did you know that I have a sister who was left by a drunken husband with five children and no means to provide for them?" No, they said, they did not know that either. "

Well, did you know also that I have a brother who is crippled due to an automobile accident and can never work another day to support his wife and family?" Embarrassingly, they responded, no, they did not know that either.

"Well," he thundered triumphantly, "I've never given any of them a cent, so why should I give anything to you?"

God is doing some exciting things through the people of God at HBC...

Please remember your commitments and giving and be part of the miracle!

CHURCH OF THE COVERED DISH by Thom Tapp



"I just realised why no one was in church today... I forgot to unlock the doors."