



eNews July 2024

What was I thinking?



As many of you might know, I recently transitioned out of the Army and into an APS position within Defence. I thought transition would be easy to do, not so much, with our human brains processing thoughts and negative self-talk. Believing that I wasn't value adding to the APS business place was one of the thoughts that kept me from moving on. A few months later, and with God's guidance, I am becoming aware of what He is doing through our hands. Being a Christian and a follower of Christ is not always easy. John 15: 18-20, *"If the world hates you, keep in mind that it hated me first. If you belonged to the world, it would love you as its own. As it is, you do not belong to the world, but I have chosen you out of the world. That is why the world hates you. Remember what I told you: 'A servant is not greater than his master.' If they persecuted me, they will persecute you also."* Now, I know hated is a strong word, and many of us are not hated because of our Faith; however, there is some form of dislike in the people's hearts for what we stand for.

Identification as a Christian can be hard, so we who are not uniformed with Christian markings (like that of the Chaplains) should help bring the good news of the risen Christ to those who have ears and are willing to hear. Working together to share the burden of life of a Christian helps everyone with their journeys, Galatians 6:2. *"Carry each other's burdens, and in this way you will fulfil the law of Christ"*. Whether we are thinking of writing a response for the article in The Cove, overhearing a conversation in the brew room, or standing in the chapel with your hands in the air in praise, we are together. MCF is an organisation that allows anyone to be the helping hands for the chaplains, either visible or in silence they need to know we are there with them.

Transitioning out of the Army didn't mean I wasn't able to continue to serve. If my mind was governed by the flesh (or the uniform) it leads to death; however, YouVersion and Tracey (my amazing wife) reminded me that I needed to let my mind be governed by the Spirit. For this leads to Life.

YouVersion's reflection on the Verse of the Day (04 Jun 24), Roman8:6:

Think about what you think about.

What you tell yourself every day matters. If you believe something about your identity that isn't true, then you will struggle to believe what God says about you. But, when you root your identity in God and allow His Spirit to shape your life, you will begin to see yourself the way HE sees you. This changes everything!

Here are three ways you can guard your thoughts and declare God's truth over your life:

1. Identify the lies you tell yourself.

Your words and actions reveal the narratives you tell yourself. To figure out if a narrative is false, ask yourself: Is this thought marked by fear, insecurity, pride, bitterness, or a lack of confidence? Is this thought leading me to cynical or self-serving behaviour? If you can answer “yes” to either of those questions, then the narrative you’re telling yourself probably needs to be addressed and adjusted.

When you can identify where and when you began believing a lie, it’ll be easier to change the way you think.

2. Shift your perspective.

For every lie, there is a truth that can replace it—and those truths can be found in the Bible. Look over your list of lies, and ask God to show you in His Word what His truth is. Create mental space for the Holy Spirit to clearly show you how He sees you.

3. Declare what’s true.

Turn the truths from Scripture into specific, intentional statements you can declare over your life each day. Here are some declarations to get you started:

- *I am enough because I am a child of God (John 1:12-13)*
- *I am greatly loved (1 John 3:1)*
- *Nothing can separate me from God’s love (Romans 8:38-39)*

As you practice these steps, keep in mind that if God—whose Word is truth—says something about you, then it must be true. So allow His Holy Spirit to transform the way you think. Let His thoughts about you become your thoughts about you.

Cheers and Blessings

Thommo

Darren Thomas(7), MCF-A Vice-Chair

2023/24 Tax Receipts and an Unknown Donor

Thank you to those who have donated to MCF-A over the past financial year. Your tax receipt should be heading your way during July.

All donations to MCF-A over \$2 are tax deductible.

There is a regular donor to MCF-A that started in January. Thank you!

The Office would love to know who you are so we can send you a tax receipt. If you think it may be you please email mcf.office@defence.gov.au



If you’d like to support the ministry of MCF-A, you can donate via the website or use the various options like direct debit or straight from your pay - instructions on the right hand side of the same donate page.

All donations to MCF-A over \$2 are tax deductible.

Donate to the work of MCF-A: [Donate - Military Christian Fellowship of Australia \(mcf-a.org.au\)](https://mcf-a.org.au)

HMAS Stirling/WA and Holsworthy Barracks have new MCF small groups

Do you work at, sometimes go to, or know a Christian at **HMAS Stirling in WA**? If the answer is yes, the two MCF-A Reps there would love to hear from you as they start to gather Christians, and those curious about Christianity, for an MCF small group or groups. They're planning a **morning tea on the 9th July in the Stirling Chapel conference room from 1000**. They are also open to doing events off Base so family and friends can be included, and also for others in the Perth area who aren't near HMAS Stirling. Let darren.kemp3@defence.gov.au or christiaan.pretorius@defence.gov.au know if you'd like to be included in the emails about events in the area or would like to help them. Everyone most welcome!

Holsworthy Barracks in Sydney is also starting an MCF small group on base. They're kicking off on **Wednesday 3rd July, 1230 – 1330** at the Holsworthy Health Centre. They will then run **every fortnight**. They're starting by looking at the 'Hard Questions' Bible Study series from the MCF website. Get in touch with the Sallyman, Jason Lilley (jason.lilley@defence.gov.au) if you'd like to know more, or be on the email list for Holsworthy. All welcome at any time.

Wrap up on MCF National Day of Prayer for Defence



Saturday 15th June, 2024 a group of Christians gathered at St John's Anglican Church in Canberra to pray for Defence. The event was livestreamed but unfortunately the computer died part way through the prayers. Sorry to those of you who were online at the time and those who couldn't connect. Well done to those who found other ways of continuing to pray for Defence despite the tech hic-up.

Many were unable to attend due to Defence duties or illness, with others having to rush off straight after the event but it was a great time of prayer and fellowship for those who could be there in person.

Special thanks to Rev Dave McLennan and St John's for having us in your lovely church and grounds where we were surrounded by many reminders of Defence and those faithful who have gone before. Also special thanks to the MCF Reps, groups and churches who held special prayer events across Australia and in other parts of the world. It is very important we uphold Defence and its people in prayer.

The adaptable prayer booklet will remain on the MCF website for July in case you too would like to pray but couldn't do so in June.

[National Day of Prayer for Defence - 2024 - Military Christian Fellowship of Australia \(mcf-a.org.au\)](https://mcf-a.org.au)



Some of the group who prayed in Canberra

SAVE THE DATE – Celebrating 40 years of MCF-A

Happy 40th Birthday

Saturday 31st August, 2024 at St John's Anglican Church Reid, Canberra, MCF-A Exec will host an evening event to celebrate **40 years** of the MCF-A. **Everyone is most welcome and you don't need to be in Defence to attend.**



It will be an informal evening of fun and fellowship with finger food, photos/memories shared, and a short message from our Patron.

Tickets are \$20 each to help cover costs.

Book here: <https://www.trybooking.com/CTFCX>

The Exec hope anyone associated with MCF over the years, from all parts of Australia, will attend. If you can't make it why not celebrate in your own way in your local area. It doesn't have to be a big event, just a time of fellowship and memories. Contact the office for more details and support for your event: mcf.office@defence.gov.au

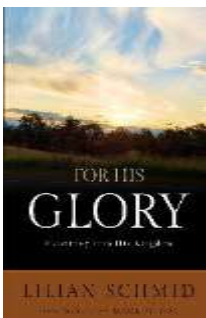
MCF-A patches and clothing



The MCF Office has a limited number of **NEW arm patches** available for purchase as a trial. If you'd like to order a patch please follow the instructions on the attached order form. The MCF-A clothing order form is also attached and now includes an **MCF apron!**

Please contact the relevant people on the order forms if you have any questions.

Prayer resources and training that may be of interest



Bjorn and Lilian Schmid, *Prayer Coordinators* for Spheres of Influence and www.prayerstrategy.org, have some new books available.

It is with great pleasure to announce the release of my book [For His Glory](https://mybook.to/ForHisGlory) on Amazon – <https://mybook.to/ForHisGlory> (this link will take you to the Amazon / Kindle webpage for your country/region). This book is a collection of reflections, stories, testimonies, devotions, Biblical teaching and insights from a long and fruitful prayer ministry. Each section is a convenient length for regular devotional reading, meditation, and prayer.

Also we have released [40 Days Prayer and Fasting for 7 Mountains or Spheres of Influence](https://mybook.to/40DaysPrayerAndFasting) on Amazon – <https://mybook.to/40DaysPrayerAndFasting> – a step-by-step guide on how to pray daily for the Spheres/Mountains of Influence in our societies, cities and communities.

These books are also listed on the website at <https://prayerstrategy.org/books>

Training - Spiritual Warfare with Kjell Sjoberg – a video program run on Friday nights (repeated on Saturday mornings) over 15 weeks from February to May each year. The next program will start in February 2025. For more information please go to this website: <https://prayerstrategy.org/spiritual-warfare>

Register your interest to attend by email to info@prayerstrategy.org

NOTE: These are not indorsed by MCF-A, but may be of interest to some MCF members.

Other items

Have you posted or moved house? Are you deploying, away from home for a long time?

Posted or moved, please update your details [HERE](#)

Deploying or on a long exercise? MCF-A would love to support and pray for you while you're away. Let us know at: mcf.office@defence.gov.au

Membership

[Membership](#) is free and **open to every Christian**. If you've not had an association with Defence or you don't identify as Christian you can be an associate member via the same link.

Donations

MCF is supported almost entirely through freewill donations by members and supporters. Please look at Supporting MCF in prayer, with your time and through [financial support](#). (Direct debit preferred – details at right side of the webpage link) ***Note that donations (over \$2) to MCF-A are tax deductible.***

Prayer requests

To put forward prayer points for inclusion in the calendar please email the MCF Prayer Coordinator Dr Daniel Solomon: skspjs@aol.com

You can also send through **urgent prayer points** that are sent on confidentially to the MCF Prayer Warriors, or to enquire about becoming an MCF Prayer Warrior, contact the MCF Office or Daniel.

Contacting the MCF Office

PHONE: 02 6132 7845

EMAIL: mcf.office@defence.gov.au You can also find us on Facebook and ForceNet.

To unsubscribe from this newsletter please contact: mcf.office@defence.gov.au