



# ABC NEWS



**This is what the Lord commanded: 'Tomorrow is to be a day of sabbath rest, a holy sabbath to the Lord.' (Exodus 16:23)**

**Sunday 15<sup>th</sup> February 2026**

**Series: The Magnificence of the Messiah**

**Part 1V – Messiah – Lord of the Sabbath!**

**Mark 2:23 - 3:6**

**Derek Robinson**

**TODAY'S FAMILY WORSHIP SERVICE** – Do join us as Clive and his band lead us in inspiring worship before I continue our series 'The Magnificence of the Messiah – Part V'. In my talk we will see Jesus challenge expectations and religious rules as He declares Himself **Lord of the Sabbath**.

What does true rest really mean — and why does it matter so much to Jesus? Come and discover the freedom, compassion, and authority of the Messiah who puts people before rules and restores life where it has been constrained. Don't miss this.

Of course, we do hope you can join us for the service in the church but if you can't actually join us, you will be able to access the service at any time by going to - <https://www.aldwickbaptist.co.uk/category/current-sermons>

**NEXT WEEKEND'S WORSHIP SERVICE** – 22<sup>nd</sup> February 2026. Do join us as Simon and his band lead us in inspiring worship before he continues our series, "The Magnificence of the Messiah" – Part VI. In this next message we will see Jesus the Teacher — not merely offering wise advice, but speaking with authority that astonishes crowds and challenges hearts. When Jesus teaches, people are not left neutral. His words uncover motives, confront assumptions, and reveal truth with clarity and power. What makes His teaching different from every other voice? And what happens when His words move from information... to transformation? Come ready to listen, to reflect, and to encounter the One who's teaching still carries life-changing authority today.

#### **A MESSAGE FROM RIO - 'Hello!'**

Today I finish my placement with ABC, and head home. I want to say a **HUGE** thank you to all of you for making me feel so welcome! Thank you to anyone who filled out a questionnaire, did an interview, or acted normally at homegroup! I have loved doing this placement, and have learnt so much! I am praying that God will continue to bless you as a church family. You have such a loving heart, and it has been a privilege to experience it!

I'm going to miss you all! (But I'll be back to visit!)

Huge heapings of love and blessings,

Rio

**COMING SOON** – Curious about Jesus? Christianity Explored is a relaxed way to discover who He is and why He matters. Book your place now! Starting on Monday, March 9<sup>th</sup> at 7pm. For further details speak to Simon when he returns to the church after his break. Send him an email or call him on 07411919928 after Wednesday 18<sup>th</sup> February.

**FOODBANK** - We are very grateful to all those who donate items for the Bognor Foodbank. Current urgently needed items are: Tinned meats, small jars of coffee, Antibacterial spray, Tinned tomatoes and Tinned vegetables. Please place them in the donation point on the left-hand side of the church foyer. Thank you very much.

## This week's poem

When Jesus says, "The Sabbath was made for man," He is restoring something precious that we often neglect. However busy or important we feel, His call to rest remains. Our poem this week gently explores that truth.

### Lord of the Sabbath

We hurry on with urgent pace,  
Important tasks we must embrace.  
Each role we fill, each load we bear,  
Feels far too weighty not to care.

From youthful drive to seasoned years,  
Through hopes and plans and quiet fears,  
We measure worth by what we do,  
By lists checked off and goals pursued.

Yet wheat still ripens in the field,  
And heavens turn without our yield.

Creation rests in stronger hands  
Than all our careful, driven plans.

One Sabbath day, in fields of grain,  
Christ walked beyond the bounds of strain.

"The Sabbath gift was made for you" —  
A word both tender, firm, and true.

Not rule nor burden, tight and grim,  
But space to breathe and trust in Him.  
For He who healed the withered hand  
Still bids the weary simply stand.

Messiah, Lord of sacred rest,  
Calls striving hearts to be made blessed.  
Lay down the rush, release control —  
And find your rest within His soul.

TAB (The Aldwick bard)

**HOMEGROUPS** — We will shortly be starting two new homegroups as the current groups are bursting at the seams. So, if you are not a member of a homegroup yet then this would be a good time to join. They are great places to dig into God's word, to really get to know people and share your prayer requests. If you want to know more, just talk to me. Derek.

**THINKING ABOUT BAPTISM** — We're holding a baptismal service in May — a joyful celebration of lives made new in Christ! If you're a believer and haven't yet been baptised, why not take time to pray and ask: "Is now the moment to take this step?" If it is, then please talk to Simon or Derek.

## ... and finally Notices and Prayer Wall

**ADVANCED NOTICE** - 28<sup>th</sup> February Prayer Day – 9.00am to 6.00pm. Periodically we devote a day to covering the church with prayer. Joy has the master list and the idea is to "sign up" for an hour or so and cover the whole day. Be inspired by this verse: " Devote yourselves to prayer with an alert mind and a thankful heart" Col 4:2 NLT

**PRAYER REQUEST 1** – Please pray for Ray and Heather Craddock as they are both unwell at present. Ray has a suspected blood clot. Please pray for healing and peace of mind.

**PRAYER REQUEST 2** – Please pray for John Cowley who is in a lot of pain with his sciatic. Please pray for pain relief and healing.

**PRAYER REQUEST 3** – Please pray for Margaret Beckett. Her hip replacement is fine, but her leg is very swollen. The doctor thinks I may have another blood clot; awaiting hospital appointment.

**PRAYER REQUEST 4** – Please pray for Jon and Michelle who are both unwell and need our prayers.

**PRAYER REQUEST 5** – Please pray for Arthur as he is still struggling after his recent car crash. Pray too for Simon and Nicky as they take a well earned break over half term.

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