

# Life Is A Bumpy Road

We've all heard about the bumps we'll encounter on this road of life. As a matter of fact we've ALL experienced various challenges that life can bring, some seen or the expected of which there many. These challenges test us, the stuff we're made of and our ability to handle stress, deal with potentially difficult or life altering circumstances and to overcome these speed bumps in life.

From family, career, family, finances, family & friends, health to just about any aspect of life can pose a challenge in our lives. The youth and children are very susceptible to the effects and stresses of these challenges as they haven't yet faced many nor do they know their response and coping ability. But they,

like each of us have to learn how to rise to the challenge before them.

So how are we to deal with obstacles in our way that can seem like a mountain to climb? How do you break cycles of behaviour and addictions that just keep happening over and over with the same broken result? There are so many self help, guided and group help organizations that can assist and can be beneficial...to a point. Then there is the counselling approach that too can have some effect...to a point.

See all of these things are attempting to solve the problem from a carnal human standpoint, that is to say it speaks to the human mind and to the afflicting (sinful) behaviour. Let's take a negative behavioural aspect for instance that one has learned through life. How has it served the person? Maybe in getting their way, bullying, selfishness, self gain etc. They may not realize these "normal" traits or effect in themselves but



the effect on others can create chaos, challenging relationships. The patterned deficit behaviour rises and falls like a speed bump on the road, at times we get stuck on the incline of that obstacle as it seems too daunting to change or come away from. "How will I ever get over...?" is a questions asked internally.

The great thing is when we get to the pace of

asking ourselves honest questions like this it's a

pretty good indication we know the bumpy path full of those speedbumps isn't going well and it's time to change. There is a HEART DESIRE to change which is greater then the minds thinking of the need!

When we arrive at this place we begin to look beyond ourselves, beyond the things that have been tried and failed for true freedom from the enslavement we reside in.

Here is where we encounter and meet the Lord in a place of surrender, the place of "I CAN'T!"

"The Lord's grace, sacrifice and perfect work on the cross HAS set the captives free! The Spirit of the Lord is upon Me, Because He anointed Me to preach the gospel to the poor.He has sent Me to proclaim release to the captives,And recovery of sight to the blind,

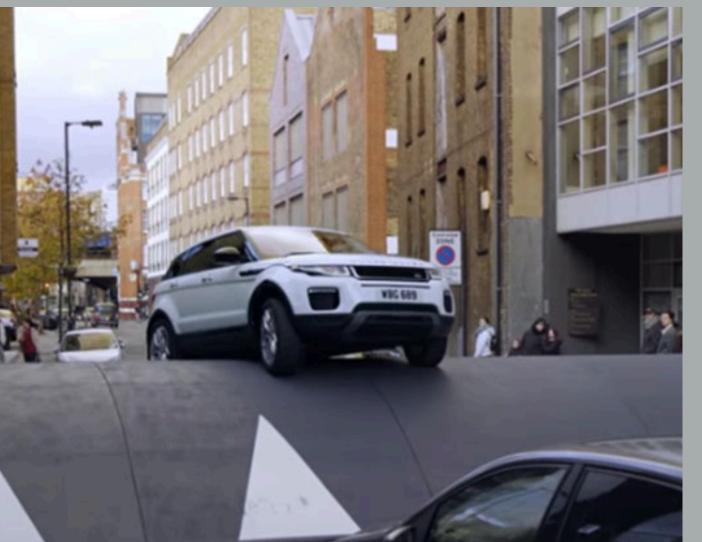


To set free those who are oppressed Luke 4:18

Freedom from the oppressive ways, the speedbumps that hinder our progress in life, our enjoyment in life, our walk with our Saviour Jesus Christ. It is IN the Lord and THROUGH the Lord that we have true freedom, as the scripture says:

"So if the Son makes you free, you will be free indeed." John 8:36

So having been freed by *His grace* and not by any works or methods of man (which only cope)



that IS FREEDOM in the Lord who is able to uphold us over every trial as we move in FAITH of His sustaining grace.

When we say to ourselves or recognize that reacted broken aspect repeating it is the voice of the adversary wanting us to be enslaved AGAIN. Persevere, resist, cry to the Lord "uphold me by Your mighty Hand that I may overcome to Your Glory!"

When you do, you will find you are quickly over the incline of the speed bump and headed down to calmer times.

"Blessed is a man who perseveres under trial; for once he has been approved, he will receive the crown of life which the Lord has promised to those who love Him"

James 1:12

See you Sunday at 10:30

Pastor Bhawani

Who will you invite?

### Did You Miss Sunday?

We gather at 10:30 am
every Sunday at the church
to worship, praise and hear
the Word of God.



Wondering what our Sunday services look like?

- 10:30 ~10:50 Worship & Praise
- 10:50 ~11:25 Sermon
- 11:25 ~ 11:40 Worship & Praise
- Closing prayer

To view the most recent Sunday service from Christ

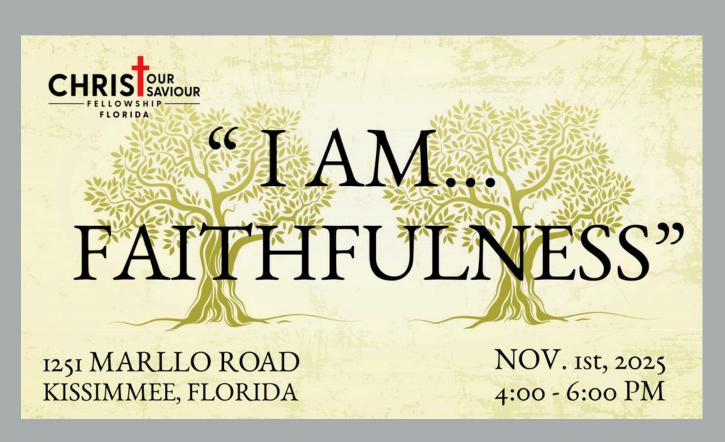
Our Saviour Fellowship, please click on the link / image above.

To view the service archives please click <u>HERE</u>



# What's Happening at COSF?

**Upcoming Events & Services** 



- COSF YOUTH Group- Fridays
- COSF Florida Nov 1st Service
- "I AM...FAITHFULNESS"
  - COSF FLORIDA has been granted
     FULL 501 (3) charity status
- Exodus series continues for the Fall
  - 2026 Mission Trip South Africa, Kenya
     & Uganda

# COSF ORIGINAL Productions

In harnessing the latest media tools the COSF social media & production team, being led by the Holy Spirit, are overjoyed to share with you COSF ORIGINAL scriptural video productions! Our hope is these will touch the hearts of the people and be used globally to help lead people to the truths and glory of our Lord and Saviour Jesus Christ. Be sure to check back frequently as we are full steam ahead in production!



click here to see more



### **CLICK HERE TO DONATE**

We thank the Lord for ALL He has done and the magnificent labour that we are being led to do in His righteous name. COSF continues the programs that we have been led to offer along side regular Sunday services.

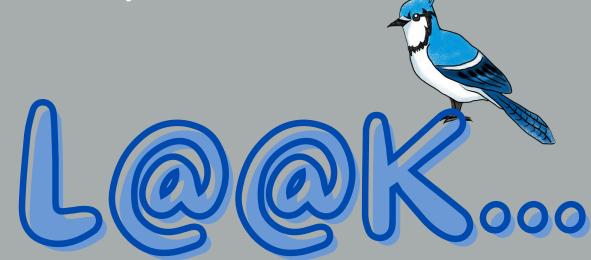
- -International / Local missions & revival events
- -Variety of classes and courses to strengthen God's people:
- -Alpha film series, Alpha Youth, Conquer series
- -Discipleship series, Mentorship-based Ministry Leadership Certificate



Hi everyone. Jacob and Laura here! Growing up, Laura and I played a lot of sports. Solo sports like Track and Field were my favourite, but Laura and her family were big into baseball! Her nana, her dad, her sisters; they all loved playing baseball. This has been an exciting time for their family and many across the country, because as I am sure you've heard ... The Blue Jays are in the World Series! It's amazing to watch Toronto's team compete against each other. Seeing how they have been practicing their individual skills, coordinating between different positions and plays, managing the pitching staff and injuries on the team. It is fascinating to watch the collaboration and teamwork required to be successful. All of the players are sacrificing their own desires for the sake of one common goal. Laura and I are even impressed by the Canadian fans. In a world that is so divided, it feels like the whole country has come together and united in a common goal, wanting the Jays to win! There is something about a moment like this where we people join together for something greater than ourselves.

We see a similar idea to that demonstrated by The Blue Jays throughout the Bible. Paul writes to the Ephesian church, calling them to walk "being

diligent to preserve the unity of the Spirit in the bond of peace. There is one body and one Spirit, just as also you were called in one hope of your calling," (Ephesians 4:3-4). As I am sure you have all seen and experienced, the way of the world is divided. Gossip, conflict, envy, violence, and so much more come as a result. However, God calls His children to live not for ourselves, but to have one heart and mind. Jesus died for all people and commands us to live in peace, unity, love, patience, self-sacrifice, and humility. And this is what we wanted to encourage you all in today. As believers we are united in Christ. We all share the common goal of serving the Lord with our lives and sharing His truth with others. We also share in encouraging and supporting one another as we seek to grow in our faith. So be encouraged, you have a whole team of Christian brothers and sisters on your side!



### Highschool Faith

### @ COSF Youth Group:

we're so happy to be launching our youth group on October 3rd! this is a great opportunity to grow, support and share our faith with each other. As part of our group initiative we are launching "MADE FOR THIS", a national prayer for schools. We are focusing our efforts and prayers in the Barrie area. We welcome you to join us on this exciting journey!

## THEYARE MADE FOR THE THESE TIMES.

Curious, Driven, Energetic: Our high schools are filled with visionaries and dreamers who will transform our country.

This generation is our future

let's come together to pray for them.

### DON'T FORGET:

Friday Night Youth Group

Begins October 3rd 7:00pm

REGISTER HERE

Schools we're praying for:

St. Josephs High School

Eastview Secondary School

Barrie North Collegiate

École Secondaire Nouvelle-Alliance

St. Mary's Catholic School

Unity Christian High School

Innisdale Secondary School

Heritage Christian Academy

St. Joan of Arc High School

Bear Creek Secondary School

École Secondaire Roméo-Dallaire

St. Peters Secondary School

Maple Ridge Secondary School



Hello everyone. This week I have been speaking with a brother from Pakistan. He, his wife, and his three children fled Pakistan due to severe Christian persecution, and are now seeking asylum in Thailand. They are struggling to find somewhere to live, and have regular food. Please pray for them, that God would provide all that they need, and strengthen their faith. God is faithful, and upholds those who trust in Him and in the waiting, there is mercy. We know and trust that our Lord will provide for His people. God bless you all!

Hello everyone! This week I had spoken with a woman from Pakistan and she was sharing with me more about the state the severe flooding has left the people of the region, and how they are losing hope. She has been earnestly praying and seeking prayer for provision of Bibles so that the people may have the Word of God in this challenging time. We trust the Lord is faithful to send forth His Word. Please pray for the provision of Bibles in the region that His people may find strength and hope in Him and that others may come to know Him during this time.



### classes & study

### **Alpha Film Series**

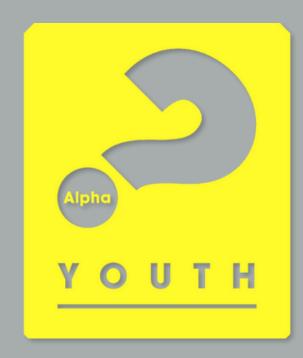
The Alpha Film Series is emotive, engaging and epic in scale and scope. Nicky Gumbel and two new presenters, Toby Flint and Gemma Hunt, walk through the basics of the Christian faith in a way that everyone can relate to. The episodes feature inspiring stories and interviews from all around the world, as well as visual illustrations and motion graphics.

**ALPHA film series - FALL Session** 

Location: Christ Our Saviour Fellowship

Address: 250 Bayview Dr. Unit # 4,

Barrie ON Cost : FREE



Alpha Youth Series is designed to engage students (11-18) in conversations about life, faith and Jesus. Discussion time is interspersed throughout the short talks to make it simpler for them to share their thoughts and questions.

New session of Alpha YOUTH series FALL COURSE - FRIDAY YOUTH GROUP

Location: Christ Our Saviour Fellowship

Address: 250 Bayview Dr. Unit # 4, Barrie ON

Cost : FREE





### The PRE Marriage Course



The PRE - Marriage Course is an opportunity for you to invest in your relationship through five inperson or online date nights created to help you to learn to communicate well, understand and appreciate your differences, and prepare for potential challenges.

New Sessions Begins in 2025- stay tuned Location: Christ Our Saviour Fellowship Course Journal required: a free PDF provided OR The Pre Marriage Journal available to purchase for \$15 each. The Marriage Course runs over seven sessions, and each session begins with sharing dinner as a couple, followed by a fun, insightful video covering topics that are relevant for every couple like Good Sex or Resolving Conflict. In short? Your marriage. But better challenges.

New Sessions Begins in 2025- stay tuned
The Family Unit is vital and we're excited to
introduce the Marriage course at COSF to help
support the family unit! Please contact us if you
are interested in participating in this course
please contact us.



### **Men's Conquer Series**

The Conquer Series is a powerful cinematic study that is transforming the lives of men around the world. Now in two action packed volumes, each containing Biblical teaching and proven principles to help men conquer porn and walk in freedom.

Men are finding freedom by the thousands. Dr. Ted Roberts, host of the Conquer Series, has personally counselled over 10,000 men with a 90% success rate. He's taken his proven Biblically-based process and incorporated it into the Conquer Series. We are now seeing thousands of men finding freedom from porn and remaining free for years!

2025 Course Dates - TBD

Contact us to find out more OR if you would like sign up for the upcoming course.





### MINISTRY LEADERSHIP 2 YEAR DIPLOMA

DETAILS: 12 OR 20 COURSE PROGRAMS, EACH COURSE 8 WEEKS COMPLETED AT OWN PACE, ALL COURSES PER ROUTE COMPLETED WITHIN 2 YEARS

12 COURSES - CERTIFICATE OF COMPLETION

<u>20 COURSES</u> - DIPLOMA <u>(ACCREDITED)</u> WITH POTENTIAL TO BE APPLIED TOWARDS 25 COURSE DEGREE WITH KAIROS.

WHERE: ONLINE

MATERIAL: PROVIDED PER COURSE

**COURSE DATES: BEGINS SOON - AUGUST 2025** 

COSF has partnered with ARTOS ACADEMY formerly Our daily Bread Ministries international institute to offer a mentorship-based 2 year ministry leadership certificate. By participating in this program, you are at the forefront global theological training for the nations!

We thank the Lord for His leading in this!

COURSE 1- GETTING STARTED

NOW UNDERWAY!

**COURSE 2 - EFFECTIVE MINISTRY COMMUNICATIONS** 

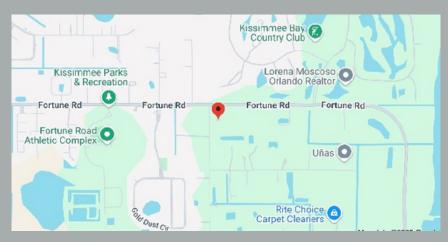
STARTING NOW!

# COSF Formation Christ Our Saviour Fellowship Florida

"I AM .... FAITHFULNESS"

We are looking forward to our next service in Florida! As we seek the Lord for guidance and preparations are under way, please pray for those who are again going forth as we continue to preach through the series on Galatians 5.





Date: November 1st, 2025
Times: 4:00pm - 6:00pm
Location: 1251 Marllo Road,
Kissimmee, Florida

Click here to help support
COSF Florida Church

Stay tuned and prayerful about the new mission field for COSF.

We will be involved in visitation to COSF Africa— Kenya & Uganda

South Africa Biblical teachings for children and more.









### COSF In-the-nations

### **COSF Caribbean**



The waters of baptism await as the Word is preached and hearts are turned by the grace of the Lord. Please pray the Lord continue to move in the hearts of those throughout the region.





**COSF India & Pakistan Region** 

The Alpha Film Series will be launching in the coming weeks for those in the Pakistan /India region.



**COSF Central & South America** 

### COSF@Home



# Need a Ride to Church?

COSF &
Right Now
Media
Library



We have launched the right now media app. As we populate some of the rooms, you may receive an email asking you to download the app and join. If you are already using the right now media app (scan the QR code below) you can find the message rooms at the bottom in the message bubble. One of these groups is for Sunday transportation if you require a ride to Church on Sundays. Please let us know if you require a ride prior to Sunday as this will help us to coordinate things easier.





Escanee el código QR para acceso GRATUITO

Have you seen the COSF Library...

# LIVING AS AN OVERCOMER



Eternal Motivation for Earthly Success

The unique hardships of our modern lives can often feel insurmountable. But God's Word reveals to us that there is no obstacle, habit, or situation we face that Jesus hasn't already given us the power to conquer. In this eight-session study, bestselling author Dr. Tony Evans examines how Christ's message to the seven churches in Revelation can challenge, convict, and lead us toward emphatic victory over any difficulty in life. As we heed God's instructions to the early church, we will learn to reject lukewarm faith and start living as overcomers

### Prayers For The Saints

Church Prayer - Tuesday Mornings both your pastors are praying for YOU during our church prayer time. If you have a specific need or request please email us at: info@christoursaviourfellowship.com

### Please Pray For:

- pray for COSF Africa as we prepare to go forth after the discipleship course to share the Good News, the Gospel through the region. Also pray for the new Shepherd's harvest program as we prepare to launch this in the near future.
- Please pray for those participating in the leadership program that begins in the next few weeks. Pray the Lord uphold each of them, that they are successful in this: Sandy, Laura, Robin, Ellie, Anna, Ted, Gina, Jacob, Noah, Emma, Gertie
- The Youth / Youth Group need prayer and support please pray for the Lord to lead and create a weekly youth group beginning in October.

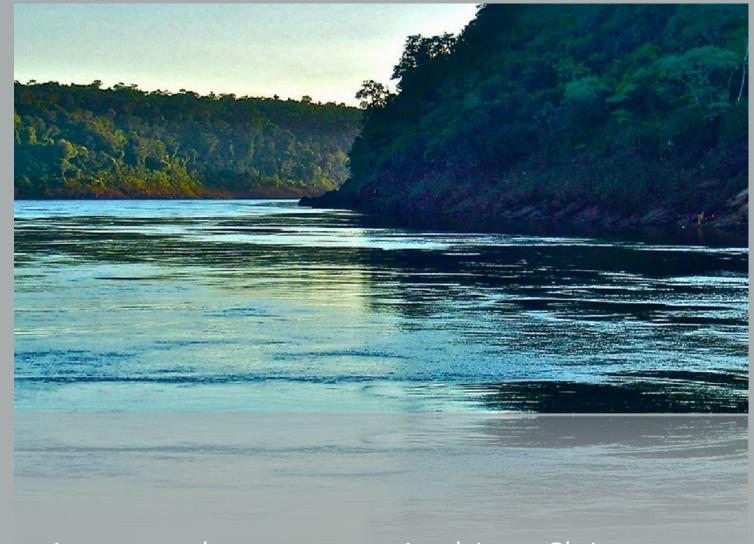
- Please pray for the street mission and continued support for feeding and providing for the Lord's people
- COSF Worship Service NOV 1/25. Please pray the Lord lead us in delivering His word to the people of Kissimmee Florida, safety and provision.
- Please pray for everyone in the congregation for help of the Lord to overcome challenges of the past, rebuke the lies of the evil one, grow in the Lord and to realize the glory of God in their lives.

### Scripture Memory Verse

He Who Overcomes

"He who overcomes, I will grant to him to sit down with Me on My throne, as I also overcame and sat down with My Father on His throne."

Revelation 3:21



Are you ready to accept our Lord Jesus Christ as your personal Saviour and be obedient unto His command of Baptism? Please speak with us.

REVELATION 3:21