

December 17th, 2025 EDITION

www.christoursaviourfellowship.com info@christoursaviourfellowship.com

Join Us Every Sunday at 10:30am 250 Bayview Drive Unit #4 Barrie, ON L4N 4Y8



so that I worry about if my 1.5 litre water jug would breath and take a measured sip so what I carried use of my water and sip sparingly through training. why not just fill up at the fountain when you run It's a smart way to go although my parched and saw dust feeling throat may say otherwise.

I get thirsty, VERY thirsty when I'm training, so much Between sets I would take a brief pause, catch my be enough for the entire session. So, I manage the would last through my efforts. Now some may ask, out? Good question! I just don't trust the questionable cleaning practices that may "flavour" the water if you understand what i'm getting at!?

Usually halfway through the exercises I need to really start gulping the H2O in cups, also like the gallon of coffee I had preceding these events! I usually make it through fine enough but where it really kicks in is the cardio session. Oh the joys of a parched mouth and little to no water. As I start the treadmill I can feel the back of my throat screaming "WATER, WATER!" Yet, I persist through my management process. but the time 3 minutes hit, its large gulps trying to replenish a dehydrated body and yet retain enough to complete the session. At the end of it all there is usually is a few drops for the drive home where I can safely replenish to my hearts content.

As I was in my hamster wheel session today I was thinking about this as I felt parched, thirst, hunger for water and progressed through. What would I do if I ran out? Would I really "top up" at the fountain or end the session before dehydration really had it's dizzying effect? Odd thought as I trudged through.

Funny enough, this thirst brought me to thinking about our walk and the Christian life. In the Gospel of Matthew we read:

"Blessed are those who hunger and thirst for righteousness, for they shall be satisfied." Matthew 5:6

As I usually do, I fixed my mind on our Lord
Jesus Christ and I was grateful for ALL HE HAS
DONE in my life and the life of those around me,
through the nations and all that He will continue
to do. My heart was blessed, full and uplifted as
the flowers of a garden are being watered! I felt
invigorated so much that I noticed i was using



In my refreshed state I proceeded to finish the final minutes of my cardio workout. There was that thirst again though! Parched, sticky throat with dryness screaming ...water me, water me! So i gulped down as I could in the middle to trudge forth.

I thought back to how moments ago the Lord just refreshed me and how i'm parched again in my sustained labouring. The nation of Israel laboured as they had moved through the desert wilderness, no water, no food. Yet the Lord blessed them daily with all they needed in food and water. From the making of the bitter waters of Marah sweet:

"Then he cried out to the Lord, and the Lord showed him a tree; and he threw it into the waters, and the waters became sweet."

**Exodus 15:25** 

It was the Lord who sustained them in their times of need, times of thirst making the waters sweet and drinkable and quenching, satisfying the parched soul.

I asked myself earlier, what would happen if the water ran out during my workout? It's happened before where I was left with drops at the bottom of the water bottle which I would preciously savour until I was able to replenish and be refreshed.

So too in our lives when the trial is upon us and we feel that we don't or can't make it through, this is when our faith is tested. When the well is running dry and there are a few drops of water in the bottle testing our endurance, patience and our degree of perseverance. What do we do in these situations and seasons of life?

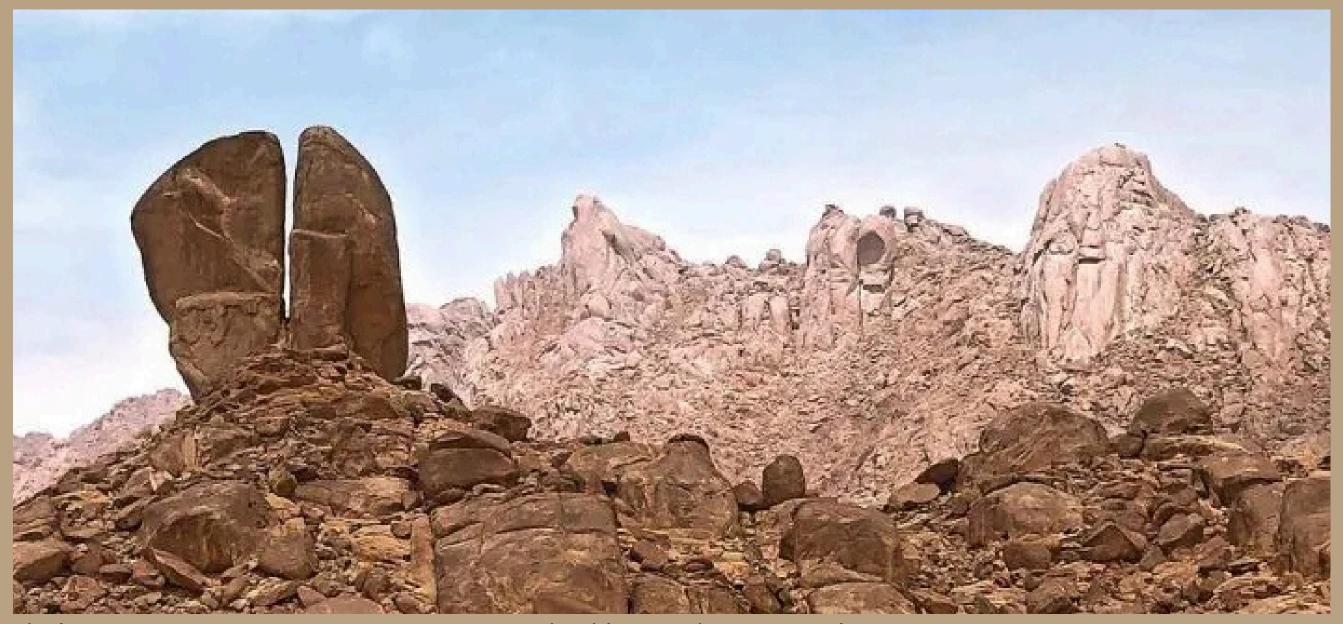
Well, it's as we do in any aspect of life, trust in the LORD, trust in His sustaining power, trust in His perfect timing, trust in His hearing us cry out to Him seeking His help and mercy!

You did cry out didn't you?

It is a vital act of surrender, crying out to the Lord as the waters before us seem bitter. It is by HIS blessing and hand we are refreshed. We read: "But You, O Lord, are a shield about me, My glory, and the One who lifts my head. I was crying to the Lord with my voice, And He answered me from His holy mountain. I lay down and slept; I awoke, for the Lord sustains me. I will not be afraid of ten thousands of people Who have set themselves against me round about."

Psalm 3:3-6

It is YOU OH GOD, You our Lord our Saviour who



helps us as we cry out to you as our parched lives thirst for your help, for the life saving presence of your Holy Spirit in our lives. This is the water to our souls when perseverence and waiting for the Lord answers in our times of need. It can seem an eternity in this place when the last drops of water roll down the water bottle, then we are at the end of our wits and in chaos and confusion. Yet, this we know and have faith in... Our Lord Jesus hears us when we cry out with humble and sincere

hearts. Psalm 42 says:

"As the deer pants for streams of water, so my soul pants for you, my God. My soul thirsts for God, for the living God. When can I go and meet with God?"

Psalm 42:1-2

The answer, cry out to Him who is faithful and ...

See you Sunday at 10:30

Pastor Bhawani

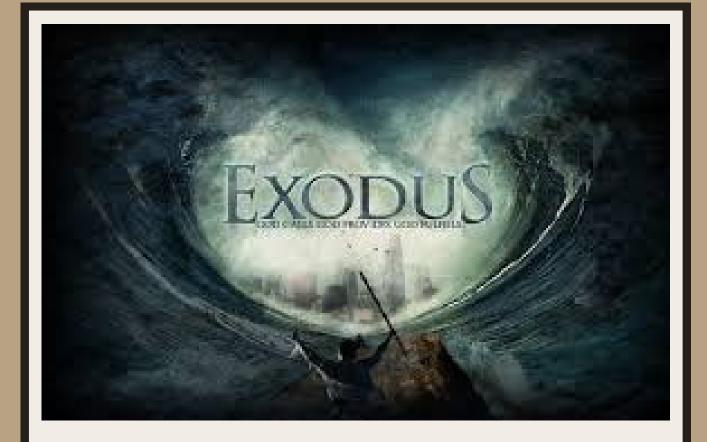
Who will you invite?

### 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
- December 21<sup>st</sup> COSF Christmas Lunch
  - December 24<sup>th</sup> Christmas Eve Service
- December 31<sup>st</sup> New Years Eve Service
- COSF Florida January 31<sup>st</sup>/26 Service "I AM...GENTLENESS"
  - Fall 2026 Mission Trip South Africa,
     Kenya & Uganda





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!

<u>click here</u> to see more



Each of you should give what you have decided in your heart to give, not reluctantly or under compulsion, for God loves a cheerful giver.

2 Corinthians 9:7

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

# 

Jacob Martins & Laura Morris Hello everyone, Jacob and Laura here Happy last week of schoooooool! You guys made it (well, almost) and here comes the well-deserved time of rest. We hope you enjoy the Christmas season with your family and get to spend some quality time with those you love.

Laura and I really enjoy the Christmas season, but something we have a tough time with is how soon the sun sets. It's already 4 o'clock today and the sun is setting! The darkness can sometimes feel a little overwhelming. It feels like just as the sun is rising and before you know it, it's already dark again. One thing that helps us get through is the beautiful Christmas tree lights. There is something so heartwarming and comforting about being able to sit on the couch or drive outside and have lights all throughout the dark hours of the day.

Although beautiful to look at, these physical lights do not compare to the true reason for the Christmas season, our Lord and Saviour Jesus Christ, the light of the world. The coming of our Lord and His birth heralded the hope and salvation to all mankind, the way to be reconciled to God and be saved from our sins. He tells His disciples in John 8:12, "I am the Light of the world; he who follows Me will not walk in the darkness, but will have the Light of life."

As we have spoken about in previous weeks, we see a lot of darkness on display, especially around this time. We see selfishness and greed, 'I have to have this thing!'. The stress of this joyous time can bring out the worst in people. The loneliness that many individuals suffer is made even more intense at this time. All of this on top of the normal challenges we face day to day. Like the sun setting early, after a while, the darkness of the world can become overbearing and leave us feeling discouraged. With that being said, we thank the Lord that we have hope in Him. We want to encourage you, set our eyes upon the light of our salvation, The Lord Jesus Himself. When we do so, the Lord shines in the dark places of our own lives, overcoming the darkness of our struggles, our sins, and our fears. No matter the darkness you experience or see around you, let the Light of our Lord shine this Christmas

season.



### 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

# THE LIE

Hello Everyone! This week I have been speaking with a brother from Pakistan, who has a prayer request for his church. During the Christmas season, the church has seen an increase in attendance, Praise God!! Now, he is seeking to upgrade the electrical system in the building, as it is not strong enough to support the lights and audio equipment that they use. We lift this need up to the Lord and ask that God would provide for His people, by His will. I ask that you would pray for our brother, that he would see this provision of God in his life, and in the lives of his congregation! We know that God is faithful, and will provide us with everything we need to serve Him faithfully, when we seek first His Kingdom and all His righteousness!

Hello everyone! This week there have been many sisters messaging me, all seeking shoes and clothing for the children in their orphanages. Another sister had messaged me that she wants her family to be able to celebrate Christmas and be able to eat. There is much poverty in this area and during this time of the year you can tell it is very important to them to enjoy Christmas with those around them as much as possible. Please pray for the Lord's provision, that they be able to share in meals together while celebrating our Lord.

### 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.

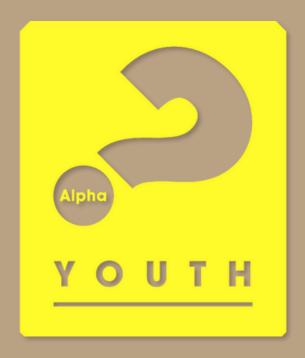
**ALPHA film series - ONLINE WINTER** 

Alpha

<u>2026</u>

**Location: ONLINE** 

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



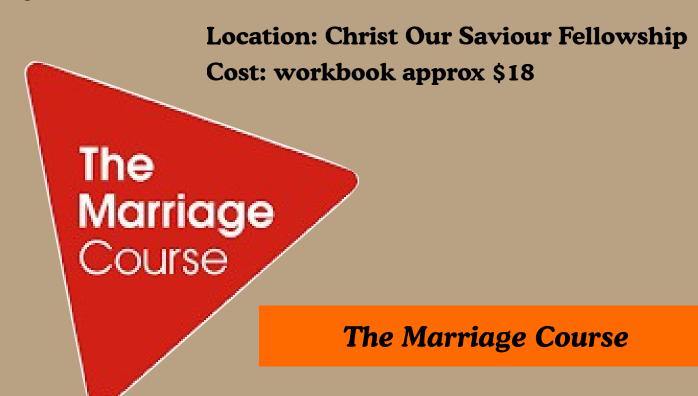
### The PRE Marriage Course



**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

20 COURSES - DIPLOMA (ACCREDITED) APPLIED TOWARDS 25 COURSE DEGREE WITH KAIROS.

**WHERE: ONLINE, MENTORED** 

**MATERIAL: PROVIDED PER COURSE** 

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
COMPLETED

COURSE 2 - EFFECTIVE MINISTRY COMMUNICATIONS
COMPLETED

COURE 3 - INTENTIONAL DISCIPLE MAKING BEGINS DEC 2025

# CCOSF FEED Christ Our Saviour Fellowship Florida

"I AM .... GENTLENESS"

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: January 31st, 2026
Times: 4:00pm - 6:00pm
Location: Kissimmee, Florida

Click here to help support
COSF Florida Church



2023

Are you being called?

CHRIS OUR SAVIOUR

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.







Brothers Dan, Mathias, Martin and James of Kenya

2026 outlook- we are hopefully preparing for Christmas program with the local church to help provide a meal and share the gospel during this Christmas season.

Additionally, we look towards the coming planting season in early 2026



There has been a great move of God and a hunger for His word we have seen as we preached forth two weeks ago. Pray the Lord continue to lead us to build up His people and the church in the region.





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





Our Shepherd's Table Ministry provides warm, nutritious meals for those in need locally and in the missions field where we are called.

We will be out this Saturday from 1:00-3:00.

Thank you all for your support and participation in the

## Shepherd's

street ministry in Barrie

Menu: LAST WEEK - Pork Pot Pie Pasta

Dec 20th - Christmas meal

Please click here to support

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 appeared 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 thing easier.



### Have you seen the COSF Library...





How could God possibly bring good from our pain and suffering? Paul wrestled with this question when he was afflicted with illness that broke his body and his spirit. Instead of immediate healing, Paul got something better—an experience of the power of God.

This study equips you to encounter the power of God in the same way--through your pain and suffering. Join a fellow-sufferer and pastor for eye-opening Bible teaching about Paul's "thorn in the flesh," our universal suffering, the problem of pain, and God's promise to redeem and bring good from the suffering in our lives.

Your faith will be deepened, and your heart will be comforted as we dig deep into Paul's conclusion that "when I am weak, then I am strong." Discover daily practices and a lifelong point-of-view that can transform your greatest suffering into your greatest strength. Based on the bestselling book I Am Strong: Finding God's Peace and Strength in Life's Darkest Moments.

### 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:
- we are preparing the field for February planting
  - we are planning a street ministry of preaching
- there are needs for the health of some of the brothers and their families. Please pray for Brother Martin whose father has been called home to be with the Lord.
- Please pray for brother Mathias's wife as she struggles with a heart condition and failure.
  - pray for all of the brothers in Africa for provision to take the leadership degree program
  - pray for James, the financial resources needed at this time

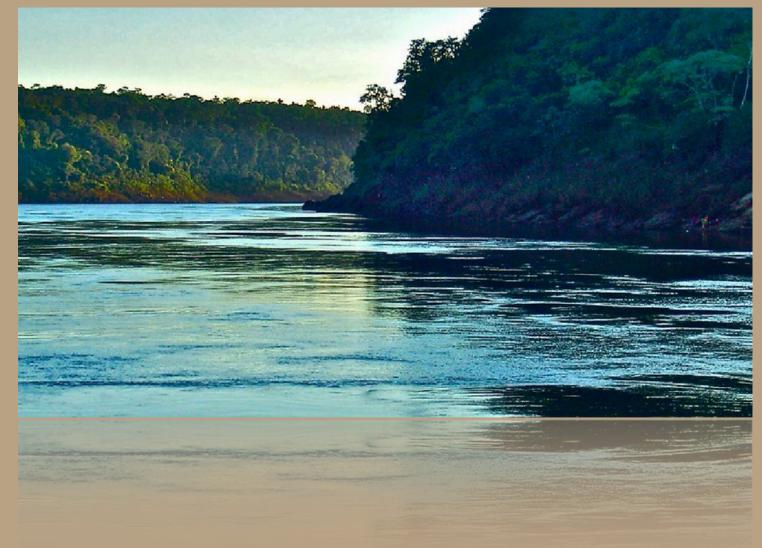
- Please pray for those participating in the leadership program. There are always challenges we face as we draw closer to the Lord: Please pray for:Laura, Robin, Anna, Ted, Gina, Jacob, Noah, Emma, Gertie
- Please pray for the street mission and continued support for feeding and providing for the Lord's people especially now in the colder weather
- COSF Worship Service Jan 31/26. Please pray the Lord lead us in delivering His word to the people of Kissimmee Florida, safety and provision.
- The Youth / Youth Group need prayer and support
- please pray for the Lord to lead and create a weekly youth group.
- 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.
  - Pray for the people throughout the world who are experiencing hardships, homelessness, death, persecutions in all countries. Pray the Lord bring relief, healing, love and care to each person.

### Scripture Memory Verse

My Soul Thirsts For God

"As the deer pants for streams of water, so my soul pants for you, my God. My soul thirsts for God, for the living God.
When can I go and meet with God?"

Psalms 42:1-2



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.

### "ASTHEDEER PANTS FOR STREAMS OF WATER, SO MY SOUL PANTS FOR YOU, MY SOUL THIRSTS FOR GOD, FOR THE LIVING GOD. WHEN CAN I GO AND MEET WITH GOD?"

