

# “DNA of Our Churches” I

## Week 1: What do we believe? (Acts 3:1-15)

### Our journey so far...

Week 1: What is the church? (Acts 1:1-11)  
-God’s church in crisis?

Week 2: Who are the disciples? (Acts 1:12-26)  
-Church after Christendom

Week 3: Who is the Holy Spirit? (Acts 2:1-21)  
-Living in the Post-modern world

Week 4: Fellowship of the believers (Acts 2:22-47)  
-Post-Christendom *ekklesia*

### Prayer

Lord, remove the scales from our eyes this Lenten season and enable us to swallow our human pride so that we can respond to your call in our lives – especially when it challenges us. Amen  
*Michael Leunig, When I talk to you, 2003*

### Getting Started

Consider these questions and spend a few minutes discussing them.

1. See the following list of the characteristics of the early churches we found in Acts 1-2.
  - Week 1: Waiting, united, faithful, reframing, fearful, expectant, promised community.
  - Week 2: Praying, convinced, committed, inspired, devoted community (or disciple).
  - Week 3: Saved, inspired, spirited, growing, empowered, talented, multicultural, sharing, excited community.
  - Week 4: Growing, acting, resurrected, generous, faithful, committed, united community

Share with the group the two questions we have been talked recently:

- i) What are some characteristics that you want to see in our church?
- ii) What is the source of these characteristics?

2. What is the one thing the church should not give up?

### Uniting Church in transition

After ‘Uniting our Future’ last year, the Synod of Victoria and Tasmania is undergoing a ‘Major Strategic Review’, including series of

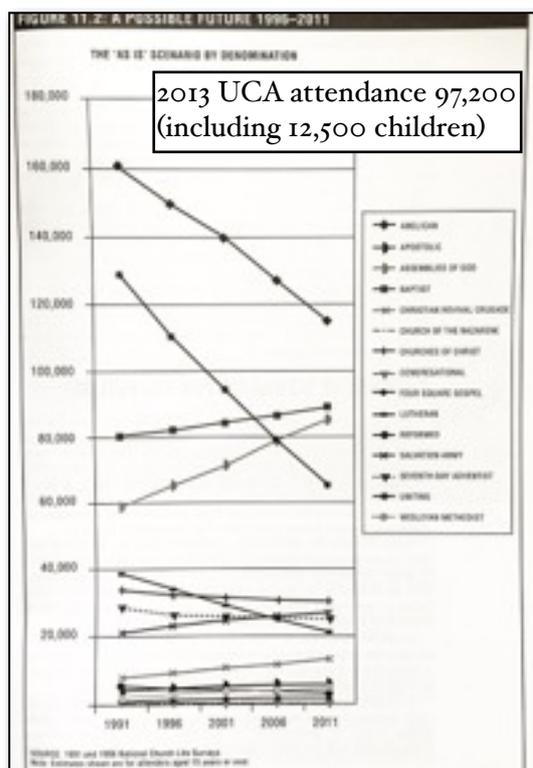
workshops and Internet Value Survey.

This MSR is aiming to advise the Church on its vision, plans and sustainability into the future. There are three stages of process: First ‘understanding’ six main areas:

- i. The changing nature of church,
- ii. Faith formation and discipleship,
- iii. Leadership, training and governance,
- iv. Relationship and communication,
- v. Resources: people, property, social capital,
- vi. Our financial future.

Then will follow the second stage, ‘Preparing for the Journey’ and the final stage, ‘Shaping the 21c Church’, later this year.

What are the things we should remember in order to shape a healthy 21c Church?  
Can we dare to dream of a growing church?



**Messages from Acts 3:1-15**

1 One day Peter and John were going up to the temple at the hour of prayer, at three o'clock in the afternoon. 2 And a man lame from birth was being carried in. People would lay him daily at the gate of the temple called the Beautiful Gate so that he could ask for alms from those entering the temple. 3 When he saw Peter and John about to go into the temple, he asked them for alms. 4 Peter looked intently at him, as did John, and said, "Look at us." 5 And he fixed his attention on them, expecting to receive something from them. 6 But Peter said, "I have no silver or gold, but what I have I give you; in the name of Jesus Christ of Nazareth, stand up and walk." 7 And he took him by the right hand and raised him up; and immediately his feet and ankles were made strong. 8 Jumping up, he stood and began to walk, and he entered the temple with them, walking and leaping and praising God. 9 All the people saw him walking and praising God, 10 and they recognized him as the one who used to sit and ask for alms at the Beautiful Gate of the temple; and they were filled with wonder and amazement at what had happened to him. 11 While he clung to Peter and John, all the people ran together to them in the portico called Solomon's Portico, utterly astonished. 12 When Peter saw it, he addressed the people, "You Israelites, why do you wonder at this, or why do you stare at us, as though by our own power or piety we had made him walk? 13 The God of Abraham, the God of Isaac, and the God of Jacob, the God of our ancestors has glorified his servant Jesus, whom you handed over and rejected in the presence of Pilate, though he had decided to release him. 14 But you rejected the Holy and Righteous One and asked to have a murderer given to you, 15 and you killed the Author of life, whom God raised from the dead. To this we are witnesses. (NRSV)

**DNA of Our Churches**

Read the passage together then discuss following questions:

1. Are there any words or phrases that stand out for you? Share with your group how you felt as the passage was read.
2. How important was prayer for the early church members?
3. What did Peter and John have instead of gold and silver? (v.6)
4. Why did people stare at Peter and John as though they did what they did by their own power or piety? Can this happen these days?
5. To what do we witness?

**Closing prayer**

God,  
 God of all, God with us,  
 As we take our first steps in the season of Lent,  
 Take us deeper into your love.  
 Take us into truth, that we may learn and grow.  
 Connect us to your grace and compassion,  
 So that we may hold onto hope when we come to the place where we have to face our shortcomings.  
 Push us into the wilderness of reflection,  
 Test and strengthen us as you reveal your will in our lives.  
 As we travel with you on the story to the cross;  
 As we journey to the cross and beyond,  
 May we take up our own crosses and follow you anew.  
 Jesus,  
 Walker of the Way,  
 Lead us again this Lent into deeper discipleship.  
 Mould us as your people.  
 As we remember your commitment to us;  
 Your new covenant of love,  
 May we join anew with you in the being of the Kingdom.  
 God,  
 God of all,  
 God with us,  
 As we take our first steps in the season of Lent,  
 Take us deeper into your love.  
 This we ask in the name of Christ. Amen.

*Rev Jon Humphries 2015*

**POINT TO PONDER**

“The church must change its tune for a world that needs our lyric but has stopped listening to our music.”

**VERSE TO REMEMBER**

“But Peter said, "I have no silver or gold, but what I have I give you; in the name of Jesus Christ of Nazareth, stand up and walk."”(Acts 3:6, NRSV)



# “DNA of Our Churches” 2

## Week 2: Who is Jesus? (Acts 3:1-15)

### Our journey so far...

- Week 1: What is the church? (Acts 1:1-11)  
-God’s church in crisis?
- Week 2: Who are the disciples? (Acts 1:12-26)  
-Church after Christendom
- Week 3: Who is the Holy Spirit? (Acts 2:1-21)  
-Living in the Post-modern world
- Week 4: Fellowship of the believers (Acts 2:22-47)  
-Post-Christendom *ekklesia*
- Week 1: What do we believe? (Acts 3:1-15)  
-Uniting Church in Transition



Illustration by King Bana

godless place under heaven.’(Ian Breward, *Australia: The Most Godless Place Under Heaven?*, 1988. p.1)

No matter whether you agree with this or not, we have been living in a secular society since the time of Federation when it was decided that, “The

Commonwealth shall not make any law for establishing any religion, or for imposing any religious observance, or for prohibiting the free exercise of any religion...” (Australian Constitution Act 1900, s.116)

Under this non-religious culture, our reputation as a Christian country has changed. In 2011, 61% of Australians identified as Christian, compare to 96% in 1911, and 22% of census respondents identified as having ‘No Religion’. Furthermore we have an increasing number of migrants with different cultural and religious backgrounds, creating a much more multi-faith society.

Since the 4th Century Roman Empire, Christianity has been the official religion in much of the Western and Colonized world, but this Christendom has passed and we are now living in a post-Christendom and pluralistic world with many religions.

How can we live as Christians in the pluralistic world? How do we understand what Jesus meant when he said, ... *"I am the way, and the truth, and the life. No one comes to the Father except through me."*? (John 14:6 NRSV)

How can we participate in interfaith dialogue?

### Prayer

Almighty God,  
Anoint us with your Holy Spirit,  
Drive us into the Lenten wilderness,  
Protect us from the wild beasts of hatred and vengeance,  
Challenge us and transform us into your people,  
A church that is One,  
And which responds in love and justice to all who suffer in our world,  
In the name of Christ we pray,  
Amen.

*from the Lent Bible Study 2015  
by Churches Together in Britain and Ireland*

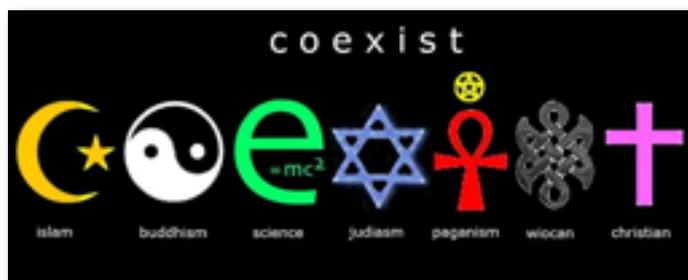
### Getting Started

Consider these questions and spend a few minutes discussing them.

1. Last week, we talked about how our Uniting Church is in transition and the MSR process asks many questions such as who we are and what do we believe. Spend some time to read the value list. What do you believe is the most essential value for the future Uniting Church.
2. One of the important values of the Uniting Church is Ecumenism, conversation between Christian denominations. What about the dialogue between religions? Share your own experience of other religions?

### Secular to Multi faith Society

In 1824 a Scottish Presbyterian theologian, James Denney, described Australia as ‘the most



**Messages from Acts 3:12-26**

12 When Peter saw it, he addressed the people, "You Israelites, why do you wonder at this, or why do you stare at us, as though by our own power or piety we had made him walk? 13 The God of Abraham, the God of Isaac, and the God of Jacob, the God of our ancestors has glorified his servant Jesus, whom you handed over and rejected in the presence of Pilate, though he had decided to release him. 14 But you rejected the Holy and Righteous One and asked to have a murderer given to you, 15 and you killed the Author of life, whom God raised from the dead. To this we are witnesses. 16 And by faith in his name, his name itself has made this man strong, whom you see and know; and the faith that is through Jesus has given him this perfect health in the presence of all of you. 17 "And now, friends, I know that you acted in ignorance, as did also your rulers. 18 In this way God fulfilled what he had foretold through all the prophets, that his Messiah would suffer. 19 Repent therefore, and turn to God so that your sins may be wiped out, 20 so that times of refreshing may come from the presence of the Lord, and that he may send the Messiah appointed for you, that is, Jesus, 21 who must remain in heaven until the time of universal restoration that God announced long ago through his holy prophets. 22 Moses said, "The Lord your God will raise up for you from your own people a prophet like me. You must listen to whatever he tells you. 23 And it will be that everyone who does not listen to that prophet will be utterly rooted out of the people.' 24 And all the prophets, as many as have spoken, from Samuel and those after him, also predicted these days. 25 You are the descendants of the prophets and of the covenant that God gave to your ancestors, saying to Abraham, "And in your descendants all the families of the earth shall be blessed.' 26 When God raised up his servant, he sent him first to you, to bless you by turning each of you from your wicked ways."(NRSV)

**DNA of Our Churches**



**POINT TO PONDER**

“A man who was merely a man and said the sort of things Jesus said would not be a great moral teacher. He would either be insane or else he would be ‘the Devil of Hell’.  
- C.S. Lewis

**VERSE TO REMEMBER**

“Jesus said to him, "I am the way, and the truth, and the life. No one comes to the Father except through me.” (John 14:6 NRSV)

Read the passage together then discuss following questions:

1. How does Peter describe Jesus in his speech? Find the descriptions and discuss what you agree with most.
2. In Matthew 16:16, Peter said, “You are the Messiah, the Son of the living God.” However Peter didn’t live out his confession. Why did Peter deny Jesus?
3. Dan Brown, who wrote the *Da Vinci Code* in 2003, said “Jesus was not the Son of God, he was a mortal prophet, a great and powerful man of staggering influence.” What would you say if someone asked who do you think Jesus was?
4. C.S. Lewis wrote: “A man who was merely a man and said the sort of things Jesus said would not be a great moral teacher. He would either be insane or else he would be ‘the Devil of Hell’. You must make your choice.” He wrote, “either Jesus was, and is, the Son of God or else he was insane or evil.”
5. According to Peter, why did Jesus have to come to us?

**Closing prayer**

You are our God. We are your people.  
In Jesus you established a new covenant.  
You set before us a life lived well.  
You taught us the way of loving sacrifice.  
You fully enfolded us into your grace and forgiveness.  
You called us into communion with you and each other.  
In your promise we find hope.  
In our promise you hope.  
Bind us together anew.  
Want us and will us to be yours.  
Lord of all, God in Christ,  
You are our God. We are your people.  
May this be so. Amen. Rev Jon Humphries 2015



**Messages from Acts 4:1-12**

1 While Peter and John were speaking to the people, the priests, the captain of the temple, and the Sadducees came to them, 2 much annoyed because they were teaching the people and proclaiming that in Jesus there is the resurrection of the dead. 3 So they arrested them and put them in custody until the next day, for it was already evening. 4 But many of those who heard the word believed; and they numbered about five thousand. 5 The next day their rulers, elders, and scribes assembled in Jerusalem, 6 with Annas the high priest, Caiaphas, John, and Alexander, and all who were of the high-priestly family. 7 When they had made the prisoners stand in their midst, they inquired, "By what power or by what name did you do this?" 8 Then Peter, filled with the Holy Spirit, said to them, "Rulers of the people and elders, 9 if we are questioned today because of a good deed done to someone who was sick and are asked how this man has been healed, 10 let it be known to all of you, and to all the people of Israel, that this man is standing before you in good health by the name of Jesus Christ of Nazareth, whom you crucified, whom God raised from the dead. 11 This Jesus is "the stone that was rejected by you, the builders; it has become the cornerstone." 12 There is salvation in no one else, for there is no other name under heaven given among mortals by which we must be saved." (NRSV)

**DNA of Our Churches**

Read the passage together then discuss following questions:

1. Who were the rulers of the day?
2. According to a social analysis, some people explain that Jesus died because he stood up against the ruling authority of both Jewish religious power and Roman political power. Do you agree with this or is there something more?

3. In Romans 3:23-25, "23 since all have sinned and fall short of the glory of God; 24 they are now justified by his grace as a gift, through the redemption that is in Christ Jesus, 25 whom God put forward as a sacrifice of atonement by his blood, effective through faith." According to Paul Jesus died for our sin and redeemed us by his sacrificial death on the cross. This atonement system has been embedded deeply in Jewish culture from the Old Testament period and is easier for Jewish Christians to understand. But how can we understand this death of Jesus? Can you agree that we are all sinners and Jesus died for us?
4. Peter uses an image of the cornerstone that has been rejected by the authority. (v.11) In what sense we can say that we are built on the cornerstone?
5. Paul says, in 2 Corinthians 5:19, "In Christ God was reconciling the world to himself, not counting their trespasses against them, and entrusting the message of reconciliation to us." How can we be ambassadors for Christ?

**Closing prayer**

Lord of Creation,  
 Teach us to walk the earth more lightly.  
 Restore us to your vision of a renewed world.  
 Give us the strength of conviction,  
 and the passion of community,  
 So that we might act together to  
 reduce our consumption and waste-filled living.  
 May we humble ourselves  
 and tread the earth more lightly.  
 Transform our selfish arrogance.  
 Teach us anew to submit to your will.  
 Creator of all,  
 Christ in Creation  
 May we partner with you in the renewal of the world.  
 May these words be lived. May we make them so.  
 Amen.

*Rev Jon Humphries 2015*

**POINT TO PONDER**

The Uniting Church is not alone standing up for political issues in the world that God so loved, and in showing willingness to confront the "rulers of the day". (Avril Hannah-Jones, *Christianity in the 21st Century*)

**VERSE TO REMEMBER**

*"In Christ God was reconciling the world to himself, not counting their trespasses against them, and entrusting the message of reconciliation to us."* (2 Corinthians 5:19 NRSV)



# “DNA of Our Churches” 4

## Week 4: Why and how should we read the Bible? (Acts 4:13-22)

### Our journey so far...

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- Week 2: Who is Jesus? (Acts 3:12-26)  
-Secular to Multi Faith Society
- Week 3: Why did Jesus die? (Acts 4:1-12)  
-Living as Christian radicals

### Prayer

Steadfast God,  
you reach out to us in mercy  
even when we rebel against your holy call  
and prefer to walk in disobedience  
rather than in the way of your divine truth.  
Softener our hearts with the warmth of your love,  
that we may know your Son is alive within us,  
redeeming us and raising us up  
into your eternal presence. Amen.

*from Anglican Church of Canada, Lent Resources 2015*

### Getting Started

Consider these questions and spend a few minutes discussing them.

1. We have been using many images for multiculturalism, such as ‘melting pot’, ‘mosaic stained glass windows’, ‘rainbow’, ‘colorful garden.’ What would be the best image of multiculturalism for the future?
2. Think about words like tolerance, assimilation, fear of unknown. In what ways are these words not helpful for building relationships?
3. What are the differences between multiculturalism, cross-culturalism and interculturalism?



### 30 years of Multiculturalism in UCA

In 1985, the Assembly of the Uniting Church in Australia adopted the statement: *The Uniting Church is a Multicultural Church*. According to this statement, the Basis of Union points to the fact that the Uniting Church unites not only three denominations but also Christians of many cultures and ethnic origins. Paragraph 2 - The Uniting Church, “Believes that Christians in Australia are called to bear witness to a unity of faith and life in Christ which transcends cultural and economic, national and racial boundaries...” It continues to affirm that “Jesus Christ has made peace between people of every race, culture and class.”

This year, 2015, is the 30th’ anniversary of being Multicultural Church. In reality, however, we still have many Uniting



churches who think they are not a multicultural church and we do not have a unified understanding of what it means to be a multicultural church.

As we celebrate 30 years of inclusive relationship building we must ask clearly what kind of multiculturalism did the people of Uniting Church perceive before and what now? What has worked and what hasn’t? Is there anything we need to do to change our paradigm of cultural understanding in our society? What role will our church play in our future multicultural community?

We are not here to resolve all these questions but, at least, I want to challenge everyone to try to build a loving relationship with others without fear, trust that God will bring together God’s people who were divided in the story of the Babel Tower in Genesis 11.

And Jesus brings the true reconciliation to human world and the church.

**Messages from Acts 4:13-22**

13 Now when they saw the boldness of Peter and John and realized that they were uneducated and ordinary men, they were amazed and recognized them as companions of Jesus. 14 When they saw the man who had been cured standing beside them, they had nothing to say in opposition. 15 So they ordered them to leave the council while they discussed the matter with one another. 16 They said, "What will we do with them? For it is obvious to all who live in Jerusalem that a notable sign has been done through them; we cannot deny it. 17 But to keep it from spreading further among the people, let us warn them to speak no more to anyone in this name." 18 So they called them and ordered them not to speak or teach at all in the name of Jesus. 19 But Peter and John answered them, "Whether it is right in God's sight to listen to you rather than to God, you must judge; 20 for we cannot keep from speaking about what we have seen and heard." 21 After threatening them again, they let them go, finding no way to punish them because of the people, for all of them praised God for what had happened. 22 For the man on whom this sign of healing had been performed was more than forty years old. (NRSV)

**DNA of Our Churches**

Read the passage together then discuss following questions:

1. They, the rulers, high priests, elders and scribes, asked, "what will we do with them?" What was their dilemma? What did they fear?
2. Peter and John answered, "Whether it is right in God's sight to listen to you rather than to God, you must judge." What is this

listening to God? How can we listen to God nowadays?

3. What does it mean in verse 20, "For we cannot keep from speaking about what we have seen and heard."? What are the things you cannot stop doing as a Christian?
4. 'Reading the Bible' sounds somewhat old fashioned for some people. How do you value the Bible? What do you do about it?
5. 2 Timothy 3:16 says, "All scripture is inspired by God and is useful for teaching, for reproof, for correction, and for training in righteousness." What is the Bible useful for in your experience?



**Closing prayer**

Lord Jesus,  
 You bring us hope.  
 You came to save.  
 You gave your life for us  
 Beginning in your incarnation.  
 Living simply and simply living.  
 Teaching and healing.  
 Rebuking and cajoling  
 Dying and rising.  
 In you we meet God's love face to face.  
 In you we see the grace of God.  
 In you we grasp the depth of God's compassion.  
 In you we know God is for us and no one can be against us.  
 Lord Jesus,  
 We are your people.  
 May we be found in you again. Of you we ask.  
 Amen.

Rev Jon Humphries 2015

**POINT TO PONDER**

(Basis of Union) Paragraph 2- The Uniting Church, "believes that Christians in Australia are called to bear witness to a unity of faith and life in Christ which transcends cultural and economic, national and racial boundaries...." Jesus Christ has made peace between people of every race, culture and class. (1985 Assembly statement paragraph.3)

**VERSE TO REMEMBER**

"All scripture is inspired by God and is useful for teaching, for reproof, for correction, and for training in righteousness." (2 Timothy 3:16 NRSV)



# “DNA of Our Churches” 5

## Week 5: Why and how do I pray? (Acts 4:23-37)

### Our journey so far...

- Week 1: What is the church? (Acts 1:1-11)  
-God’s church in crisis?
- Week 2: Who are the disciples? (Acts 1:12-26)  
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-Living as Christian radicals
- Week 4: Why and how should I read the Bible? (Acts 4:13-22)  
-30 years of Multiculturalism in UCA
- Week 5: Why and how do I pray? (Acts 4:23-37)  
-Basis of Union and other inheritances

### Prayer

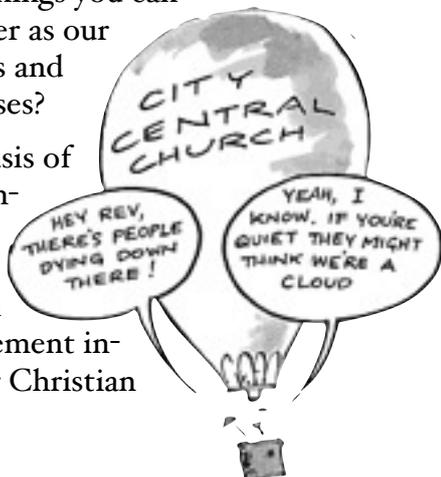
God help us  
 To rise up from our struggle  
 Like a tree rises up from the soil  
 Our roots reaching down to our trouble Our rich, dark  
 dirt of existence  
 Finding nourishment deeply  
 And holding us firmly  
 Always connected  
 Growing upwards and into the sun, Amen.

*Michael Leunig, When I talk to you, 2003*

### Getting Started

Consider these questions and spend a few minutes discussing them.

1. During this season of Lent we have been talking about our Uniting Church. What are the things you can remember as our strengths and weaknesses?
2. Is the Basis of Union important to you? How can this statement inform our Christian lives?



### Basis of Union and other inheritances

In 1977 the Uniting Church came into being after three denominations, the Congregational Union in Australia, the Methodist Church of Australia, and the Presbyterian Church of Australia joined together. This union was based on a short statement called the Basis of Union which was written in 1971 and revised in 1992. Just eighteen short paragraphs state the central affirmations of the Christian faith and are a guide to what is central to the life of the Uniting Church. It is not a detailed map or book of rules, but a series of signposts which offer a clear sense of direction for the church.

Matthew 14 contains a story of feeding 5000 in a remote place. When Jesus said to the disciples, “You give them something to eat,” the disciples answered, “We have here only five loaves of bread and two fish.”

Sometimes we think we have not enough, but often we find God has given us enough to feed and fulfill God’s mission. It is a matter of finding where it is. I thought about the five loaves and two fishes in the Uniting Church. Of course this is not a complete list, but I hope it can provoke some discussions among us. Five loaves are:

1. Theology of Ecumenism,
  2. Theology of Property,
  3. Theology of Calling,
  4. Interconciliar Councils,
  5. Consensus decision making model,
- plus, two fishes: Scripture and Prayer.

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**Messages from Acts 4:23-37**

23 After they were released, they went to their friends and reported what the chief priests and the elders had said to them. 24 When they heard it, they raised their voices together to God and said, "Sovereign Lord, who made the heaven and the earth, the sea, and everything in them, 25 it is you who said by the Holy Spirit through our ancestor David, your servant: "Why did the Gentiles rage, and the peoples imagine vain things? 26 The kings of the earth took their stand, and the rulers have gathered together against the Lord and against his Messiah.' 27 For in this city, in fact, both Herod and Pontius Pilate, with the Gentiles and the peoples of Israel, gathered together against your holy servant Jesus, whom you anointed, 28 to do whatever your hand and your plan had predestined to take place. 29 And now, Lord, look at their threats, and grant to your servants to speak your word with all boldness, 30 while you stretch out your hand to heal, and signs and wonders are performed through the name of your holy servant Jesus." 31 When they had prayed, the place in which they were gathered together was shaken; and they were all filled with the Holy Spirit and spoke the word of God with boldness. 32 Now the whole group of those who believed were of one heart and soul, and no one claimed private ownership of any possessions, but everything they owned was held in common. 33 With great power the apostles gave their testimony to the resurrection of the Lord Jesus, and great grace was upon them all. 34 There was not a needy person among them, for as many as owned lands or houses sold them and brought the proceeds of what was sold. 35 They laid it at the apostles' feet, and it was distributed to each as any had need. 36 There was a Levite, a native of Cyprus, Joseph, to whom the apostles gave the name Barnabas (which means "son of encouragement"). 37 He sold a field that belonged to him, then brought the money, and laid it at the apostles' feet. (NRSV)

**DNA of Our Churches**

Read the passage together then discuss:

1. What was the result of the disciples praying together? (v.31-33)
2. Mother Teresa said, "Prayer is not asking. Prayer is putting oneself in the hands of God at his disposition, and listening to His voice in the depth of our heart." What are some misunderstandings of prayer?
3. Does God always answer our prayers?
4. 1 Thessalonians 5:16-18 says, "Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus." What does it 'pray continually' mean?
5. Some say that a prayer should contain 'ACTS', Adoration, Confession, Thanksgiving and Supplication or intercession. Which parts do you often forget?



**Closing prayer**

Jesus, Our Christ,  
 With what shall we anoint you?  
 What can we give of ourselves to honour what you give for us?  
 How do we express our love?  
 How might we demonstrate our appreciation of grace?  
 As we have journeyed through Lent,  
 We have seen the way you use our own stories  
 To further your mission in the world.  
 Help us to live more justly  
 Move us to love more deeply.  
 Teach us true humility of spirit that we might walk in your way.  
 This we pray in Jesus name. Amen.

*Rev Jon Humphries 2015*



**POINT TO PONDER**

"Prayer is not asking. Prayer is putting oneself in the hands of God at his disposition, and listening to His voice in the depth of our heart." (*Mother Teresa*)

**VERSE TO REMEMBER**

"Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus." (*1 Thessalonians 5:16-18 NIV*)