

QUOTATIONS

“Yesterday is history
 Tomorrow is a mystery
 Today is a gift
 That’s why it is called ‘the present’”
 - Unknown

“A reed is non-negotiable at its roots”
 - Alex Noble

“Sin consists of anxiety, dissipation, stupidity
 and inhumanity.”
 - Karl Barth

As one lemming said to another lemming in a crowd of lemmings running together...
 “A thousand lemmings can’t all be wrong...can they?”

“Lost sheep cannot find their shepherd; but the Good Shepherd finds the lost sheep.”
 - Alex Noble

“I went out to meet a friend
 But could not find one anywhere.
 I went out to be a friend
 And found friends everywhere.”
 - Unknown

God’s Prayer

“My child who is on Earth
 Frailty is your name.
 My Kingdom come;
 My will be done
 On Earth as it is in Heaven.
 Share out this day My daily bread;
 And forgive your debtors
 As I have forgiven your debts.
 And stay out of temptation.
 And save me from delivering you from evil.
 For Mine is the Kingdom and the power and
 the glory, for ever. Amen.

“I am not declining. I am maximising”
 - Alex Noble

“My knowledge of that life [in Heaven] is small,
 The eye of faith is dim;
 But ‘tis enough that Christ knows all,
 And I shall be with Him.”
 - Richard Baxter

“I am not just a single drop in the ocean;
 I am a little reflector of Jesus’ light in the dark.”
 - Alex Noble

“Don’t stop doing things because you are old.
 You grow old when you stop doing things.”
 - Dame Thora Hird
 (Actress of the Year at the age of 90)

“I kept the key and threw away the door”
 - David Berman in his poem ‘Mnemonics’

“Faith is not belief in spite of evidence;
 it is life in scorn of consequence.”
 - Kirsopp Lake

“Lord save me from myself and help me.
 Help me to help others,
 And help me to help others to help others.
 Work in and through me,
 So that through my changed life
 I may change the life of others
 And they be used by you to change others,
 Until the whole world be changed.”
 - Alex Noble

“Faith is hindsight in advance”
 - Unknown

“When I look at the world I get distressed.
 When I look at myself I get depressed.
 But when I look at Jesus, I find rest.”
 - Corrie TenBoom

In 1905, the University of Berne, turned down a dissertation by a young Ph.D. student calling it
 “fanciful and irrelevant.” That physics student was Albert Einstein.

In 1894 a speech teacher in Harrow wrote on a 16 year old’s report: “Hopeless....seems incapable
 of progress”. The boy’s name was Winston Churchill.

Joab who led King David’s army said: “Be strong and let us fight bravely...The Lord will do
 what is good in His sight” (2Sam.10.12)

“In the future, today will be the past! So, if you ever wished to experience time travel, this is your chance – for you can visit the history of the future, today! The desire to experience time travel is often the wish to alter the past so as to improve the future. Well, now is your chance: act today and it will alter the future!” – Alex Noble

Smiling

- | | |
|---|--|
| <p>1 Smiling is infectious
You catch it like the flu.
When someone smiled at me today
I started smiling too.</p> | <p>3 I thought about that smile
Then realised its worth
A single smile just like mine
Could travel round the Earth.</p> |
| <p>2 I passed around the corner
And someone saw my grin
And when he smiled I realised
I'd passed it on to him.
- Govanhill Parish Church Magazine</p> | <p>4 So, if you feel a smile begin
Don't leave it undetected
Let's start an epidemic quick
And get the world infected!
Written by Linda Hunter</p> |

“Even if we are wise in our beliefs, it doesn't matter unless we are trusting in Jesus.
Even if we are good in our behaviour, it doesn't matter unless we are obeying Jesus.
Even if we are saintly in our lifestyle, it doesn't matter unless we are following Jesus.
- Alex Noble

“Conscience knows the command of God as it hears it.” - Karl Barth

“Getting shot is a professional hazard which soldiers and preachers share in common.”
- Alex Noble

<p>“Some people bumped into an elephant in the dark. One grabbed his trunk and thought it was a snake. One touched his tusk and thought it was a spear. One felt his tail and thought it was a rope. One got stood on and thought it was a ton! They all grasped one bit of the truthbut none thought it was an elephant.... until someone switched on the light! Jesus has switched on the light for us regarding God. He is the light and He is God. - Alex Noble</p>	<p>“Behold the turtle. He makes progress only When he sticks his neck out.” - James Bryant Conant</p> <p>“What you do do, do well” – Alex Noble</p> <p>“You should not covet your neighbour's ass...even if it is quite cute!” - a Comedian</p>
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Noah's Ark – Every Thing You Need To Know

- 1 Don't miss the boat.
- 2 Remember that we are all in the same boat.
- 3 Plan ahead. It wasn't raining when Noah built the ark.
- 4 Stay fit. When you are 60 years old, someone may ask you to do something really big.
- 5 Don't listen to critics; just get on with the job that needs to be done.
- 6 Build your future on high ground.
- 7 For safety's sake, travel in pairs
- 8 Speed isn't always an advantage. The snails were onboard with the cheetahs.
- 9 When you are stressed, float awhile.
- 10 Remember the ark was built by amateurs; the Titanic by professionals.
- 11 No matter the storm, when you are with God, there's always a rainbow waiting.
- Unknown

Someone once said to me in reply to “How are you?”: “I am bearing up OVER the circumstances!”

On the old clock of Chester Cathedral there is this rhyme:

“When as a child I loved and wept, time crept.
 When as a youth I dreamed and talked, time walked.
 When I became a full grown man, time ran,
 And later as I older grew, time flew.
 Soon I shall find when travelling on, time gone.
 Will Christ have saved my soul by then? Amen.

“Beauty is not an absolute, fixed thing – like when I was twenty one.

No, beauty is more of a relative, dynamic thing so that we can be beautiful in different ways at every age.” - Alex Noble

There are two wonderful Jamaican sayings:

- “Don’t curse the darkness....light a candle!”
- “If you can’t do everything....do something!”

“How do you know if your faith in God is real?

- Because it works.

And how do you know if it works?

- You try it.” - Alex Noble

Here is a parody of the hymn “What a Friend We Have In Jesus”:

“What an enemy we make of Jesus,
 All our sins He’s made to bear!
 What a tragedy He’s to carry
 So much sin to cause Him tears!
 Oh what peace He often forfeits,
 Oh what needless pain He bears,
 All because we often carry
 Our own guilt and grief and tears.”

- Alex Noble

“When we sin...

we can do a Judas and hang ourselves, or,
 we can do a Peter and hang around for
 forgiveness.” - Alex Noble

“Preaching should touch intellect, emotions,
 Imaginations and wills.” - Alex Noble

“We are like a sick man begging a doctor to help him and yet shrinking from every remedy.”

- John Calvin

“When Jesus called us to become “fishers of men and women”, He had in mind general trawling but also specific angling.”

- Alex Noble

Dr Harry Thompson’s closing words in his very last sermon to his Glasgow congregation, were:

“I don’t expect your new minister to fill my shoes, he will bring his own.”

“The public hissed; but I cried: ‘Well done, me!’” - Horace

A sign on a church in the Scottish Highlands said: “This church is prayer conditioned.”

“A man without imagination is more of an invalid than one who lacks a leg.” – Karl Barth

“Don’t moan, because it will put people off from coming to you with their problems.

They will say to themselves: ‘I won’t add to his worries; he has enough of them himself.’”

- Alex Noble

Three stages of prayer: 1 Please God, give me a BMX bike.

2 Please God, give me a BMX bike, if it is your will.

3 Please God, let your will be done.

- Alex Noble

“God can inspire us by giving us a single thought;

but God can also inspire us by giving us brains to think.”

- Alex Noble

“The first level of morality is that of the toddler: things are right or wrong because mum and dad say so, because the rules are the rules, and we must obey the rules.

The second level of morality is that of the teenager: you have to start thinking and choosing for yourself and applying your own principles, and we must be honest to our own principles.

The third level of morality is that of the mature adult: following Jesus, doing His will, pleasing Him, being conformed to Him for we must become Christlike.”

- Alex Noble

“Here’s a thought, a Christian lifestyle principle even. If you average out the cost of an item of clothing by the number of times we wear it, the result should be less than 1p per time. For example, if you bought a shirt for £10 or 1,000 pennies, then wear it 1,000 times and any further wear will be good stewardship!”

- Alex Noble

A call to worship: “At the name of Jesus every knee shall bow’

So come and beat the rush and worship Him now!” – Alex Noble

A call to worship based on Robert Burns’ Selkirk Grace:

“Some hae hymnbooks but cannae sing,
Some can sing but hae nae books;
But we hae books, and we can sing
Sae let the Lord be thankit!”

- Alex Noble

“O Word invisible we view Thee,
O Word intangible we touch Thee,
O Word unknowable we know Thee,
Inapprehensible, we clutch Thee!”

- Francis Thompson, author of
“The Hound of Heaven”

“You always approach every subject with an open mouth....
and you never allow the facts to cloud your opinions....”

“Ladies and gentlemen, and those of you who came in behind them...”

“Excuse me for speaking while you are interrupting...”

“Madam, you are the sort of person who comes home from their holidays with a sun tan on their tongue!”

“See you, if you had another brain cell, you would be a cabbage!”

“You are a French fry short of a happy meal.”

- Unknown

“Starting a good habit is like pushing a stationary car. It takes a lot of effort to move it the first inch, but once it is rolling, it gets easier to maintain its momentum.”

- Alex Noble

“Luck seems to be defined as the difference between our expectations and our actual experiences for better or worse.” - Alex Noble

“Three new species of fish are discovered every week.” - BBC 1 News

“Life breaks everyone; but we can be strong at the broken points.” – Ernest Hemmingway.
(When we break a bone and it heals, once healed it can actually be stronger than before!)

“If life be a comedy to those who think,
And a tragedy to those who feel,
It is victory to those who believe.”

- P.T.Forsyth

“The key to change management is to avoid causing people to activate their defence mechanisms.”

- Alex Noble

“Why does living with screwed up people screw us up so much?

Because we live corporately and because we care.” - Alex Noble

“Please Father forgive everything wrong in my past
Please Father heal everything wrong in my present
Please Father change everything needing changed
And make everything as you want it to be.”

- Alex Noble

A minister parked illegally put a notice under the windscreen wiper –

“I have circled the block ten times.

If I don't park here, I will miss my appointment, so

‘Forgive us our trespasses!’”

When he returned, he found a ticket from a traffic warden, along with this note -

“I've circled this block for ten years.

If I do not give you a ticket, I will lose my job, so

‘Lead us not into temptation!’” - Unknown

“If after Church you stay awhile,
Someone may greet you with a smile.

But if you quickly rise and flee

We'll all seem strange and stiff.

Maybe the one beside you in the pew
is perhaps a stranger too.

All here, like you, have fears and cares,

And all need each other's prayers.

So in fellowship, we bid you meet with
us around God's mercy seat.” - Unknown

“Experience is the father of wisdom”

- Unknown

“I would like to start up a ‘God Squad’,
a ‘Make a Difference Group’ or a
‘Crying Shoulder Group’” – Alex Noble

“Lord give me the patience of Job,
the wisdom of Solomon,
and the courage of Daniel,
so that I may know when and when not to act,
know what action to take,
and have the courage to see my action through.

- Alex Noble

“All problems are soluble....
some with aspirin, some without!” – Alex Noble

“The present is called the present because it is a gift from God.” – Unknown

“My Granny belonged to a “yacht” club....she kept saying: ‘You ought to do this and you ought to do that!’ She also suffered from ‘hardening of the oughteries!’” - Alex Noble

“Money will buy a bed but not a night's sleep
Money will buy books but not brains
Money will buy food but not an appetite
Money will buy finery but not beauty
Money will buy medicine but not health
Money will buy a house but not a home.”

- Alex Noble

“My motto is: ‘Don't worry, but bother.’”

- Alex Noble

“We do not get our reward in Heaven.

If we were to get our reward, it would be in Hell.”

- Alex Noble

“Fortunately we do not reap what we sow.

We do not get what we deserve.

The Prodigal Son gets a fatted calf.

Those driving nails into Jesus' hands and feet get
forgiven.

We live a moment in time like a polluted snowflake
yet enjoy eternity in Heaven like a perfect saint.”

- Alex Noble

“We are saved by God's grace, not our merit.

We accept God's grace in faith.

God gives us the gift of faith, so

even our faith is from God's grace, not our merit.

To the extent that God allows us to be faith
resistant, we can have some say in the matter.”

- Alex Noble

“There are some things which we can do that
even God cannot do....like sin, say sorry,
grow and improve. However, God did become
incarnate; He became sin; He said “sorry” on
behalf of the human race; and He did grow from
a baby in a manger to the Saviour of the World
on a Cross.”

- Alex Noble

“O Gracious and Holy Father
Give us wisdom to perceive you,
Intelligence to understand you,
Diligence to seek you,
Patience to wait for you,
Eyes to behold you,
A heart to meditate upon you,
And a life to proclaim you,
Through the power of the Spirit.”

- St.Benedict

“If at first you don't succeed, hang gliding is not for you!” – Unknown

“Why does living with screwed up people screw us up so much?
- Because we live corporately and because we care.” - Alex Noble

“There are things that we can do which God cannot do..things like, sin, say sorry, improve, grow.”
- Alex Noble

“The membership of any organisation is made up of four sets of bones.
There are WISHBONES who spend all their time wishing someone else would do the work;
along with the JAWBONES who do all the talking but very little else.
Another group is the KNUCKLEBONES who knock everything that anybody else tries to do.
But most valuable are the BACKBONES who get under the load and actually do the work.
To which set do you belong?” - Unknown

“God grant me the grace to accept with serenity the things I cannot change,
courage to change the things I can, and wisdom to know the difference,
living one day at a time, enjoying one moment at a time;
accepting hardships as the pathway to peace,
taking as you did this sinful world as it is, not as I would have it;
trusting that you will make all things right, if I surrender to your will;
that I may be reasonably happy in this life, and supremely happy with you forever in the next.
Amen.” - Reinhold Niebuhr’s Prayer

“As a tree must drive its roots deep down, in order to grow up tall,
the man who does not have his soul rooted in humility will find height to be his downfall.”
- Augustine

“Where you can, don’t row against the tide; wait until the tide turns, then row hard using the tide to
advantage.” - Rev George S Noble (my dad’s advice)

“When the penny drops that God has infinite care and attention for me what a difference it makes!”
- Alex Noble

“Having a baby doesn’t make you a mother.” – Alex Noble

A little African boy said to a visiting Bishop:

“You see sir, you have to use your brains when you don’t have an education.”

“People say that any of my claims for answered prayer could just be coincidence.
All I know is, the more I pray, the more coincidences I get.” – Archbishop William Temple

“Dehumanisation is a very difficult process to reverse.” – Alex Noble

“At Baptism.....we get issues of cheap grace or real grace
At Weddings.....we get issues of cheap love or real love
At Confirmation..we get issues of cheap faith or real faith
At Funerals.....we get issues of cheap hope or real hope
At Ordination....we get issues of cheap discipleship or real discipleship.” – Alex Noble

“From life’s lemons we make lemonade!” – Unknown

“There is no heresy called ‘Christism’, nor a sin called ‘Christolatry’, because Jesus actually is
God. However there is a study called ‘Theology’ – the study of God and there is a study called
‘Christology’ – the study of Christ Jesus as God.”
- Alex Noble

“If you are very suspicious, YOU are very suspicious.” - Alex Noble

“We detect in ourselves what others conceal from us,
and recognise in others what we conceal in ourselves.”
- Marquis de Vauvenargues

“We never better enjoy ourselves
than when we most enjoy God.”
- Benjamin Whichcote

“Like squirrels, we store up happy memories.”
- Alex Noble

“Don’t rock the boat, row it.”
- Alex Noble

“We really do have enough time to do all that God
wants us to do.” - Alex Noble

“We are all like elastic bands – we can
stretch a bit more without pinging.”
- Alex Noble

“Humpty Dumpty sat on a wall.
Humpty Dumpty had a great fall.
Why? – Because Humpty Dumpty is a numpty!

“Good morning, Humpty Dumpty, sir.
How amazing, you’re still here!
By legend you were shattered,
How cohesive you appear.
Humpty jumped, and said with a smile,
‘The tale of horses and men
wasn’t the end! The King Himself
put me together again!’”
- The Humpty Dumpties Group, USA
(parents of homosexual children)

All the kings horses and all the kings men
Couldn’t put Humpty together again.
Why? – Because they are numpties too!
And because only the King can.
- Alex Noble

Four stages of life:-

- 1 You believe in Santa Claus
- 2 You don’t believe in Santa Claus
- 3 You are Santa Claus
- 4 You look like Santa Claus.” – Unknown

“I hope everyone suffers moral tinnitus -
constantly hearing the cries of the needy
ringing in their ears and consciences.”
- Alex Noble

“Lord, I have nothing I want to say, except what you want me to say.

“	“	“	do	“	“	“	“	do.
“	“	“	be	“	“	“	“	be.
“	“	“	achieve	“	“	“	“	achieve.
“	“	“	become	“	“	“	“	become.
“	nowhere	go	“	where	“	“	“	go.” - Alex Noble

“Sometimes I feel like a dolphin as head down I push on under water against tides, under the surface and under pressure. Periodically I stick my head above the surface in order to breathe, then I dive back into it again.” - Alex Noble

“Sometimes I feel like a swan – calm and serene on the surface but going like the clappers underneath!” - Alex Noble

“It must occur to every thinking atheist that human beings could be just another species heading for extinction....and that his/her own mortality guarantees his/her extinction; whereas every thinking Christian knows that God guarantees resurrection after death.” - Alex Noble

“Faith is hindsight in advance.” - Unknown

“Faith does not do anything, but it removes the blockages to let God do great things.” – Alex Noble

“Jesus does not get tired of wooing lost souls, but souls who resist His wooing get progressively harder, blinder, deafer, colder and unrepentant and therefore go unforgiven.” – Alex Noble

“Those who are in Christ are no longer enclosed pools of finite resources, but channels through whom God pours out His infinite resources.” - Alex Noble

The Ten Most Important Facts of Life

- 1 I am very imperfect, in fact a sinner.
- 2 God loves me, personally.
- 3 God loves me knowing my imperfection.
- 4 God loves me totally, unconditionally, freely.
- 5 God loves me not because I am lovely, but because He is loving.
- 6 God loves me as if there was only me to love.
- 7 God loves me with a love that will never let me go.
- 8 God loves me to death (His death on a Cross).
- 9 Nothing I can do will ever make Him stop loving me.
- 10 God is love.

(Alex Noble)

“People can be so selfish and self-orientated that they live as if they were standing inside a post box looking out of the slit.” (Alex Noble)

“There are two kinds of recreation: what is technically non-work and what actually really re-creates us.” (Alex Noble)

“When we are forgiven we can do a Judas and hang ourselves or do a Peter and feed God’s sheep.”
(Alex Noble)

“I heard a man on radio telling his story. He was a mountaineer who suffered a very bad fall. His fellow climber died and he lost both his hands and both his legs. He has now gone back to the same mountain where the accident happened and has successfully climbed it!”
(Alex Noble)

“Our lives are like elastic bands. We think that we are being stretched to the limit and about to ping. However we find that we can stretch that little bit more than we thought. We have built in safety in the warning signals that now is the time to stop but we also have built in determination to risk pushing the elastic a bit more. If we keep growing we find that our elasticity increases. Primary 7 limits are not Primary 1 limits.”
(Alex Noble)

“Secular people do not understand believers. They tend to think that believers hold certain beliefs. Speaking as a believer myself, we do not “hold beliefs”. We hold bananas, not beliefs. What happens to the banana you are holding once you swallow it? It goes into your bloodstream. It becomes part of you. Beliefs don’t even start off being held by us like bananas. Beliefs rather hold us and consume us. We don’t choose beliefs to wear like choosing clothes. Beliefs jump out at us and capture us till we cannot deny their demands and validity. If we could not believe the belief and still maintain our integrity, we would. We don’t believe things because they suit us. Often they don’t! Often our beliefs martyr us, crucify us and cause us grief. We believe because we believe and cannot not believe. Martin Luther said: “Here I stand, I can do no other.”

“Rhetoric has three main elements:
- the ethos of the speaker
(be a good person)
- the logos of the content
(good material)
- the pathos of the presentation
(be passionate in delivery)
- Aristotle

“The four stages of life:
1 You believe in Santa Claus
2 You don’t believe in Santa Claus
3 You are Santa Claus
4 You look like Santa Claus”
- Unknown

“Life is not so full of big decisions as we might assume.
 By the time things ripen, we often do not have much left to decide.
 Big decisions are made when we force choices before things are ripe.
 I did not have much left to decide by the time I decided to follow Jesus, become a minister, marry
 my wife my wife.” - Alex Noble

“I hope everyone suffers moral tinnitus – constantly hearing the cries of the needy ringing in our
 ears and consciences.” – Alex Noble

Meet the Tates

You've heard of the Tate family – they pervade every organisation.
 There is Dick Tate, who wants to run everything.
 Ro Tate tries to change everything.
 Agi Tate stirs up trouble whenever possible and
 Irri Tate always lends her a hand.
 Whenever new ideas are suggested, Hesi Tate and Vegi Tate pour cold water on them.
 Imi Tate tries to mimic everyone.
 Devas Tate loves to be disruptive and
 Poten Tate wants to be the big shot.
 But it's Facili Tate, Cogi Tate and Medi Tate
 who try to save the day and get everyone pulling together.
 A one-man show does not get very far.
 We may think we can go it on our own, but we can't.
 Lord teach us to co-operate, for our sake and for yours.
 (Unknown)

“He who loses money, loses much; He who loses a friend, loses much more; he who loses faith,
 loses all.” (Eleanor Roosevelt).

“There are ‘fair-weather Christians’ who chicken out in the face of persecution and difficulties; but
 there are also ‘fair-weather atheists’ who do not believe in God until tragedies come. Then,
 suddenly God exists and is blamed for them!” (Alex Noble)

“The longer I pause, the more telling are the next brush strokes I make.” (Leonardo da Vinci)

“Those who do not learn from the past are condemned to relive it.” (George Santayana)

“The more people differ from you, probably the more they have to teach you.” (John Oman)

“It is only in the Kingdom of God that we can have free speech and free will for only then is there
 unconditional acceptance. The world only offers conditional acceptance so we have to speak and
 act within limitations.” (Alex Noble)

“No one will ever interest you in conversation if you do not know how to interest them, and you
 cannot unless you are interested in them.” (John Oman)

“Prostitutes have sex but they don't make love.” (Alex Noble)

“Some people go to school but do not learn; ad some people go to Church but do not worship.”
 (Alex Noble)

“With human beings, if there are ten possible interpretations, there will be.” (Alex Noble)

“Some people like big government while others prefer little government. Similarly
 some people like big God while others prefer little god.” (Alex Noble)

“Lord take me as I am and use me as you will.” (Alex Noble)

“Gas in itself is odourless, but to save lives an odour is added, so gas now has a smell. Similarly God in Himself is invisible, but to save lives, He added visibility i.e. Jesus, so God now has a face for us.” (Alex Noble)

“People will forget what you said.
People will forget what you did.
But people remember how you made them feel.”
(Franz Kafka)

“I don’t like shop assistants.
They give me hassle. I don’t know
why they give me so much trouble
- it is not their stuff – why should
they care?”

“All it takes for evil to thrive is for good men to do nothing.”
(Edmund Burke)

(a shoplifter on BBC news)

“You can say anything you want to say in one minute;
the rest of the time is explanation.” (Rev Bryant Kirkland)

“I saw a sign in hospital which read:
‘Advanced Life Support Course’
It was for First Aid but it makes a
good description of Church life”
(Alex Noble)

“Sometimes I see people as bringers of Trojan horses.”
(Alex Noble)

A class of pupils were given the task of listing seven wonders of the world. They included things like the Taj Mahal, the Eiffel Tower, St. Peter’s Basilica etc. but one pupil wrote: “I think the seven wonders of the world are.....seeing, hearing...touching...tasting...smelling...laughing...and loving.” Beat that!

“Are you a signpost pointing to something or a weathercock pointing in whatever direction the prevailing wind is pointing?” (Unknown)

“If you divided up the history of the world into 7,000 equal parts, then during the first 6,999 there would be no sign of man.” (Leslie Weatherhead)

“When you are just a little cog in a big machine, you cannot control the machine; but you can wait till that tiny window of opportunity when the whole machine, just for a moment, depends on you the little cog. That is what I call relative indispensability” (Alex Noble)

“I’d rather be a first class old person than a second class young person.” (Alex Noble)

“My model for growth is the Great Barrier Reef i.e. organic growth, inch by inch, layer upon layer, building on what has already been achieved, not artificially imposed programmes out of context.”
(Alex Noble)

“A light year is light travelling for a year at 300,000 kilometres or 183,000 miles per second.
Alpha Centauri, our nearest star, is 4.2 light years away!
Light from our Sun takes 8 light minutes to travel the 93 million miles to Earth.”

“Lord I will live shining in the darkness, plodding through porridge, in defiance of principalities and powers, crying in the wilderness, as a minority voice, as a suffering servant, climbing uphill, walking the narrow way, walking on water, despised and rejected, crucified and buried, resurrected and crowned, if you hold my hand.” (Alex Noble)

“Mountaineers have a nickname for themselves when they are obsessively hooked on mountain climbing. They call themselves “lifers” because they will spend their lifetime, and probably spend their life, climbing.”

“Greed stops people giving;
pride stops people receiving.” (Unknown)

“When people stop believing in the truth,
they don’t believe in nothing;
they believe in anything.” (G.K.Chesterton)

“ In the morning I read part of Karl Barth’s ‘Church Dogmatics’ and in the evening I read H.H.Farmer’s ‘The Servant of the Word’ in which Farmer quotes and uses Barth’s material. Isn’t it an amazing conversation between a twentieth century Swiss theologian, Barth, an American preacher, Farmer, and a twenty first century Scottish reader, myself. One of life’s greatest joys is to have daily fellowship with Calvin and Barth, Augustine and Luther etc. Although we live in different countries, in different centuries these are my “friends”, my “family”, my “brothers and sisters in the faith”; and we have’nt even got to Heaven yet! Then we shall converse face to face.” (Alex Noble)

Rev Eric Cramb said to the General Assembly of the Church of Scotland:

“I have not ‘overcome’ my disability. I am a whole person including my disability. My disability is part of me as a gift to the Church.”

The Changing Image of Mother.

4 year old: “my mummy can do anything!”
 8 year old: “My mum knows a lot! A whole lot!”
 12 year old: “My mother doesn’t really know quite everything.”
 14 year old: “Naturally, mum doesn’t know that, either.”
 16 year old: “Mum? She’s hopelessly old fashioned.”
 18 year old: “That old woman? She’s way out of date!”
 25 year old: “Well, she might know a little bit about it.”
 30 year old: “She’s smarter than she used to be.”
 35 year old: “Before we decide, let’s get Mum’s opinion.”
 50 year old: “Wonder what Mum would have thought about it?”
 65 year old: “Wish I could talk it over with Mum.”

(Unknown)

“Touch one life at a time....change individuals....
 then changed individuals change the world.” (Alex Noble)

“Behaviour on the surface is the result of morals (or the lack
 of them) underneath; and the bedrock and basis of morals is faith”

(Alex Noble)

I Said A Prayer For You

I said a prayer for you today
 and know God must have heard..
 I felt an answer in my heart
 although He spoke no word!

I didn’t ask for wealth or fame
 (I knew you wouldn’t mind)
 I asked Him to send treasures
 of a far more lasting kind.

I asked that He’d be near you
 at the start of each new day
 to grant you health and blessings
 and friends to share your way!

I asked for happiness for you
 in all things great and small
 but it was for His loving care
 I prayed the most of all.

(Christian Art Ltd.)

“Life is “a sair fecht” (a sore fight) as we say in Scotland.

We are fighting against “principalities and powers” as Paul says (Ephesians 6).

John Calvin calls it “this sacred warfare” (Commentary on Acts 1 v 13 p.2)

So why should I, a footsoldier, complain that life is a series of battles and moan about my wounds? This is what I signed up for.” (Alex Noble)

I heard a recovering alcoholic person on the radio (Radio 4’s “On the Ropes”) giving the following excellent advice to anyone who is trying to be of help to the likes of himself:

- Love the person, stay in contact, be patient till things come to a head.

Even rock bottom is not the turning point. The turning point is when the person themselves thinks it is rock bottom.

Even then it will not be smooth progress. It is a daily battle and a daily battle for the rest of their lives.

It is tackled one day at a time.

One is never “healed” just “recovering”.

They need something better to strive for.

They must want to get well.

The problem is that they lack will power, so help them by being their will power.

Enable them to face life without escapisms.

“Remember that EVERYBODY is insecure, to greater or lesser degrees.” (Alex Noble)

“We live in a society where the interests of the child come first in abortion!” (Alex Noble)

“Under-pinning our actions are several layers, the deepest of them being psychology and theology”
(Alex Noble)

It is widely recognised that we each have ten basic psychological needs including identity, belonging, meaning, purpose, responsibility, creativity, authority, stroking, motivation, success.

“God was in Christ reconciling the world to Himself. (2 Cor.5.19) At the same time,
Man was in Christ being reconciled to God.” (Alex Noble)

“Some tourists went up the lift in the Empire State Building in New York. They got out of the lift at the tenth floor....looked out of the window.....”oohed” and “ahhed” in wonderment....then went back down in the lift. They missed out on going to the 92nd floor. People do that all the time!”
(Alex Noble)

“The law is given that grace may be sought; grace is given that the law may be fulfilled.”
(Augustine)

“Paul, as a Jew, had thought that people should keep the law in order that they might be saved. As a Christian he saw that people must be saved in order that they might keep the law.”
(Anderson Scott)

“It is awesome when we stand in front of something we have heard a lot about – such as the Eiffel Tower in Paris, the Grand Canyon, a real fool, a hypocrite, a cheat, a saintly person, a good person.” (Alex Noble)

“Hurdles don’t stop hurdlers! On the contrary, they constitute the challenge of the race, they focus the mind, guide people’s steps, excite the runners and and reveal the champions.” (Alex Noble)

A group of children stood at the front of the church holding up letter cards:

C-H-R-I-S-T-M-A-S L-O-V-E.

The little girl holding up the letter “M” kept getting the “M” upside down as a “W”. Her teacher said:”No, no, it’s upside down”. But the little girl insisted that it was right, and on closer inspection, she did have a point: CHRIST WAS LOVE.

(Unknown)

“We are spiritual athletes as Paul tells the Corinthians (ICor.9.24f). In particular we are involved in a steeplechase race because we have to negotiate many hurdles in the race of life. It is a long course, not a short sprint, and involves pitfalls and water jumps as well as hurdles.” (Alex Noble)

Here is a funeral gem from an unknown author.

“You can shed tears that he is gone,
or you can smile because he has lived.
You can close your eyes and pray that he will come back,
or you can open your eyes and see all that he has left.
Your heart can be empty because you cannot see him,
or you can be full of the love you shared.
You can turn your back on tomorrow and live yesterday,
or you can be happy for tomorrow because of yesterday.
You can remember him and that he has gone,
or you can cherish his memory and let it live on.

(Unknown)

You can cry and close your mind, be empty and turn your back,
or, (in time), smile, open your eyes, love and go on.”

My dad used to have in his study a picture with the caption:
“Only those who see the invisible
can do the impossible.”

“Put work into play and
Put play into work”(Alex Noble)

What is the technical name for
an animal which neither fights
nor flees? “Lunch!”

“Literature has progressively reduced human beings from having a soul, to having a heart, to having a psyche to having sex drives.” (a comment on the radio)

“The opposition of evil to anything Christian is one of the proofs of the significance of our faith.”
(Alex Noble)

“One Christian outweighs one evil empire e.g. Paul outweighed the Roman Empire.” (Alex Noble)

“Gospel preachers will **always** have opposition, sooner or later.” (Alex Noble)

“Saint Paul is my inspiration....forbidden to preach in the market place, he preaches in prison; after being “stoned to death”, dusting himself down and going straight back in to Lystra; and singing hymns at midnight, in prison, in Philippi.” (Alex Noble)

“[Human beings] vacillate between subjection to tyranny and emancipation to anarchy.
In Christian faith obedience occurs without being enmeshed in this unholy tension.
Faith is trust in Jesus Christ...trust in the Fatherly Rule of God...keeping the Word of God.”
(Karl Barth)

“Some people cause others to smile wherever they go; while
some people cause others to smile whenever they go.” (Unknown)

The next time I meet someone who introduces themselves by saying: “I am an atheist”, I intend to reply: “Pleased to meet you. I am an ahumanist.” Well they may have their doubts about God, but I have very severe reservations about human beings! (Alex Noble)

“I used to think that poverty unites while wealth divides. There is truth in that, but Elaine McKinnon, a fellow minister and former missionary to Africa, explained to me that it depends upon the level of poverty. She said that if a group of poor people had nothing but a barrel of apples, they would probably share the apples. However, if the group was so poor as to have only one apple, then it would be impossible to share and they would probably fight with each other to get it.”

“Terrorism today has a lot to do with the heresy of nominalism i.e. you must believe exactly what I believe and even believe it in exactly the same way that I believe it (or else!).” (Alex Noble)

“We must be on our guard against thinking that we know too much,
but also against the stupidity which refuses to know what is to be known.” (Karl Barth)

I like the phrase “the outer radiance of inner harmony” used by Mrs Stack the founder of the health and beauty movement.

“Change is the hardest thing in the world – because those who will lose, know what they will lose; while those who will gain, don’t know what they will gain.” (Machiaveli)

“The big missing question today is “WHY?” People can’t answer it; they can’t even ask it!”
(Alex Noble)

“Life is a game of snakes and ladders with oh so many snakes!” (Alex Noble)

“Life is like a game....by the time you get the hang of it, your turn is up!” (Unknown)

“A top American sports coach used to say: “Winning is not everything, but wanting to win is!”

“Evil ran loose in the twentieth century in Fascism, Communism, Materialism and Individualism, in two world wars and hundreds of regional wars, in atom bombs as well as in all the perennial ways” (Alex Noble)

What's Wrong With Us?

As our population ages, it becomes more infantilised.
 As adults become infantilised, so children become premature adults.
 Boys of single parent mothers, who attend all female staffed schools, lack male role models.
 Families have become more fragmented.
 Community has been superseded by individualism.
 Sunday Schools, Youth Organisations, Church, the Bible, God have all been undervalued.
 Technology has dehumanised us to some extent.
 God has been forsaken.
 The Bible is unread or not applied.
 Preaching has been made a bad word.
 Children rule parents.
 Absolutes are relativised.
 Political correctness abounds
 Materialism means that our possessions possess us!
 We have a consumer mentality in every area of life.
 People know the price of everything and the value of nothing.
 We demand instant gratification.
 Self-sacrifice, hard work and loyalty are out of fashion.
 We have record debt levels, record gambling, record drink and drugs consumption ie. escapisms abound.
 Philosophical thinking is conspicuous by its absence.
 Morality has been relativised.
 "Moral" debates focus on self interest rather than on the welfare of others and God's will.
 We forget history and are condemned to repeat the mistakes of the past.
 Our leaders and world leaders lack ability, moral courage and vision. The blind lead the blind.
 Leaders and their people both now believe that it is the job of leaders to give the people what they want.
 We have empowered the punter.
 The media is an irresponsible loose cannon undermining everything.
 Money rules.
 We have epidemic proportions of stupidity – it is everywhere we look!
 In rejecting divinity, we have lost humanity.

(Alex Noble)

"The riches you have given away are the only ones that you will always have." (John Calvin quoting a pagan proverb)

"Your successes can make you clever; but your failures can make you wise." (A Jewish Rabbi)

"Lord forgive my past, heal my present and change my future." (Alex Noble)

"11 reasons why the world might end and one reason why it will end: Financial Crash, Natural Disaster, Asteroid, Nuclear War, Global Warming, Pollution, Epidemics, War, Over-population, Food Crises, Water Wars. However the world will only end when God says "time up!"

(Alex Noble)

A chain is as strong as its weakest link. This is what I call "the dictatorship of the weakest link".

Apparently, when Michaelangelo finished painting the Sistine Chapel in the Vatican, he wrote home to his father: "I've finished the painting job I was doing, and the boss is quite happy with it."

Alfred Lord Tennyson wrote: “Who am I but a cry, crying in the night, crying for the light, nothing but a cry.”

“You do not do athletics primarily because you like winning gold medals. You are very fortunate if you experience that even once in your lifetime. No, you do athletics primarily because you like running itself. You have got to like the activity itself. It is the same with living – you enjoy living in itself whether or not you get any rewards, rest or ridicule.” (Alex Noble)

In the film “Harry Potter”, Sirius says to Harry:

“It is not that all the goodies are on one side and all the baddies on the other side.

We all have good and bad within us. What matters is which side we develop.”

Harry Potter finishes the film by saying:

“We all have a fight on our hands. The difference between the goodies and the baddies is that the goodies have something worth fighting for.”

St.Paul, at the end of his life could say to Timothy, his son in the faith:

“I have fought the good fight, I have run the race, I have kept the faith.”

“Corrupt media report that
Corrupt politicians
Send corrupt soldiers
To corrupt wars
In corrupt countries
For corrupt reasons
To win votes from a corrupt public
Who follow corrupt media reports that
Corrupt politicians
Send corrupt soldiers...etc.

...A corrupt loop the loop
Which drives corrupted souls
To seek solace in corrupt escapisms
Pedalled by corrupt dealers
Who corrupted, corrupt and
Corrupting try to square a round world.

Alternatively we can, and sometimes do, have
Honest media report that
Honest politicians
Send honest soldiers
To honest wars
In honest countries
For honest reasons
To serve the honest public
Informed by honest media reports that
Honest politicians
Send honest soldiers...etc.

Or, alternatively, we can, and do, see past
Undue pessimism and undue optimism about human nature
...And perceive life today through God’s eyes
Rather than through human eyes.”

(Alex Noble)

“If at first you don’t succeed, hang-gliding is not for you!” (Unknown)

“If at first you don’t succeed, you are a failure already!” (Unknown)

“We celebrate unity in diversity by being
ever watchful lest the unity degenerate
into uniformity and the diversity lapse
into division.” (Alex Noble)

“Ministry takes many forms including
‘anvil ministry’ which breaks hammers
in the very act of them attacking you.”
(Alex Noble)

“If every year I get older and wiser and
every year the world gets more stupid,
is that because I am getting more
arrogantly ignorant or because I am right?”
(Alex Noble)

“Many people play football but only a tiny
proportion are really intending to score goals.
Many people attend worship but only some
of them are really intent on harvesting souls.”
(Alex Noble)

“Some people find philosophical intimacy
more threatening than physical intimacy.
Some people find spiritual intercourse
more embarrassing than physical intercourse”
(Alex Noble)

“There are an awful lot of atheists who live
by the hope that, in the end, if God exists,
He will be merciful and forgive.”
(Alex Noble)

“I have not failed! I have just found
10,000 ways in which it does not work”
(Thomas Edison on lightbulbs)

“Lord please forgive whatever is sinful in me.
Lord please heal whatever is sick in me.
Lord please change whatever needs changing in me”
(Alex Noble)

“The more I practise, the luckier I get.”
(A golfing maxim)

“Lord, I am not asking to be air-lifted from the stormy
sea, with its endless waves of adversity;
I am only asking to learn how to swim in it”
(Alex Noble)

“People flatter to deceive,
but there are also diamonds in the coal.
People prepare a face to meet the people that they meet,
but they also hide their lamp under a bushel.
Initial attraction often gives way to disappointment,
but bad first impressions sometimes give way to growing respect.
Sometimes we feel we can't live with people,
but at other times we feel we can't live without them.
People can be a pain,
but people can also be a joy.
We dream of a desert island far from the madding crowd,
but deep down we know we belong together.
In other words we want the upside of people without the downside
- so what's new?”

(Alex Noble)

The famous writer, Ernest Hemmingway, once bet someone that he could write a whole story in only SIX words! He won his bet with this story: “New baby: two shoes never worn.” Since then others have taken up the challenge: “Well I thought it was funny.”

“Born a redhead changed all that.”

“Never should have bought that ring.”

“It is absurd for Gulliver to go around bashing the little Lilliputians' knees. He should let the Lilliputians run around trying to bash his knees.” (Alex Noble)

“I have a really empty, boring, tasteless and wasted life apart from the highly charged, dynamic, endlessly exciting, roller-coaster ride of a life in Jesus.” (Alex Noble)

“I keep meeting polo people (who are empty in the middle) with polo theology (lacking core substance). We also live in a polo society with polo politics i.e. with more form than substance.”
(Alex Noble)

“It is an ontological Gospel that we preach. It is all about Jesus – not His teachings, not His principles, not His way, but Him, Himself. It calls for an ontological response, not just assent, not our good behaviour, not our right moral choices, not our keeping principles and standards...but us, ourselves, our whole beings. This is what the otherwise good rich, young leader, could not face.”
(Alex Noble)

“If Pontius Pilate, Caiaphas, Judas etc. wanted to really thwart Jesus' plans, they should not have done what they did but rather they should have been nice to Jesus!” (Alex Noble)

“There are three basic attitudes to pain: (1) confront it and forcibly oust it from centre-stage, (2) quit, closing the theatre so that it cannot strut across the stage, (3) compromise by giving it a minor role (but only a minor role) in the drama of your life.” (Alex Noble)

“The number of stars in the known universe is 70 sextillion i.e. 70 followed by 22 zeroes which looks like: 70,000,000,000,000,000,000”

The Oyster

There once was an oyster
Whose story I tell,
Who found that some sand
Had got into his shell.
It was only a grain,
round
But gave him great pain.
For oysters have feeling
Even though they're so plain.

Now, did it berate
The harsh workings of fate
That had brought him
To such a deplorable state?
Did he curse at the government,
Cry for election,
And claim that the sea should
Have given him protection?

No – he said to himself
As he lay in a shell,
Since I cannot remove it,
I shall try to improve it.
Now the years have rolled

As the years always do,
And he came to his ultimate
Destiny – stew.

And the small grain of sand
That had bothered him so
Was a beautiful pearl
All richly aglow.
Now the tale has a moral:
for isn't it grand
What an oyster can do
With a morsel of sand?

What couldn't we do, if we'd only begin
With some of the things that get under our skin.

(by Vee Croucamp)

“We come into life with nothing and we leave life with nothing...except experience. We go out with no things, but as more experienced persons. Time passes away, money must be left behind, talents run out, black bags remove possessions. However, the one thing we do now which we shall be doing for all eternity is communing with God and other people. Yet we neglect this key, core thing. Instead we amass money and goods, develop trivial talents, waste time.” (Alex Noble)

The Naked Prayer

O Lord, I stand naked before you..
..Naked because you see right through me.
I cannot dress things up with you.
You know me through and through.

I am naked in sin and shame
Stripped bare of false ideas about myself
And any pretence with you.

I came into the world naked
And I will leave this Earth naked too –
Except for the basic me
And whatever experience and wisdom I have gained.
I stand naked as the basic raw material,
The clay with which you the Potter work.
I have many God-given talents, opportunities
And interests which I confess and thank you for.

And I rededicate myself to your service
- My time, talents, money and my whole
Being,
My life such as it is
In all its simplicity and limitations
I dedicate to you.

Clothe me with your choice of clothes
For me this new day.
Mould me according to your will.
Make me comfortable standing naked,
Silent, alone before you now and forever
Amen.

“Never leave, always go.” (Dr David Smith)

“Most people do what most people do, most of the time.” (Catherine Whitehorn)

“You must be the change you seek to see.” (Mahatma Ghandi)

“You should never be at the limit of your imagination nor the limit of your ambition” (Alex Noble)

“Sometimes I feel like a laboratory rat – caught in a maze of tunnels, boxed in on all sides, and being watched from above to see how I will perform.” (Alex Noble)

“Sometimes life feels like plodding through porridge or trekking through treacle. Why is it like this? Well, there is human weakness and wickedness; there is malevolent supernatural evil; it is just a fact of life; and God would have us build up our moral muscles against the resistances. Whether any or all of these explanations are true, we have to just get on with life!

“There is individual life, corporate life and collective life. Now there is also clone life as people are patterned and programmed into conformities. There is also cyber space fantasy life as people live in virtual reality. We are losing real individuality and rich corporate life as we drift into collective, clonish, cyber fantasy.” (Alex Noble)

“God has not promised
Skies always blue,
Flower-strewn pathways
All our lives through...

God has not promised
We shall not know
Toil and temptation,
Trouble and woe;
He has not told us
We shall not bear
Many a burden,
Many a care.

But God has promised
Strength for the day
Rest for the labourer
Light for the way,
Grace for the trials,
Help from above,
Unfailing sympathy
Undying love.”

- Annie Johnson Flint

“If at first you don’t succeed,
hang-glider is not for you.”

“I am like a cork, bobbing
about on the sea – buffeted,
facing waves of adversity,
but fulfilling my function,
buoyed up by God and given
bouncebackability in Jesus.”

(Alex Noble)

Archbishop William Temple wrote these things in 1944 in a book entitled: “The Church Looks Forward”.....

“There is a readiness in the public to pay attention to the Christian message when Christians of all communions are united in proclaiming it.”

“The Christian tradition is challenged from without more powerfully than in any period since the dark ages and is in danger of being undermined by a secular humanism which hopes to retain Christian values without Christian faith.”

“The Apostles were in no sense ministers of the laity; they were ministers of Christ to the laity, and to the world waiting to be won. I do not act as a representative of the Church...but I do act as the Ministerial instrument of Christ in His Body the Church...I hold it [authority] neither from the Church nor apart from the Church, but from Christ in the Church.”

“The congregation at any communion service is the communion of saints”

“The root trouble with society is sin.”

“We are concerned with teaching persons rather than subject matter”

“Freedom is not only freedom from something but freedom for something.”

“He who died on the Cross was not only a supremely good man; He was God – the Almighty and Eternal God – living a human life and dying a human death.”

“The difference between Catholic and Protestant is very small as compared with the difference between Christian and non-Christian, between those who do and those who do not believe that in Jesus Christ God hath visited and redeemed His people.”

“Sometimes I feel like a fragmented jig-saw piece within a fragmented jig-saw in a fragmented world.” (Alex Noble)

“I am trying to be straight in a squint world.” (Alex Noble)

“My generation has been stolen by the television, then the computer, the inter-net, the mobile phone, e-mails, facebook, twitter, the fantasy world of virtual reality games – all ironically means of communication which have killed conversation and personal communication. We have learned digital dexterity and lost the ability to be still with other people, and God. How do any of these means of communication promote prayer?” (Alex Noble)

“A person is what they are standing silent, naked, in the dark before God.” (Unknown)

“Our congregation is quite a good congregation, but even in our congregation, more people go to the dog-training classes and the baton twirling lessons than go to the prayer group or adult Christian education group. I also wish those who do attend would be straining at the leash with as much enthusiasm as the dogs do when they come!” (Alex Noble)

“Some people are polo people – empty in the middle. You also get polo politics and a polo society, both lacking core substance. Even worse is polo theology skirting round real issues.” The opposite of polo people are oxydised people – they look so soft you are tempted to poke them, but if you do you find that they are solid and substantial underneath (Alex Noble)

“Make wisdom, not war – battle for the hearts and minds and souls of people rather than wait till war breaks out.” (Alex Noble)

“We have too many rules and regulations, too much casuistry. For example:

‘When you blow your nose, you will use a handkerchief

Use a clean handkerchief

Use an unfolded handkerchief

Breathe in deeply, place the handkerchief against your nose, then exhale rigorously

Do not make too much noise

Do not do it in someone’s face

Do it discreetly

Put your handkerchief back in your pocket

Say “excuse me” to anyone inconvenienced

Remember to wash the handkerchief, iron it and fold it.’

Sometimes the world is better off with less rather than more regulation. Jesus had a problem with the Pharisees in the same way. For instance they tried to keep the Sabbath holy, by not working which included not travelling if the journey was to be over 200 yards. He told them to get a life!” (Alex Noble)

Church of Scotland In-Service Training Courses

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- 16 A Christian Chinese Cooking Course: Wok In The Light of God
- 17 An Advanced Course on Retirement for Retiring People in their Advanced Years
- 18 Organ Donation for Church Musicians

(Alex Noble)

“One of the tasks of the Church is to encourage non-believers and dis-believers to become believers; the other task is to help believers to really believe what they claim to believe and to act upon their beliefs!” (Alex Noble)

“Greed eats brains”
- A German Proverb

“Christianity started as an underground movement
then rose from there.” (Alex Noble)

“There’s enough in the world for everyone’s
need but not enough for everyone’s greed.”
(Ghandi)

“There was a woman on the BBC T.V. News
She had survived a gas explosion, being at
Glasgow Airport when it was bombed, being
on the train in Madrid which Al Quaida terrorists
bombed, and being held up at gunpoint by the I.R.A.
Was she incredibly lucky...or incredibly unlucky?
(Alex Noble)

“God is not the geni of my lamp;
rather, I am His agent here and now.”
(Alex Noble)

“We gave them calculators – and took away their arithmetic
We gave them mobile phones – and took away their conversational skills
We gave them simulation games – and took away their reality
We gave them T.V., video, DVD and powerpoint and took away their imagination
We gave them four by four vehicles to school – and took away their health and independence
We gave them highly manufactured foods – and took away their fitness

We didn’t need God – we had self
We didn’t need the Church – we had each other
We didn’t need the Bible – we had knowledge
We didn’t need Sunday School – we had T.V.
We didn’t need Youth Organisations – we had pals in the street
We didn’t need Do’s and Don’ts – we had rights and opinions
We didn’t need forgiveness – we had no sins, just preferred lifestyle choices
We didn’t need eternal life – we had here and now and we were going to live forever
We didn’t need a Christian funeral.....too late, we had had it!
(Alex Noble)

“A tortured prisoner of conscience said on the radio that he weighed up (a) the physical pain of
torture (which could heal up), and (b) the psychological pain of guilt if he betrayed his principles
(which might never heal). He chose to endure the physical pain of torture as the lesser evil.”
(Alex Noble)

“I am only one piece of the fragmentary jig-saw, and I am a fragmentary jig-saw piece myself!”
(Alex Noble)

Kenny Ritchie was a Scot who ended up on Death Row in an American prison for twenty years.
He faced thirteen different death by execution days. Eventually he returned to Scotland as a free
man. Just a few weeks later he was in an Edinburgh pub when someone collapsed. He acted
quickly and helped to save her life!

“Have you noticed that all half hours are not equal. This is a very important truth. For example, if
I miss my half hour of exercise in the morning, it is incredibly difficult to do it later in the day.”
(Alex Noble)

“What is wrong with this statement: ‘I prefer friendship with friends to public worship of God.’?
It reveals a mistaken pecking order...**I prefer friendship with friends to public worship of God.**”
(Alex Noble)

“While I was in a public toilet I noticed that someone had written a mobile phone number for sex.
I tried wiping it off but had no success, so I changed “11” to “44”, successfully. Such is life: there
are basically two strategies for handling problems: (1) wipe them away or (2) weave them in.”
(Alex Noble)

“Happiness is a close knit family.....in the next town!” (a Jazz Musician)

“Rosa Parks sat, so that Martin Luther could walk, so that Barak Obama could run so that our children can fly.” (a saying going around America when Barak Obama was inaugurated as the first black President).

Murphy’s Law is ‘If it can go wrong, it will go wrong’. But when you try to demonstrate it...
...it will all suddenly go right!

A Committee is a collection of people who, individually can’t decide anything, and who, collectively can decide that nothing can be done.” (Unknown)

“Political correctness is one of our modern day curses. It is the by-product of the combination of six things: lack of humanity, lack of objectivity, lack of humility, lack of a concept of service, Pharisaical legalism and I-centredness.” (Alex Noble)

“Why are rebellious teenagers so conformist to peer pressure?” (Alex Noble)

“Major problems today in our society include the following and combinations of the following: materialism, casuistry, consumerism, bureaucracy, infantilism, selfishness, godlessness, peer pressure, fashion, amorality, the empowerment of punters, irresponsibility, political correctness, nanny-state dependency and a lack of Christian faith.” (Alex Noble)

“We are sitting on a social time bomb! Well consider these facts: We deprive children of spiritual nourishment We elevate individualism Money is God Education is not what it was and Education is not valued as much as it was Our food is unhealthy We feed children sweets and highly processed food We bombard with noise There is no silence and no valuing of silence We pollute the air that we breathe We have all-pervasive amorality We are paralysed by political correctness We do not exercise enough Computer games are encouraged more than reading There is a lack of personal discipline Infantilism abounds ie adults are usually in child mode We are spoilt by affluence (“infected by affluencia”) We can’t concentrate We can’t think things through We shy away from sheer hard work We resist sacrificial service for others (and even for self) We encourage instant gratification As families fail, peer-pressure fills the vacuum We ridicule God, faith, the Church, stewardship Ignorance abounds – arrogant ignorance.” (Alex Noble)	“People only change by necessity” (Patricia Noble) “People in extremity will choose between starvation and migration.” (Paddy Ashdown) “Three things change the world – vision, crises and pain.” (Paddy Ashdown) “The cross-weave we see on Scottish tartans is like life’s many cross weaves e.g. - quantity and quality - individual and society - worship and service - work and play etc.” (Alex Noble) “Not only in hospital, but in life generally, we need both patience and push and the wisdom to know when to do which.” (Alex Noble) “Relentless Resurrection” (Alex Noble) (i.e. keep bouncing back) “Bouncebackability”
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“If God gave you the choice, where and when would you have been born, and into which circumstances?” (Alex Noble)

There are “haves” and “have nots” in this world. There are also “the greedy” and “the needy”

