

DUTY LIST...

SUNDAY MORNING

- Announcements.....Michael Pickford
- Scripture Reading...Kenny Johnson
Reading: TBA
- Song Leader.....TBA
- Opening Prayer.....Jeff Isbell
- Lord’s Table:
Lead.....Michael Pickford
Serve.....Robert Johnson
- Closing Prayer.....Lynn Buttrey

SUNDAY EVENING

- Song Leader.... Kenny Johnson
- Opening Prayer...Michael Pickford
- Invitation: N/A
- Lord’s Table: Kenny Johnson
- Closing Prayer: Kenny Todd

WEDNESDAY EVENING

- Song Leader...Kenny Todd
- Invitation: TBA

God’s Plan of Salvation

There is only one true saving plan of Salvation outlined in Scripture. No substitutes will do. Have you really been saved? Get out your Bible and study the plan below.

- Hear the Gospel: Romans 10:17
- Believe: Mark 16:16; John 8:24
- Repent of Sin: Acts 2:38; Acts 17:30
- Confess Faith: Romans 10:9, 10
- Be Baptized: Mark 16:16; Acts 2:38; Acts 22:16; 1 Peter 3:21
- Remain Faithful: Rev. 2:10

Obey Today!

We would welcome a visit from you. Our meeting times are:

SUNDAYS: 9 & 10 AM & 6 PM / WEDNESDAYS: 7 PM

Capable Bible teachers would be delighted to study with you at your request and convenience.

This bulletin is designed and produced by our evangelist, Michael Pickford.

Please visit our website at www.defendthegospel.com

SOUTHSIDE CHURCH OF CHRIST

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Send The Light

Power lines endure storms of rain, sleet, hail, and snow to deliver light to a dark world. Perhaps Christians can learn a lesson from them as we endure the storms of life while trying to deliver the light to a world groping in the darkness of sin. The old hymn says, Send The Light. Exactly!

“You are the light of the world” (Matthew 5:14). “Let your light so shine before men...” (Matthew 5:16). We send the light be living righteous lives before others and striving to teach them about Jesus. The hope is that as we “*shine as lights in the world*” others will be influenced to serve the Lord by our words and deeds (Philippians 2:15; Matthew 5:16; 1 Peter 2:12). Don’t be spiritually dim. Learn from power lines. Send the light! -



Memory Verse

“All scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness, that the man of God may be complete, thoroughly equipped for every good work.”
—2 Timothy 3:16-17

A Good Word

If the devil cannot make you puffed up with pride, he will try to dampen your spirit by discouragement and anxiety. I’ve always thought that the best remedy for a dampened spirit due to worry over a problem is to encourage and help someone else who is dealing with a difficult situation. “Anxiety in the heart of man causes depression, but a good word makes it glad” (Proverbs 12:25). -

Stress Management

Duke University did a study on "peace of mind." Factors found to contribute greatly to emotional and mental stability are:

1. The absence of suspicion and resentment. Nursing a grudge was a major factor in unhappiness.
2. Not living in the past. An unwholesome preoccupation with old mistakes and failures leads to depression.
3. Not wasting time and energy fighting conditions you cannot change.
4. Refuse to indulge in self-pity when life hands you a raw deal. Accept the fact that nobody gets through life without some sorrow and misfortune.
5. Cultivate the old-fashioned virtues--love, humor, compassion, and loyalty.

While other things appeared on their list, I found these to be more biblically based. Is there a biblical answer to this idea of "Stress Management?" Yes! Here are a couple of more suggestions.

1. Pray. *"Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus"* (Phil 4:6-7). Life presents many things we can do nothing about. God does not expect us to be lazy, but He also does not expect us to accomplish the impossible. Pray to God about it, do what you can, and don't worry about it. Worrying will accomplish nothing but stress, sickness, and anxiety attacks! If a man who is 5'5" really wants to be 6'3"; can he accomplish this by worrying about it? Of course not! (Matthew 6:27). Do your best and leave the rest in God's

hands.

2. Read God's word. The Psalmist said, *"This is my comfort in my affliction, For your word has given me life."* *"I remembered Your words of old, O Lord, and have comforted myself"* (Psalm 119:50, 52). God's word has the power to calm your soul and refresh your spirit. What greater source of comfort than to hear the words of the living God?

Don't let Satan crush your soul through stress and anxiety. Turn to God through His word and prayer, and you will find comfort for your soul! -

OH, give **THANKS**

to THE *Lord!*

CALL **upon**

HIS Name.

Psalm 105:1
