

THE NAME OF THE *Lord*
Is a **STRONG Tower**;
the *righteous* **RUN** to it
and **ARE Safe**.

- Proverbs 18:10

The elements of our worship, as prescribed by God's word, are as follows:

- **SINGING:** Ephesians 5:18,19; Colossians 3:16
- **PREACHING/TEACHING:** Acts 2:42; Eph. 4:11,12
- **PRAYING:** Acts 2:42; Acts 12:5
- **LORD'S SUPPER:** 1 Corinthians 11:23-26; Acts 20:7
- **GIVING:** 1 Corinthians 16:1,2; 2 Corinthians 9:6,7

**COME WORSHIP
WITH US!**

SUNDAY MORNING BIBLE STUDY...9:00
SUNDAY MORNING WORSHIP.....10:00
SUNDAY EVENING WORSHIP.....6:00
WEDNESDAY EVENING SERVICES.....7:00

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- www.defendthegospel.com
 - 1st Sunday Singing Night: 6 pm
 - 5th Sunday Night: Guest Speaker
 - Men's Business Meeting. 1st Sunday night of each month Following Services.



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"They...searched the scriptures daily..." -Acts 17:11

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DEALING WITH ANXIETY

Michael Pickford

ANXIETY HAS BECOME A major concern in the United States. I read recently that anxiety disorders affect over 40 million adults in this country alone. The article stated that only 36.9 percent of those affected seek treatment. We are blessed in America—far more than other nations, yet we worry more. Jesus taught us to not be anxious, and Paul commanded, "Be anxious for nothing..." (Matthew 6:25; Philippians 6:25). If we're being honest, we must admit that we sometimes struggle with anxiety. What the best treatment plan?

Put God first in your life. This is the remedy the Lord offered in Matthew 6:25-34. Anxiety displays a lack of trust in God. That's why Jesus said, "O you of little faith?" (vs 30). He instructed in verse 33 for us to seek first the kingdom of God and His righteousness. Remember that God is in control of all things, pray more, be more obedient, and faithfully attend the services. These will ease our anxiety.

Pray without ceasing. When Paul said to "be anxious for nothing," he went on to offer the remedy. "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" (Philippians 4:6-7). Prayer brings peace during the storms of life.

Be grateful. Paul mentioned that our prayer should be "with thanksgiving." Counting blessings has often been recognized as a legitimate way to ease stress and battle anxiety. We certainly don't lack blessings to be grateful for.

Do good for others. Peter remembered Jesus as someone who "went about doing good" (Acts 10:38). Get your problems off your mind by busying yourself helping others. Doing a good deed gives you a deep sense of satisfaction and contentment. We feel bad after we've said or done something to hurt someone. But we feel good after we've said or done something to help someone.

Seek recreation. Honest, hard work itself can give us a sense of purpose and help ease anxiety. But God didn't design us to be all work and no play. God rested on the Sabbath, and He commanded the Israelites to do the same! We get burned out and become less productive without breaks. And Satan uses it as an occasion to bring us down with worry. Find a hobby and take vacations!

Read your Bible. It's that simple. Reading your Bible every day will give you a sense of comfort and security. "This is my comfort in my affliction, For Your word has given me life" (Psalm 119:50). 🔍

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www.defendthegospel.com

THINGS FOR WHICH WE SHOULD PRAY

David Eldridge

This month, I have been emphasizing rising to the challenge of praying without ceasing (1 Thess. 5:17). Upon contemplation, one realizes that there are so many things for which we can and should be praying. Consider that we should pray...

For Peace: "...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).

For Comfort In Distress: While in prison, "Paul and Silas were praying and singing hymns to God" (Ac. 16:25). James said, "Is anyone among you suffering? Let him pray" (Jas. 5:13).

For The Relief Of Burdens: Peter said we ought to be "casting all your care upon Him, for He cares for you" (1 Pet. 5:7).

For The Necessities Of Life: Jesus taught to pray, "Give us this day our daily bread" (Matt. 6:11).

For Expressing Thankfulness: Paul counseled, "Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God" (Phil. 4:6).

For God's Guidance: Ask of the Father, "And do not lead us into temptation, But deliver us from the evil one..." (Matt. 6:13).

For Boldness In Teaching: The threatened apostles prayed, "Now, Lord, look on their threats, and grant to your servants that with all boldness they may speak Your word" (Ac. 4:29).

For Wisdom: "If any of you lacks wisdom, let him ask of God, who gives to all liberally and without reproach, and it will be given to him" (Jas. 1:5).

For Forgiveness Of Our Sins As Christians: Again, in the model prayer, Jesus taught to ask God, "And forgive us our debts, As we forgive our debtors" (Matt. 6:12). Peter told Simon, "Repent therefore of this your wickedness, and pray God if perhaps the thought of your heart may be forgiven you" (Ac. 8:22).

For Spiritual Laborers And Their Success: Paul pleaded, "Finally, brethren, pray for us, that the word of the Lord may run swiftly and be glorified, just as it is with you" (2 Thess. 3:1).

For Our Brethren: While Peter was imprisoned, in the house of Mary, many were "gathered together praying" for him (Ac. 12:12)

For Our Enemies: Jesus enjoined, "But I say to you, love your enemies, bless those who curse you, do good to those who hate you, and pray for those who spitefully use you and persecute you" (Matt. 5:44).

For Those Who Are Sick: James penned, "And the prayer of faith will save the sick, and the Lord will raise him up..." (Jas. 5:15)

For The Sins Of Others: James continued, "And if he has committed sins, he will be forgiven. Confess your trespasses to one another, and pray for one another, that you may be healed." (Jas. 5:15-16).

Remember, "The effective, fervent prayer of a righteous man avails much" (Jas. 5:16)..-

DUTY LIST...

SUNDAY MORNING

- Announcements.....Michael Pickford
- Scripture Reading...Jeff Isbell
Reading: Proverbs 22:1-8
- Song Leader.....Michael Pickford
- Opening Prayer.....Tim Thompson
- Lord's Table:
Lead.....John Nelson
Serve.....Kenny Johnson
Serve.....Lynn Buttrey
- Closing Prayer.....Kenny Todd

SUNDAY EVENING

- Song Leader.....Michael Pickford
- Lord's Table.....Michael Pickford

WEDNESDAY EVENING

- Song Leader.....Kenny Todd
- Invitation.....Kenny Johnson

Thank You For Serving!

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; 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!

***Home Bible Studies
Available Upon Request!***