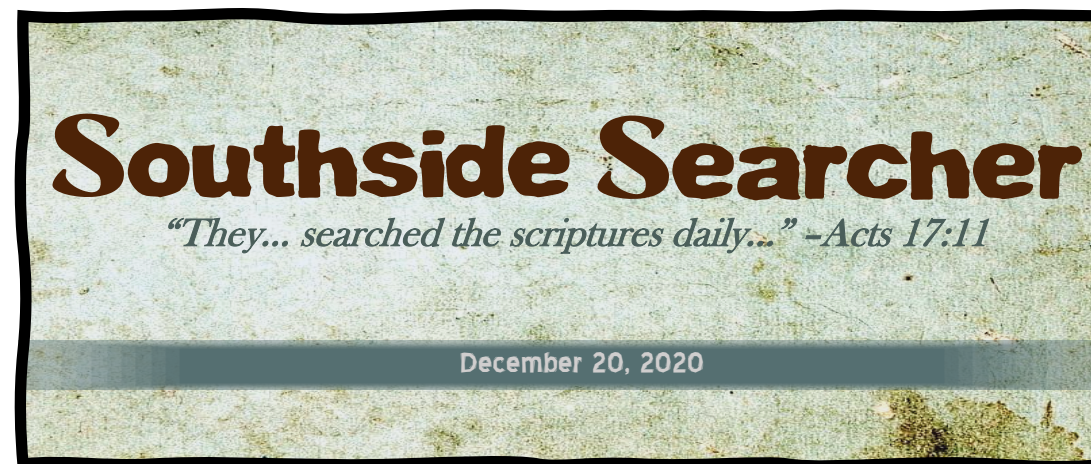


<p><b>DUTY LIST...</b></p> <p><b>SUNDAY MORNING</b></p> <ul style="list-style-type: none"> <li>➤ Announcements.....Michael Pickford</li> <li>➤ Scripture Reading...Robert Johnson Reading: TBA</li> <li>➤ Song Leader.....Eli Todd</li> <li>➤ Opening Prayer.....Kenny Johnson</li> <li>➤ Lord's Table: Lead.....Michael Pickford Serve.....Eli Todd Serve.....</li> <li>➤ Closing Prayer.....TBA</li> </ul> <p><b>SUNDAY EVENING</b></p> <ul style="list-style-type: none"> <li>➤ Song Leader.....Eli Todd</li> <li>➤ Opening Prayer....Michael Pickford</li> <li>➤ Invitation.....Kenny Johnson</li> <li>➤ Lord's Supper.....Mike P. / Eli T.</li> <li>➤ Closing Prayer.....Kenny Todd</li> </ul>	<p style="text-align: center;"><b>God's Plan of Salvation</b></p> <p>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.</p> <ul style="list-style-type: none"> <li>➤ <u>Hear the Gospel</u>: Romans 10:17</li> <li>➤ <u>Believe</u>: Mark 16:16; John 8:24</li> <li>➤ <u>Repent of Sin</u>: Acts 2:38; Acts 17:30</li> <li>➤ <u>Confess Faith</u>: Romans 10:9, 10</li> <li>➤ <u>Be Baptized</u>: Mark 16:16; Acts 2:38; Acts 22:16; 1 Peter 3:21</li> <li>➤ <u>Remain Faithful</u>: Rev. 2:10</li> </ul> <p style="text-align: center;"><b>Obey Today!</b></p>
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## Limited Boundaries

A CHILD ONCE FELT SORRY for his family's goldfish; so, he took them out of their small bowl and placed them into the large garden tub half full of water thinking they would be excited to have more room to swim in. However, the fish simply swam in the same small circles they were accustomed to in the bowl. It had been programmed into them.

Sometimes we refuse to swim in larger circles. We don't want to get out of the comfort zone of our own close friends and family. Never mind trying to speak with strangers about the Gospel.

This is a sad state to be in. Jesus' apostles were not social butterflies accustomed to getting out and speaking to strangers. They were fishermen, tax collectors, and so forth. But Jesus commissioned them to go out into the world.

Let's remember three facts. 1) The people in the world around us are lost and destined for eternal punishment. 2) God loves these people and wants them to hear the Gospel and be saved. 3) The early disciples went everywhere preaching the word (Acts 8:4).

Maybe we're just small fish swimming in a large bowl. But, let's learn to swim in bigger circles for the Lord.

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Our evangelist, Michael Pickford is the editor of this publication.

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# Dealing With Anxiety

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’s the best treatment plan?

1) 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.

2) 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.

3) 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.

4) 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.

5) 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!

6) 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).

-Michael Pickford  
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# Obedience

*“though He was a Son, yet He learned obedience by the things which He suffered. And having been perfected, He became the author of eternal salvation to all who obey Him,”*

-Hebrews 5:8-9

*“For the time has come for judgment to begin at the house of God; and if it begins with us first, what will be the end of those who do not obey the gospel of God”?*

-1 Peter 4:17

*“and to give you who are troubled rest with us when the Lord Jesus is revealed from heaven with His mighty angels, in flaming fire taking vengeance on those who do not know God, and on those who do not obey the gospel of our Lord Jesus Christ. These shall be punished with everlasting destruction from the presence of the Lord and from the glory of His power.”*

-2 Thessalonians 1:7-9

*“But they have not all obeyed the gospel. For Isaiah says, “Lord, who has believed our report?”*

-Romans 10:16

*“O foolish Galatians! Who has bewitched you that you should not obey the truth, before whose eyes Jesus Christ was clearly portrayed among you as crucified?”*

-Galatians 3:1

*“You ran well. Who hindered you from obeying the truth?”*

-Galatians 5:7

*“He who has My commandments and keeps them, it is he who loves Me. And he who loves Me will be loved by My Father, and I will love him and manifest Myself to him.”*

-John 14:21

*“For this is the love of God, that we keep His commandments. And His commandments are not burdensome.”*

-1 John 5:3