

# The Messenger

COLDWATER CHURCH OF CHRIST January 26, 2020



## God's Exercise Plan

Written by Hiram Kemp

Health and fitness are popular these days. There is a lot of discussion about the need to exercise and be careful about what we eat. The Bible speaks of the need to treat the body properly. Paul noted that there is some profit to bodily exercise (1 Timothy 4:8). It is a good thing to take care of our physical temple and to do what we can to be good stewards of the bodies that God has given to us (1 Corinthians 4:2; 6:19-20). However, let us be sure that as we eat, exercise and diet for the good of our physical bodies that we do not neglect what is most important—our spiritual lives (2 Corinthians 5:1). God has a workout plan of His own, and we would be wise to heed the things that

*This then is the message which we have heard of him, and declare unto you... (1 John 1:5).*

**VISITORS,  
WELCOME!**

Sunday:

9:30 a.m. Bible Class

10:30 a.m. WORSHIP

1:00 p.m. WORSHIP

Wednesday:

7:00 p.m. Bible Class

We have Bible classes for all ages & fellowship for lunch every Sunday!

P.O. Box 321

2008 Hwy. 306

(1.2 miles east of I-55)

Coldwater, MS 38618

(662) 622-7951

[emailus@coldwatercofc.com](mailto:emailus@coldwatercofc.com)

[www.coldwatercofc.com](http://www.coldwatercofc.com)

### ELDERS

Billy Bland

Seth Daniel

Jim Jackson

### DEACONS

Jason Bayless Jerry Davis

Jeffrey Ferrell JoeOwen

Andy Ratliff Tim Wilkes, II

John Wofford

### PREACHER

Clifton Angel

He says so we will be spiritually fit for the kingdom of God (Luke 9:62).

### ***Stretch for Heaven***

It is always wise to be sure to stretch before engaging in any athletic activities so that a muscle is not pulled. Those who start running or lifting weights without first stretching run the risk of hurting themselves. Paul speaks of reaching forth for the things that are before (Philippians 3:13 KJV). The ESV says, "straining forward to what lies ahead." The word translated reaching forth or straining forward (*epekteinomai*) means to stretch forward, try hard or to strain toward something. As we labor toward our heavenly inheritance, we should be sure to stretch for it and use every effort humanly possible to be sure we reach the desired goal (1 Peter 1:3-5). We need to give every effort to present ourselves approved of God, and we do this as we handle the Word of God properly (2 Timothy 2:15). Let us be stretching out for Heaven and not behaving as if we have already reached the finish line. We are to stretch "toward the mark of the prize of the high calling of God in Christ Jesus" (Philippians 3:14).

### ***Walk in the Light***

John spoke of God being light, with no darkness in Him at all (1 John 1:5). If we are going to have fellowship with God, we need to be sure to walk in the light just as He is in the light (1 John 1:6-7). Walking in the New Testament is often used as a synonym for the way an individual lives. Christians are told to walk worthy of the calling by which we have been called through the Gospel (Ephesians 4:1; 2 Thessalonians 2:14). God's exercise plan includes living in the light of His Word by confessing sin when we err (1 John 1:8-10). Walking in the light also involves loving our brothers and sisters in Christ (1 John 2:7-11). Walking in the light does not mean we are going to be sinlessly perfect, but it does mean that we need to strive as best we can to be pleasing to God in every area of life. We are to walk in newness of life after our baptism. This means our thinking, activities, desires and habits are all to be dictated by the Word of God (Romans 6:4).

## ***Run Away from Sexual Immorality***

While it is true that the wicked flee when no one pursues, there are times when the people of God should flee or run away (Proverbs 28:1). The Corinthians were told to flee fornication because it is a sin against one's own body (1 Corinthians 6:18). While fornication is tolerated, accepted and praised in our culture, we must be different. It is important that we not only abstain from it ourselves, but that we do not watch it on television or listen to music that endorses it (Romans 1:32). There are things that should not be mentioned among us as the people of God, and fornication is one of those things (Ephesians 5:4). This means that the last people on earth who should be guilty of the sin of fornication should be Christians. If we run from fornication and the youthful lust that incites fornication, we will be exercising spiritually in a way that honors God (2 Timothy 2:22).

## ***Lift Burdens***

Lifting weights physically builds physical strength. Lifting burdens spiritually builds spiritual strength. Paul told the churches of Galatia that they must not only bear the burdens of those who stumble, but they must bear their own burdens (Galatians 6:2, 5). The word translated bear (*bastazo*) used in Galatians 6:2 and 6:5 means to lift, raise or pick up. Are we lifting the load of others as God would have us to do? Are we weeping with those who weep (Romans 12:15)? Are we putting others ahead of ourselves (1 Corinthians 10:24; Philippians 2:3-5)? Are we carrying our own load (Romans 14:12; 2 Corinthians 5:10)? Let us lift the burdens God designates so we can build the strength God wants us to have.

## ***Conclusion***

Exercise is important, especially the spiritual exercise that God designs for us in His Word. God wants us to stretch, walk, run and even lift. We cannot be lazy in this regard (Romans 12:11). Let us be spiritually in shape so we will please the One Who is training us in godliness.

# NEWS & NOTES

## Please Pray

**Betty Culbreath**, upcoming shoulder replacement surgery; **Seth & Jan Daniel**; **Sammy Williams**; **Wiley Tuggle**; **Inez Neyman**; **Clarence & Faye Edwards**.

## **Far East Missions Fishers of Men NetCasters**

### Family & Friends

**Mark Taylor family**, friends/family of Dana; **Jimmy & Deborah Collums**, Terry B's brother and sister-in-law, Jimmy should surgery, Deborah heart complications; **Bob Jones family**, funeral was Wednesday; **Dwain Coleman family**, Billy's uncle, funeral was Monday; **Pam Easley family**, Molly's aunt; **Allen family**, friends to several members, major loss in recent tornado; **Steve & Glenda Bryant**, Teresa's mother and step-father; **Waid & Beverly Wilkes**; **Tabby Jenkins** and her family.

### ***Birthdays***

1/5	Cash Jackson
1/5	Terry Sykes
1/6	Bob Jones
1/7	Tucker Johnson
1/8	Dean Strickland
1/14	Suzanne Wofford
1/21	John Wofford
1/23	Lara Angel
1/25	Jeffrey Ferrell

## Get Involved!

**Nesbit Lectures: Jan 26 last day**  
See flyer on bulletin board

**Coldwater Singing Night: Jan 29, 7 PM**  
5th Wed, any can request songs, see Clifton

**Youth Devo @ Building: Jan 31, 6:30 PM**

**Bible Bowl @ Coldwater: Feb 15, 4 PM**  
Ephesians 1, 2, 3

**Sign up to Host a Youth Devo in 2020!**

## Privileged to Serve

### Sunday, January 26

#### *Morning*

Prayer Before Class	Jerry Davis
Announcements	John Wofford
Song Leader	Jason Bayless
Lord's Supper:	
Preside	Jim Jackson
Assist	Billy Bland
	Marc Strickland
	Kevin Dixon
Opening Prayer	Tim Meredith
Sermon	Clifton Angel
Closing Prayer	Andy Ratliff

#### *Afternoon*

Song Leader	Jason Bayless
Opening Prayer	Jeffrey Ferrell
Sermon	Clifton Angel
Lord's Supper	Jim Jackson
	Billy Bland
	Tim Wilkes II
Closing Prayer	

### Wednesday, January 29

Song Leader	Jason Bayless
Prayer	John Wofford
Invitation	Clifton Angel
Prayer	Jerry Davis

TECH:	John Wofford
HALL:	Jim & Mischel Jackson