

The Messenger

COLDWATER CHURCH OF CHRIST Sep 22, 2019



KEEPING THE LOCAL CHURCH STRONG²

Written by Wade Webster

A STRONG BODY

The New Testament repeatedly speaks of the church as a body. In fact, whole chapters are dedicated to this inspired image (Rom. 12; 1 Cor. 12). With each passing year, many of us understand more and more the importance of keeping our physical bodies strong. What we took for granted in our youth, we no longer do. As we examine the church under this image, we will see some key insights to keeping the church strong.

A Wholesome Diet

Today, more than ever, we know the importance of a low fat, low calorie, and low sodium diet. We understand that a poor diet can lead to heart disease and certain types of cancer. Even fast-food restaurants seem to be getting the message and offering healthier alternatives. You can now get grilled chicken instead of fried, whole wheat bread instead of white, a baked potato instead of fries, and milk instead of soda. Many congregations need to make similar changes to what they are serving up Sunday after Sunday. Many congregations cater to what people

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

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(1.2 miles east of I-55)

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ELDERS

Billy Bland

Seth Daniel

Jim Jackson

W. Timothy Wilkes, Sr.

DEACONS

Jason Bayless Jerry Davis

Jeffrey Ferrell JoeOwen

Andy Ratliff Tim Wilkes, II

John Wofford

PREACHER

Clifton Angel

want, rather than what they need. The messages are full of sugar, but have no substance. They are loaded with fat, but have very little fiber. No doubt, this is the reason why so many congregations among us are weak and sickly. This is the reason why we are seeing so many spiritual heart problems and carnal cancers among us. If we are going to keep the church strong, then we are going to have to pay special attention to what the church is being fed. We are going to have to give them "wholesome" words (1 Tim. 6:3). Again, we must start with the responsibility of elders. Paul exhorted the Ephesian elders to "feed the church of God" (Acts 20:28; cf. Jer. 3:15). Sadly, many sheep today are malnourished, weak, and sickly because they have been fed a steady diet of stories rather than Scriptures (2 Tim. 4:2; 1 Tim. 6:3). They have been entertained, but not educated. They have been charmed by technology, but not changed by truth. They have been made to feel good, but not to fear God (Jer. 8:10-11; Isa. 30:9-10). Like elders, preachers play a key role in providing a balanced diet from God's word. They are to preach the preaching that God bids, rather than the preaching that man wants (Jon. 3:2; Isa. 30:9-10). They are to preach the whole counsel of God (Acts 20:27), and to do so "in season and out" (2 Tim. 4:2-5). Congregations that want to stay strong should pay careful attention to the educational program. Bible classes provide an excellent opportunity to give brethren a healthy dose of Bible teaching. Teachers must be careful not to merely fill the time. The goal of Bible classes is to feed the student.

Regular Exercise

In addition to a wholesome diet, our bodies need regular exercise to be strong. As you know, exercise helps to remove weight and to relieve stress. In like manner, regular exercise is essential to strength in the spiritual realm. Paul told Timothy to "exercise" himself "unto godliness" because it was "profitable unto all things" (1 Tim. 4:7-8). One great way for all members to get some spiritual exercise is by participating in the programs of the local congregation. The visitation program is an especially good program in which to participate. There is never a shortage of sick, erring, burdened, and lonely people to visit (Jam. 1:27). In fact, after a few months of participation in this program, you will be fit for a spiritual marathon. Evangelism programs are also excellent programs in which to get involved. With the majority of people headed down the wrong road (Mat. 7:13-14), there is never a shortage of work to do.

Plenty of Rest

More and more studies are linking sufficient sleep (8 hours a night) with good health. As you know, our bodies need rest in order to replenish themselves. Sleep deprivation leaves the body in a weakened state. In this weakened state, the body is more susceptible to disease. Spiritually speaking, the same holds true. Congregations need rest in order to be strong. Elders or shepherds can play a key role in providing the local congregation with rest. In the

twenty-third Psalm, David wrote, "The Lord is my shepherd; I shall not want. He taketh me to lie down in green pastures: he leadeth me beside still waters" (Psa. 23:1-2). Please notice the connection between green pastures, still waters, and rest. Sheep who are confident in their care are able to find rest. However, sheep who have no shepherd, wander about without rest (Mat. 9:36). Preachers can also do a great deal to provide rest by inviting saints to come to Jesus and to cast their burdens on Him (Mat. 11:28-30; 1 Pet. 5:7). Deacons and members can provide rest by relieving burdens that arise (Acts 6:1-7; Gal. 6:2). One area that we must touch on relative to rest is worship. Worship provides saints with an excellent opportunity to rest. Please understand that I am not talking about sleeping through the sermon. In studying Paul's voyage to Rome, I came across an important point (Acts 27). A couple of times in the text we find that the ship that Paul was on sailed under a certain island (Acts 27:4,7). Why did they do this? They sailed under these islands to get out of the wind for a little while (Acts 27:4). Getting out of the wind allowed them to rest and to make repairs to the ship. In like manner, when we come to worship, we get out of the contrary winds of the world for a little while. We get a chance to rest and recharge before we have to face the winds again.

If we want to keep the local church strong today, then we must have a wholesome diet, exercise regularly, and get plenty of rest. Congregations that don't do this will soon suffer the effects of neglect.

TO BE CONTINUED

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UPCOMING EVENTS in the AREA

September 22 - 25	Hwy 77 Gospel Meeting, Mike Hixon
September 22 - 25	Collierville Gospel Meeting, Aaron Cozort
September 28	Forest Hill Ladies' Day, Carlie Bond
October 6 - 9	Nesbit Gospel Meeting, Michael Light
October 18 - 19	MSOP World Evangelism Seminar
October 20 - 23	Spiritual Sword (Getwell) Lectureship

See bulletin board for flyers with more details

NEWS & NOTES

Please Pray

Seth Daniel, awaiting treatments; **Sarah Norris**, recent hospital stay, back home; **Inez Neyman**, recent hospital stay, back at her home at Providence Place; **Timothy Wilkes, Sr.**; **Clarence & Faye Edwards**, **Wiley Tuggle**; **Sammy Williams**; **Elizabeth Baker**, myalgic encephalomyelitis.

[Far East Missions](#)|[Fishers of Men](#)|[NetCasters](#)

Family & Friends

D.G. Williams family, Sammy's brother, funeral was Friday; **Herbert Norris family**, Teresa Gregory's uncle, funeral was Thursday; **Beverly Comer family**, funeral was Monday; **Raleigh Wood family**, Ruth's cousin, funeral was Sunday; **Shirley Dunn**, Geoffrey Dunn's mother; **Vicki Angel**, still awaiting radiation treatment; **Phillip Vanwinkle family**; **Mike & Jennifer Swims**; **Don & Sheri Blackwell**; **Tabby Jenkins** and her family.

Birthdays

9/2	Faye Edwards
9/5	Andy Acklin
9/5	Kevin Dixon
9/5	Jake Sutton
9/11	Molly Ratliff
9/22	Ashley Strickland
9/26	Bren Burdsal
9/26	Geoffrey Dunn

Anniversaries

9/19	Timothy & Lynn Wilkes
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Get Involved!

Youth Devo: TODAY, 4:30 PM

Sign up sheet for headcount for pizza
Bring desserts and drinks

Sen. Health & Rehab Devo: Sep 25, 10 AM

Singing Night: Sep 25, 7 PM

Song leaders, get your song choices to Clifton

Coldwater Door Knocking: Oct 5

Coldwater Trade Days Booth: Oct 12

Signup sheet in Foyer

Coldwater Gospel Meeting: Oct 13 – 16

Privileged to Serve

Sunday, September 22

Morning

Prayer Before Class	Jerry Davis
Announcements	Billy Bland
Song Leader	Jason Bayless
Lord's Supper:	
Preside	Jim Jackson

Assist

Russell Wadsworth
Dalton Owen
Marc Strickland
Andy Ratliff
Clifton Angel
Tim Meredith

Opening Prayer
Sermon
Closing Prayer

Afternoon

Song Leader	Jason Bayless
Opening Prayer	Kevin Dixon
Sermon	Clifton Angel
Lord's Supper	Jim Jackson
	Russell Wadsworth
Closing Prayer	Tim Wilkes II

Wednesday, September 25

Song Leader	Jason Bayless
Prayer	Billy Bland
Invitation	Clifton Angel
Prayer	John Wofford

TECH:	Daniel Owen
HALL:	Andy & Molly Ratliff