

Remember in Prayer:

The Sick:

Jean Tanksley is suffering with pain from a torn rotator cuff and will require surgery in the near future.

Lucille Hall, Ethel Wohlrabe's mother, is undergoing rehabilitation after having surgery on her arm.

John Pryor, Clara's Burkett's son, had a stroke and is undergoing rehabilitation.

Continue to remember those recovering from sickness, surgery and those dealing with cancer or chronic illness, including **Brownie Spicer, Karen Shelton, Xenna Gooch, Burton Brown (Bettye's brother), Cecelia O'Brien, Celia Vozka, (Dorothy's sister) and James Tanksley.**

News & Notes:

--**Group 1** will meet today in the Library after the morning service.

--Come to a **bridal shower** for Amy on March 8 from 2:00 - 4:00 at the home of Linda Driver. Amy and Michael are registered at Lowe's, Belk & Target. Everyone is also invited to the **wedding** on March 21 at 5:00 at the Hermitage Golf Course. If you can attend the reception, please sign the list on the bulletin board in the lobby.

--**Johnny** made it safely to Israel last week. If you don't have e-mail, check the bulletin board to read his reports on his travel.

Boats and Other Floating Things

1. What king's household was carried in the only ferryboat mentioned in the Bible?
2 Samuel 19:16-18
2. What was the material used in making the basket the infant Moses was floating in?
Exodus 2:3
3. What nervous prophet actually requested that he be thrown off a storm-tossed ship at sea?
4. What was Jesus doing when a storm struck the boat carrying him and his disciples?
Luke 8:22-24
5. What was the name of the island where Paul and his companions landed after the shipwreck? Acts 28:1
6. Who joined with wicked King Ahaziah of Israel in building a navy to go to Tarshish?
2 Chronicles 20:35-57

Answers: 1. David's; 2. Bulrushes daubed with slime & pitch; 3. Jonah (1:4-16); 4. Sleeping; 5. Malta (or Melita); 6. King Jehoshaphat of Judah

ELDERS: Doug Driver
Johnny Felker
DEACONS: Ralph Brown
Mark Claypool



Service Times

SUNDAY
Bible Study—9:00 am
Worship—9:55 am & 6:00 pm

WEDNESDAY
Bible Study 7:00 pm

Perry Heights Weekly Bulletin

Perry Heights church of Christ
423 Donelson Pike
Nashville, TN 37214
(615) 883-3118

"...let us consider how we may encourage one another"
Heb. 10:24

February 22, 2009

What's Troubling You?

You can tell a lot about a man's character by the things that trouble him. Anxieties and worries about oneself and material things reveal an unbelieving heart and a mind that is focused on this world. Concerns for the wellbeing of others and for spiritual things reveal a mind that is focused on heaven.

You see, a life of faith is not a life that is completely void of anxiety. The apostle Paul was a man of faith yet he experienced "*fears*" and "*deep concern for all the churches*" (2 Corinthians 7:5; 11:28). A man of faith has concerns, but they are much different than the concerns of an unbeliever.

What should NOT concern us?

--**An uncertain future.** On the night that Jesus was betrayed, as Jesus' disciples faced the frightening prospect of their Lord's departure and the challenges of their future work, they could do so without fear if they just believed in Jesus. In John 14:1, Jesus told them, "*Let not your heart be troubled; you believe in God, believe also in Me.*" Later in the same text He said, "*Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid*" (John 14:27).

The same principle applies to us today. We may not know what the future will bring, but if we believe in Jesus we can face it with courage. We must put our uncertain future in the hands of a certain God. Jesus commanded, "*Do not worry about tomorrow*" (Matthew 6:34).

--**Material things.** Jesus also said, "*do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things. But seek first the kingdom of God and His righteousness, and all these things shall be added to you*" (Matthew 6:31-33). Being troubled about material things reveals a lack of faith in God. It says that a person either does not believe that God is powerful enough to supply his material needs or that God is not loving enough to supply them.

What should concern us?

--**Our sins.** King David well expressed the grief that we should all experience when we

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“I’m Discouraged”

One of Satan’s chief weapons to influence us to quit as Christians is discouragement. Yet I don’t know of any Christian who hasn’t, at one time or another, been discouraged. Here are six ways to fight through your discouragement.

Remember: You are at War

Christianity is not a walk through the park but an all out war. So, see your discouragement for what it is. Satan is plotting to knock you down and out. When I think about it, I get mad and reach back for all the determination I can muster and even say out loud, “Get behind me Satan! I know who you are. I know what you do. You had best move on because you are not getting me!” Job wasn’t so fortunate as Satan waged war against him. He lost seven sons and three daughters in one day. No fault of mine, but my car was recently in an accident. While I’m not suggesting that Satan is responsible for my car being totaled, but he would certainly love to use such an incident to discourage me. We are at war and it has raged since the garden of Eden. Eph. 6:1-20. Don’t forget it.

Strengthen Yourself in God

When we are down it is always wonderful to have brethren help us. (Gal. 6:1-2; Heb 12:12-13), but quite often we have to strengthen ourselves. Which means - it is important to keep a close watch on our souls. Recognize when you are slipping and take action immediately. Once, when King David’s family had been taken captive, he was greatly distressed but the Bible says, “*But David strengthened himself in the Lord his God.*” 1 Sam. 30:6. Remember whom you serve, take heart, and lean faithfully upon Him.

Pray!

After David’s sin with Bathsheba, all his spiritual vitality was zapped. God sent Nathan and brought him to repentance. David afterward prayed, “*Restore to me the joy of your salvation and uphold me with your generous Spirit.*” Ps. 52:12. We must always speak forthrightly and honestly to God about our feelings. He will help and our relationship with Him will grow.

Realize that God Understands Weak Moments

His word says, “*for he knows our frame; He remembers that we are but dust.*” Ps. 103:14. God will not snuff us out when our lights burn low. “*A bruised reed He will not break, and a*

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smoking flax He will not quench.” Isa. 42:3.

Remember Those Gone Before

This always helps me. I think of all that Job, Paul, Jesus and others went through. I have never been through what those men have gone through, and if they can press on, I can too. In fact, I must. Jesus says “*He who endures to the end will be saved.*” Matt. 24:13.

Get Busy

Through the years, I have talked with many Christians who have had moments of discouragement and depression. Without fail, they will tell you that in times of discouragement, you must force yourself to get busy. That’s what God told Elijah when he was tired, hungry, depressed, and feeling alone. 1 Kings 19:1-18. It’s easy to brood, throw a pity party and say, “Woe is me.” Instead, we need to busy ourselves in the work of God. When we begin focusing on others, it takes the focus off of self and enables us to see others who are dealing with even worse situations than are we.

You can do it! One thing I know is this: each one who arrives in heaven does so because he/she fought through their trials. God will help you.

--Jeff May

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sin. He wrote, “*For my iniquities have gone over my head; Like a heavy burden they are too heavy for me. My wounds are foul and festering because of my foolishness. I am troubled, I am bowed down greatly; I go mourning all the day long. For my loins are full of inflammation, and there is no soundness in my flesh. I am feeble and severely broken; I groan because of the turmoil of my heart.*” Psalm 38:4-8. Our sin should trouble us deeply. Does it?

--**The welfare of others.** We’ve noted already the apostle Paul’s “*deep concern for all the churches*” 2 Corinthians 11:28. That same level of concern should be shared among individual members of the body of Christ. 1 Corinthians 12:25 commands that “*the members should have the same care for one another.*” The word translated “care” in this verse literally means “to be anxious” and “to be troubled with cares” (Thayer’s Greek Lexicon). Long ago, Jeremiah was overwhelmed with concern for the physical wellbeing of his people. He said, “*My eyes fail with tears, my heart is troubled; my bile is poured on the ground because of the destruction of the daughter of my people, because the children and the infants faint in the streets of the city.*” Lamentations 2:11. This is the level of concern that God’s people should have for one another today.

So, what’s troubling you? Let’s strive to develop a faith that will not be troubled by worldly things, and a love that will concern us with obeying God’s will and caring for our brethren.

--Steve Klein

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