

## Remember in Prayer:

### The Sick:

**Carolyn Lowder** is improving at home after surgery on her neck and wrist.

**Ernestine Reed** has been diagnosed with pneumonia, and she is being treated at home.

**Neal Smith**, a former member, has been diagnosed with COPD (chronic obstructive pulmonary disease).

**Ronald Miller**, Larry's father, has been diagnosed with a recurrence of cancer.

**Johnny Adams**, Anita Carman's uncle, has started chemotherapy and radiation treatment due to a recurrence of inoperable cancer.

**Mary Shepherd** fell last week and sustained scrapes & bruises, but she is doing fine.

**Xenna Gooch** underwent an arteriogram last week and was found to have a couple of blockages. She is at home being treated with medications.

**Burton Brown**, Bettye's brother who was undergoing treatment for lung cancer, is in the hospital. It appears cancer has metastasized to his brain.

Continue to remember the following who have been mentioned in previous bulletins as those recovering from sickness, surgery and those dealing with cancer or chronic illness: **Brownie Spicer**, **Karen Shelton**, **Cecelia O'Brien**, **Billy Creek** (Dorothy Shaver's brother), **Jeremy Condor** (Xenna's grandson) and **Donald Lockamon** (Billie Keller's brother-in-law).

## News & Notes:

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

--**Thanks to Karen Miller** for repairing our song books which were falling apart and in need of repair. If you find others, please place them on a pew in the lobby.

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***"Now there is great gain in godliness with contentment, for we brought nothing into the world, and we cannot take anything out of the world. But if we have food and clothing, with these we will be content."***  
**1 Timothy 6:6-8**

**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  
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Nashville, TN 37214  
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*"...let us consider how we may encourage one another"*  
*Heb. 10:24*

April 5, 2009

## Jesus' Keys to Cope with Stress

In our hurry-up, pressure-cooker world, everyone knows about stress. Life's fast-paced demands often seem crushing. Yet, under the horrific shadow of the cross, Jesus calmly said, *"My peace I leave you"* (John 16:27). In Matthew we can observe major crises in Jesus' own life, noting how our Lord handled each stressful situation. This inductively yields five spiritual "keys" for coping with vexing stresses. We cannot escape life's stress, but in serving God, obedience to Jesus' example can keep us from being "stressed out."

**Remember God's Word (Matthew 3:16 - 4:11).** No sooner had God confirmed Jesus' identity and mission at his baptism than Satan called it into question in the wilderness temptations. Temptation to sin is seductive stress. Each time, however, Jesus responded by saying, "It is written..." (Matthew 4:4, 7, 10). Jesus knew and expertly used the very best Scripture to blunt each temptation. In His stressful arrest, instead of abandoning His mission, Jesus focused on fulfilling Scripture to stay the course (Matthew 26:54,56). Don't fall prey to your changing moods and surging urges. Contemplate applicable Scripture in temptation to refocus your mind in the calm light of unchanging, eternal truth. *"Those who love Your law have great peace, and nothing causes them to stumble"* (Psalm 119:165). Discipline your mind continually with appropriate Scriptures for strength to overcome trials.

**Do God's Work (Matthew 8-9).** Jesus entered His ministry of teaching and healing with extraordinary demands pressing Him. The stress of overwhelming demands is too much to do and too little time to do it. Yet, Jesus faced the situation without despair by doing what God sent Him to do - one day at a time. When the task seems too enormous to bear, remember that we can only take one step at a time. We must prioritize our actions to "seek first the kingdom of God and His righteousness" (Matthew 6:33). Don't let urgent but trivial things obscure the vital things we ought to be doing. We must stop stewing and start doing! God will be with us in each challenge confronting us.

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# Preacher's Pen points

## What's your encouragement quotient?



*All too often people come to worship to get something;  
but we should also come to give something!*

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### Being \_\_\_\_\_ for the services

*and let us consider how to stimulate one another to love and good deeds, not forsaking our own \_\_\_\_\_ together, as is the habit of some, but \_\_\_\_\_ one another; and all the more, as you see the day drawing near. (Heb. 10:24-25)*

Your encouragement quotient: \_\_\_\_\_

### Showing genuine enthusiasm and \_\_\_\_\_ in the worship and teaching

*When you assemble, \_\_\_\_\_ one has a psalm, has a teaching, has a revelation, has a tongue, has an interpretation. Let all things be done for edification. (1 Cor. 14:26)*

Your encouragement quotient: \_\_\_\_\_

### Using the time before and after the service to show \_\_\_\_\_ in the needs of others

*Let \_\_\_\_\_ of the brethren continue. Do not neglect to show hospitality to \_\_\_\_\_, for by this some have entertained angels without knowing it. (Heb. 13:1-2)*

Your encouragement quotient: \_\_\_\_\_

### Expressing \_\_\_\_\_ for those who have made special efforts

*But we request of you, brethren, that you \_\_\_\_\_ those who diligently \_\_\_\_\_ among you, and have charge over you in the Lord and give you instruction, and that you esteem them very highly in love because of their work. (1 Thes. 5:12-13)*

### Talking with others about what we can do to \_\_\_\_\_ more

*"let us stimulate one another to love and good \_\_\_\_\_..." (Heb. 10:24)*

Your encouragement quotient: \_\_\_\_\_

**So what's your encouragement quotient? Let's do all we can to give more for the encouragement of others when we come together!**

--continued from front page

**Rest in God's Sovereignty (Matthew 11:20-30).** Some cities which saw most of Jesus' miracles still did not believe in Him. This is the stress of disappointing results. Here, Jesus' response was a joy-filled heart and a prayer to God - who is always in charge and whose work will never be defeated. When our agenda crashes and our hopes wither, we must rest in the knowledge that God has an over-arching, eternal purpose.

**Seek God's Presence (Matthew 14:12-13, 23).** Word came that John the Baptist, Jesus' cousin, forerunner and friend, had been beheaded. Jesus went out in a boat to a lonely place by Himself. To cope with the stress of tragedy, Jesus made time for intimate communion with the Father. He found solace and direction for His Messianic task. Also, when the clamoring crowds tried to make Jesus a political king (John 6:15), Jesus refused the stress of popular pressure by going "*on the mountain by Himself to pray*" (verse 23). The same powerful resource of prayer is ours today, if we will seek and receive it. We need spiritual help to accomplish God's work which is found in regular visits before God's throne (Hebrews 4:16). The discipline of prayer relieves the stress we face, soothes our soul and opens blessings from heaven (Philippians 4:6-7).

**Trust God's Faithfulness (Matthew 26:36 - 27:50).** In Gethsemane, which was the worst crisis of His life, Jesus resolutely entrusted Himself to the Father's will. On the cross, He voluntarily yielded up His spirit to the Father's safekeeping (Matthew 27:50). In the stress of pain and sorrow, He was confident, even in His abandonment on the cross, that death would not have the final word. Sometimes, life reveals no quick answers, no simple solutions, no ready escapes. Yet, God faithfully performs what He promises, in His own time and way. We can always entrust ourselves to His care, with full confidence and without any reserve. So, no matter how hard it seems, don't quit! He can see us through today's crushing burden to tomorrow, even unto the day of eternity.

--W. Frank Walton, Christianity Magazine