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**Think about the cup He had to drink** (Matthew 26:42). It was a dreadful cup. It contained mocking, a scourging, spitting, nails, and abandonment. He drank it down to its bitter dregs. The cup you drink of during the supper spared you from all these things which you deserved. Now, won't that keep our thoughts focused a while?

**Think about the communion you share with Christ and the entire body of Christ.** It is a wonderful thought to realize that, on the Lord's day, there is really just one bread being partaken of by the entire body of Christ (1 Corinthians 10:17). Take time to think of all the wonderful people you are in communion with in the body of Christ. Some of them have passed on. Some are sitting near you today and are a great blessing to you. Some of them are across continents thanking God for your fellowship with them in the gospel. Some of them you have not met and likely will not meet until the resurrection. Thank Jesus for His sacrifice which brought you into communion with the people of God.

These are just a few thoughts that could fill our minds during the Lord's supper. It is my prayer that these suggestions will help all of our minds to be stayed on Him the next time we commune with Him.

--Jeff May

## Remember in Prayer:

### The Sick:

**Dennis Blanton** is improving at home as he continues with therapy after a stroke. He is gaining strength and mobility. It was so good to have Dennis with us Sunday!

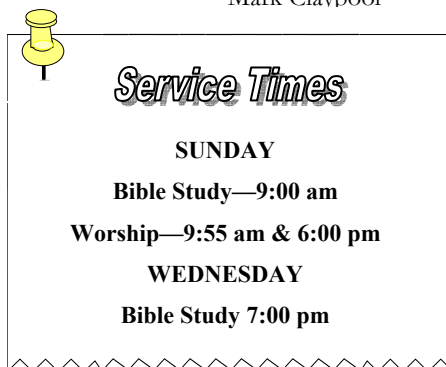
**Burton Brown**, Bettye's brother, continues to have some side effects of the radiation treatment for cancer that has metastasized to his brain.

Continue to remember others recovering from sickness, surgery and those dealing with cancer or chronic illness including: **Xenna Gooch, Ronald Miller, Lauren Mack (granddaughter of Betty Travis), Karen Shelton, Carolyn Lowder, Pansy Hensley and Lucy Karnes (Martha's sister).**

### News & Notes:

--**Group 2** will meet today in the Library after the morning service.

**ELDERS:** Doug Driver  
Johnny Felker  
**DEACONS:** Ralph Brown  
Mark Clavpool



**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

June 14, 2009

## The Lord's Supper

**Think about your covenant (agreement) with God.** Remember when you became a Christian you promised God you would honor Him by living as a Christian should. He agreed to be your God. You agreed to be His child. The Lord's Supper is a meal you eat of that reflects your covenant with God. Jesus made this clear (Matthew 26:28; 1 Corinthians 11:25). The Lord's Supper becomes a great time to examine our lives (1 Corinthians 1:27-31). Am I keeping my end of the agreement? The supper can be a moment of great resolve to be all that we can be for the Lord.

**Think about the body of the Lord.** No one impacted the world more than Jesus. All that He did, He did with His body. How does He impact the world today? It is still through His body the church!! We are His hands, feet, eyes, ears and mouths today. As you partake of the bread today, which represents His body, you might think about your role in His body. Do you realize that God has given you certain abilities. He wants you to use in His body (1 Pet. 4:10). Are you doing your part in the body of Christ? Are you helping Christ impact the world today? That is food for thought during the supper.

**Think about Jesus as the Bread of Life.** The bread you partake of is symbolic of His body which died to give you life. Jesus is the Bread of Life (John 6:35). As you share in that bread today, are you sharing Him with others? Are there others you could share Him with? Think about those who are yet thirsty and hungry for an answer to their soul's deepest longing. Share the Lord.

**Think about the blood of the Lord.** As you partake of the fruit of the vine, it might be a good time to ask the Lord to help you to never do anything that would show a lack of appreciation for His spilled blood (Hebrews 10:29). You might ask Him to help you show Him more each day how much His blood really means to you.

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## A Godly Man in Wicked Surroundings

Elijah was a man who reached true greatness in the Lord's service. He was always ready to go where God would send him (I Kings 18:1; 19:15); to pray whenever prayer was needed (I Kings 17:20,21; 18:36, 37), and to confront evil whenever confrontation was necessary (I Kings 18:17-24; 21:17-19). He was translated without seeing death, and he, along with Moses, was chosen to appear with the Lord on the mount of transfiguration.

The remarkable thing about Elijah is that he attained this greatness while living in a wicked and hostile environment. Had he lived in Judah during the righteous reign of Hezekiah or Josiah, we might not be surprised at Elijah's attainments. But he lived instead in Israel during the wicked reign of Ahab. He was subjected to the cruel intents of Jezebel. He was under constant harassment and threat of death. He became so discouraged at one point that he asked to die, but he never denied his God.

In this wicked environment Elijah was able to influence others. The widow of Zarephath was blessed through Elijah (I Kings 17:8-24). The multitudes on Mount Carmel were led to cry, "*The Lord, He is God!*" through his courageous efforts (I Kings 18:39). Elisha, his successor, must have been greatly influenced by him. And even Ahab was brought to humility on one occasion, clothing himself in sackcloth as a result of Elijah's rebuke (I Kings 21:27-29). The message of Elijah is clear. You can live a godly life and influence others for good in a wicked and hostile environment.

When one hears the excuses people make today, it is obvious that Elijah's message is badly needed in this generation. People excuse their failure to teach others the gospel with, "People are so prejudiced around here they just won't listen"; when the truth is, little effort has been made. If they are approached about their ungodly conduct, they explain that "You just don't know how terrible the people are that I have to work around every day". If their children go astray their explanation is, "Our children are faced with pressures that we didn't have growing up". Such statements, repeated often enough, become to many a "license" to do wrong and a salve to soothe their troubled consciences.

We must throw aside our excuses and make up our minds to do right. Elijah could serve God in wicked surroundings. And so can we.

--Bill Hall

## Baptisms

1. What magician came to be baptized by Philip? Acts 8:12-13
2. Who referred to the Israelites' crossing of the Red Sea as a baptism? 1 Corinthians 10:1-2
3. What tradeswoman was baptized by Paul and Silas? Acts 16:14-15
4. Who baptized Paul? Acts 9:18
5. What Roman official did Peter baptize? Acts 10:23-48
6. What kind of baptism did John promise the Christ would administer? Luke 3:16
7. What foreign dignitary did Philip baptize? Acts 8:38
8. What man of Philippi took Paul and Silas home and was baptized by them? Acts 16:26-33
9. In what city did Crispus, the synagogue ruler, believe Paul's message and submit to baptism? Acts 18:8
10. Where did Paul baptize 12 men who had received the baptism of John? Acts 19:1-7
11. What did John the Baptist tell the tax collectors who came to him for baptism? Luke 3:12-13
12. Which epistle mentions "one Lord, one faith, one baptism"?
13. Which epistles compare baptism to burial?

14. Which epistle says that the flood waters at the time of Noah symbolize baptism?
15. Which gospel opens with John the Baptist preaching in the desert?
16. In which gospel does John try to dissuade Jesus from being baptized?
17. How many people were baptized on the day of Pentecost? Acts 2:41

Answers: 1. Simon the sorcerer; 2. Paul; 3. Lydia; 4. Ananias; 5. Cornelius; 6. A baptism with the Holy Spirit and with fire; 7. The Ethiopian eunuch; 8. The jailor; 9. Corinth; 10. Ephesus; 11. Not to collect any more than was legal; 12. Ephesians (4:5); 13. Romans (6:4) and Colossians (2:12); 14. Hebrews (3:17-22); 15. Mark; 16. Matthew (3:13-15); 17. About three thousand (Acts 2:41)

### Four Ways for Furtherance:

1. Know which direction you're going. Have you a plan? I mean a spiritual plan? It's hard to get where you're going when you don't know where you're going.
2. Hold on tight. There are always potholes. And detours. And junk in the road. And turns hard to negotiate. Hold on. Don't let go.
3. Keep your speed up. It's like riding a bicycle. If you don't keep up your speed, you'll fall over.
4. Remember where the road leads. A goal is necessary. When the goal is heaven, there's no way you can quit because you know where the road ends.

Excerpt from Dee Bowman - "That's Life", *Christianity Magazine, Vol. 14., No.1*