

Remember in Prayer:

The Bereaved:

Ray Reeves, brother of Debra Baham, passed away and his memorial service was yesterday. Cards can be sent to the parents, Wayne and Betty Reeves, at 315 Ackies Lane, Clifton, TN 38425. Our sympathy goes out to the Baham family.

The Sick:

Xenna Gooch is at home after being hospitalized last week.

Billie Keller is scheduled to undergo a hernia repair on Thursday at Baptist Hospital.

Marymack German, Martha's sister, has improved was discharged from Skyline Rehab last week.

Also, continue to remember those who continue to struggle with physical infirmity, including:

Ronald Miller, Larry's father, **Burton Brown**, Bettye's brother, **James Tanksley**, **Carolyn Lowder**, **Pansy Hensley** and **Lucille Hall**, Ethel Wohlrahe's mother.

News & Notes:

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

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does, peace is elusive. Psalm 119:165 states, "*Great peace have those who love Your law.*" Those who respect God's word and live their life by it are the ones who have the peace of God.

There is something about submitting your will totally to God in obedience of His word that releases so much anxiety from within us. To the contrary of the thinking of most, to obey God is liberating. When we live totally under the sway of the Lord's will, things that disturb and harm others will not touch us. When you put God first, everything else will fall in place. Even if it doesn't, it won't matter. All that will matter is that you are right with your Creator. Then, and only then, will you really own peace. --*Author Unknown*

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"...For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord." Romans 8:38-39

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

August 16, 2009

Enduring Life's Trials

Human suffering has been around since the expulsion of Adam and Eve from the garden of Eden (Gen.3:16-19). The causes are many: sin, accidents, illnesses, wars, violation of natural laws, hatred, persecution, jealousy, betrayal of confidence, death, etc. All people experience it to some degree and in various ways. There is no escaping it in this life. Some people are overcome by it, some are embittered by it, and some become stronger through it. How suffering affects us is determined by our understanding it and by our response to it.

Though we may not always understand the cause of specific suffering, there is considerable understanding available to us, and it can help us immensely in our facing life's trials. A major source of suffering is the Devil's work. Remember that Job's afflictions came from Satan and were a test of Job's faith. Remember the sufferings of Elijah, Micaiah, and Jeremiah as the work of the enemies of the Lord. James said, "*My brethren, take the prophets, who spoke in the name of the Lord, as an example of suffering and patience*" (James 5:10). If we consider any trial or suffering as a test of our faith, and if we determine that we will not allow it to defeat us, we can be strengthened by it; and we can learn the precious and necessary lessons of patience by it. That is why James said, "*My brethren, count it all joy when you fall into various trials, knowing that the testing of your faith produces patience*" (James 1:2,3). Because of understanding, Peter and John could rejoice when they had been jailed and beaten for preaching Christ (Acts 5:41).

Sickness and death are often hard to understand, and many times people blame God or sometimes themselves. The death of Job's children was the work of Satan. It was not because of any sin of Job, nor was it his fault. The blindness of the man in John 9 was not the result of his sin or the sin of his parents, but it served a useful purpose -- that God's works be manifest. Whether sickness or death is caused by one's own misdoing or by an unknown source, one can turn that stone of trial into a stepping stone by gaining a stronger faith and greater determination and patience. Rather than viewing life as a struggle that we are ultimately going to lose, we ought to view life as a struggle that we must and are going to win- even in death itself.

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Preacher's Pen points

Taming the Storms of Life (Grief)



The first stage of grief is _____.

The second stage of grief is _____.

We may experience intense emotions: F _____; A _____; G _____;
D _____; S _____; N _____

Here are things you can do:

Allow yourself to _____ (Jn. 11:35).

_____ about your feelings with others; but avoid unhealthy dependence (Rom. 12:15).

_____ for strength to endure (2 Cor. 1:3-4).

Find consolation in your _____ (1 Thes. 4:13; Neh. 8:10).

Determine to _____ again.

How we can help one another:

Keep in _____.

_____ sympathetically and give advice sparingly. Avoid _____.

Be _____.

Be helpful, but don't take _____.

The third stage of grief is _____.

A _____

C _____

Embracing and valuing _____

P _____ in life.

With God's help we can make it through the grief process and come out of it a better person. We will be better able to help others around us; and we'll certainly feel a closer tie with heaven and a longing to go there. Remember, Jesus still calms storms!

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There is only one way that we can win the struggle of life. That way is through the strength of the Lord (Eph.6:10-20). Only by our properly preparing ourselves through humble submission and obedience to God can we expect to be victorious. That includes godly living and faithful worship and service to Him. If we want to be united with the faithful of all ages when our lives are finished, we must prepare to meet our God. That we will stand before Him in judgment is certain. That we can hear Him say, "Well done" is also certain. We can be "more than conquerors through Him who loved us" (Rom.8:35-37). The decision of whether we win or lose is ours. God has made that possible. What will you do with your life?

--Gilbert Alexander

"But we do not want you to be uninformed, brothers, about those who are asleep, that you may not grieve as others do who have no hope. For since we believe that Jesus died and rose again, even so, through Jesus, God will bring with Him those who have fallen asleep." 1 Thessalonians 4:13

Looking for Peace?

Life is hard. Life is frustrating. Life is stressful. Life is confusing. Life is unfair. Life is cruel. Life hurts.

We all know how difficult and painful life can be. Do you ever wonder if there is a way to escape it or at least a better way to cope? Is it possible to have inner peace while the world around you is mad and life deals you one disappointment after another? Is it possible to rise above it all?

It is. Philippians 4:6-7 says, "Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus." The Bible says that real peace, lasting peace, peace in spite of circumstances is possible. It is found in the right relationship with God through Jesus Christ. A relationship where you are free to pray to God anytime, over any anxiety, and ask for help. A relationship that gives you peace even though all your questions aren't answered. A relationship where the peace you find will guard your heart and mind and not allow life to break you and destroy you.

Understand that this relationship is not based upon some emotional high. It is not rooted in some mystical experience. It is built upon a life of submission to the will of God. The psalmist wrote of the peace of God when he said, "Mark the blameless man, and observe the upright; for the future of that man is peace" (Psalm 37:37). When a person is living right with God he can know peace. Until one

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