

The REMINDER

The weekly newsletter of the church of Christ in Bellaire, TX

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CHRISTIANS AND FRUSTRATION

The pressures and stresses of our modern society are terrific. They are brought to bear on all alike - even Christians. They create anxieties and nameless dreads and fears - even among Christians. Frustration is the order of the day it seems. So, what is the Christian to do?

First, he must get his faith into practice and his perspective and objectivity into operation. He must back off from the mountain far enough to see it. We sometimes are too close to our problems and therefore lose perspective. Next he must prayerfully seek the solution to his problems from the Word of God (Phil. 4:6). He must look up, and not down. You cannot see very well or very far when you look down at your trouble. The Christian can always move with confidence, knowing there is a solution to be found.

Matt. 6:33-34 will help us to line up our priorities in order of importance. It is bound to help. The first priority is that which impacts my soul. "But seek first the kingdom of God, and His righteousness..." Did you notice what is first? It is God's kingdom and His righteousness. The kingdom is the Lord's body, the church. God's righteousness tells us how to live right in his kingdom.

Next one should relegate trivial things to the sideline where they belong and keep them there. His mind should be guided at all times by the main event, not the trivial. Acts 2:46 says the early saints were characterized by "singleness of heart", a single purpose or mind. There is no frustration or anxiety in that.

Paul tells us how to keep it going this way. He says most positively in Phil. 4:13, "I can do all things through Christ which strengthens me." Now does it not help to know that the things that **ought** to be done **can** be done? No defeatism here!

So, briefly, what can the Christian do about fears, anxieties, stress and frustration? He must exercise faith, regain his perspective, sort out his priorities, keep his principal goal always in sight, and move with confidence in the knowledge that he "can do all things."

Does this seem simple? Well, it is. We just need to untangle our minds and renew our evaluations. Most of us already know this but we fail to take the time to do the things we already know will work. It can make everything so much better. Let's try it, shall we?

J. Wiley Adams

Bulletin Board

Sermon Notes:

AM Lesson - Steve - "Christ Is Completely Adequate".

PM Lesson - Jack - "Seed - Christian's View of Debt"

Please keep the following members in mind who have difficulty being with us due to prolonged illness: **Dee Boyd, Doris Norman, Billie Glitsch and Don Hurd.**

NEWS AND NOTES: Most of us are doing well physically. We did have young Caleb Owen with us last Sunday. He was back at MD Anderson for a check-up. That went well, and he is back home. He returns in January for another check-up. Several of our young ladies who are pregnant are having a difficult time. Please keep them in mind during your prayers. We're within a month or two of some of the deliveries. Exciting times ahead.

The youth devotion is tonight after worship.

We had quite a few out of town on Wed. night. Most should be home today. Hope all have a safe journey and are welcomed back. Anita leaves on Thursday for a trip to see kids and grand ones. I plan to leave next Sunday after the morning worship to join her. Sat. Nov. the 2nd is my 50th high school reunion, and the next day I preach for the church in Cullman (three lessons). Hope to be home Nov. 4th.

"A sharp tongue does not necessarily indicate keen thinking."

Guidelines To Promote Harmony

1. Remember that we are all subject to failings of one kind or another.
2. Bear with - and not magnify - each other's infirmities (Gal. 6:1-2).
3. Pray for one another in our social meetings, and particularly in private.
4. Avoid going from house to house for the purpose of bearing news and interfering with others business.
5. Turn a deaf ear to any slanderous report and to lay no charge against any person until it is well founded.
6. If a member is at fault, tell him/her of it in private.
7. Watch for shyness of each other and put the best construction on any action that seems to indicate "aloofness".
8. Observe the just rules of Solomon - that is, leave off contention before it is meddled with (Prov. 17:14).
9. If a member has offended, to consider how godlike it is to forgive, and how unlike a Christian it is to seek revenge.
10. Remember that it is always a giant artifice of the devil to promote distance and animosities among member of the church.

"Many parents are not on spanking terms with their children."

"People make enemies by complaining too much about their friends."

Assignments for today

Sunday, October 20, 2013

Morning Service

Announcements.....Matt Miles
Hymn Director.....Robert McDonald
Scripture Reading.....Luke 22:14-23
Scripture Reader.....David Haley
Opening Prayer.....Zach Kelsey
Closing Prayer.....Matt Miles

Evening Service

Hymn Director.....Steve Garrett
Opening Prayer.....Chad Smith
Closing Prayer.....Matt Miles

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Schedule of Services

Sunday:

9:30 AM Worship
11:00 AM Bible study
5:00 PM Worship

Wednesday:

7:30 PM Study and Devotional
Minister and editor
Jack Smith and Steve Garrett

The Reminder is published weekly by the church of Christ in Bellaire