



# THE INFORMER

Church of Christ ~ New Albany, Mississippi

[www.nacoc.us](http://www.nacoc.us)

June 1, 2021

## Physical and Spiritual Fitness (3 John 2)

Tim Dooley

Studies show the key to success, in any aspect of life, is to remove the negative thoughts and replace them with positive mental reinforcements. William James said, *"The greatest discovery of my generation is that human beings can alter their lives by altering their attitudes of mind."* Yes, we are what we think we are. If we are not what we want to be (or should be) we can actually makeover our lives by reprogramming our attitudes and thought patterns.

Former professional bodybuilder Dave Draper wrote seven positive motivational expressions to keep folks on a daily track of healthy living. I had printed them out once and posted them just above the treadmill to help Colleen and me stay focused on our fitness goals. As I was repeating these things to myself one day I thought of the great spiritual application that could be made from each of these points. Paul wrote, *"For bodily exercise profits a little, but godliness is profitable for all things, having promise of the life that now is and of that which is to come"* (1 Timothy 4:8).

Now before we talk about attitude and reprogramming for better physical and spiritual health we need to address two important things. One, we have to get rid of the junk food (physically and spiritually) and fill our bodies with good food and plenty of water. Jesus said, *"I am the bread of life. He who comes to Me shall never hunger, and he who believes in Me shall never thirst"* (John 6:35). Two, we have to get up and get moving! Exercising our bodies as well as our godliness. If we combine these efforts with some attitude adjustments we will make great strides in our physical and spiritual well-being.

**Point #1 – I'm not fat; I'm losing weight and building muscle.** I am not a sinner weighted down with the burden of guilt. I once was lost in sin but now I am justified in my obedience to Christ and the grace of God (Romans 6:17; Ephesians 2:8-9). Every day, as I study, serve and worship God I become stronger.

**Point #2 – I'm not lazy; I'm taking energetic steps toward getting stronger.** As I put my past behind me and press on I make great strides in strengthening my spiritual life.

**Point #3 – I'm not overwhelmed; I'm in the daily creative process of eating right and learning about myself.** This life we live is sometimes hectic to the point of bringing us to our knees with discouragement. But in Christ I am able to overcome any obstacle and learn more about what I am able to bear and do.

**Point #4 – I'm not anxious and impatient; I have the rest of my life to get better and better, day-by-day.** One is not made a perfect human the day they obey the gospel. But we are saved and given all we need to make us perfect in God's Word through Christ. We sing the song *"One Step at A Time"* and that is truly what will get us through this life.

**Point #5 – I'm not fearful; I'm strengthening my body, mind, and spirit.** As a child of God, I have nothing to fear. God has made us the crowning glory of His creation and cares for us above all things. So much so that he sent His Son to die for us. Jesus says, *"Do not fear therefore; you are of more value than many sparrows"* (Matthew 10:31).

**Point #6 – I'm not a lost cause; I'm braver and smarter, stronger, and more toned today than yesterday.** Many people think that they are not worthy of heaven or salvation but God said that we are. *"But God demonstrates His own love toward us, in that while we were still sinners, Christ died for us"* (Romans 5:8). Each day I am a faithful child of God helps me appreciate God's love that much more.

**Point #7 – I'm living a joyful, more intelligent, and grateful life forever.** Are you? *"...Behold, now is the accepted time; behold, now is the day of salvation"* (2 Corinthians 6:2). Be obedient and be faithful!

## “Letters to the Preacher”

~shared by *Dale Kowa*

**Dear Preacher,**

Please say in your sermon that Peter Peterson has been a good boy all week. I am Peter Peterson.  
Sincerely, Pete (age 9)

**Dear Preacher,**

Please pray for all the airline pilots. I am flying to California tomorrow. Laurie (age 10)

**Dear Preacher,**

I liked your sermon on Sunday. Especially when it was finished. Matthew (age 11)

**Dear Preacher,**

How does God know the good people from the bad people? Do you tell Him or does He read about it in the newspapers? Sincerely, Marie (age 8)

**Dear Preacher,**

I hope to go to Heaven someday, but later than sooner. Love, Ellen (age 9)

**Dear Preacher,**

I know God loves everybody, but He never met my sister. Yours sincerely, Arnold (age 8)

**Dear Preacher,**

I'm sorry I can't leave more money in the plate, but my father didn't give me a raise in my allowance. Could you have a sermon about a raise in my allowance? Love, Ginny (age 10)

## Our Cargo



the Deep South.

Clovis Chappell was a minister from a hundred years ago. He used to tell the story about two riverboats. They left Memphis about the same time, traveling down the Mississippi River to New Orleans. As they traveled side by side, sailors from one vessel made a few remarks about the snail's pace of the other. Words were exchanged. Challenges were made. And the race began. Competition became vicious as the two boats roared through

One boat began falling behind. Not enough fuel. There had been plenty of coal for the trip, but not enough for a race. As the boat dropped back, an enterprising young sailor took some of the ship's cargo and tossed it into the ovens. When the sailors saw that the supplies burned as well as the coal, they fueled their boat with the material they had been assigned to transport. They ended up winning the race, but burned their cargo.

God has entrusted cargo to us, too: children, spouses, friends. Our job is to do our part in seeing that this cargo reaches its destination. Yet when the program takes priority over people, people often suffer. How much cargo do we sacrifice in order to achieve the number one slot? How many people never reach the destination because of the aggressiveness of a competitive captain?

In this life that we sometimes call a rat race, let's be careful that we don't burn our most precious cargo in order to win the temporary race only to realize that we've lost at what was really important.

~*Garvis Semore*

# YOU TUBE ~ LIVE STREAMING ~ Sun. @ 9:30; 1:15 Wed. @ 6:30

## PRAYER LIST



**Andrea Hill** was released from the hospital in Pensacola, FL late Tuesday.

**Betty Young** got good results from her procedure in Oxford on Tuesday.

**Richard Jennings** will have an MRI on his neck Wednesday in Tupelo.

### Continue to Remember:

Mitchel Barton, Brian Carpenter, Kathy Clayton, Audrey Clement, Shane Crotts, Prebble Foster, Eleta Grimmett, Madison Hardy, Patrick Holmes, Caleb Jennings, Jason Jennings, Luke Jennings, Gloria Jones, Sue Marques, Scott Owen, Nancy Petrowski, Olivia Pounders, Susie Robertson, Bobby Sweat, Ansley Thompson, Lake Tremble, Charles Ulmer, Donald Wilson, Donnie Wilson, William Wilson, Sarah Grace Wise

### Shut-Ins:

J. L. Eaton, Linda Griggs, Billy Joe Garner, Nancy Petrowski

### Nursing Home/Assisted Living:

Helen DePriest, Joe Downs, Lucille Gibson, Bill Lyon

### Military List:

Derek Bradley, Tevin Bradley, Chase Seals

## SYMPATHY

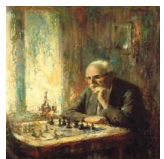
We extend our sympathy to the family of Howard Spears who passed away Saturday night after battling cancer for several years. This was Tim Dye's cousin.

## SINGING

There will be an evening of acapella hymn singing Friday, June 11 from 7:00-9:00p.m. on the lawn of the Mayfield church of Christ, 2348 Hwy 145, Salttilo, MS. Bring your lawn chair. If you would like to lead a song or need more information, call Adam (662) 523-3684 or Mark (731-608-7774).

### I've Learned

Ideas are funny little things. They won't work unless you do.



## HAPPY BIRTHDAY



June 01..... Grace Lyon  
June 02..... Patience Golden  
June 06..... Perry Jones

## HAPPY ANNIVERSARY

June 03..... Ronnie & Linda Griggs  
June 04..... Terry & Yolanda Stubblefield



## THANK YOU

Dear Church Family,

We can never tell you enough how much we appreciate all of your help in preparing for the wedding. From the smallest to the greatest, every deed was very much needed and appreciated.

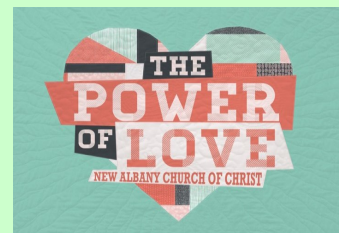
Please know that our door is always open and our hands are ready to help with all of your needs. Again, thank you. We love you all!

Blaine & Audrey Anna  
Phil, Paige & Phillip

## JUNE EVENTS

- Every Tuesday will be Terrific Tuesday 6th grade and under.
- June 6 1st Sunday Fellowship. Chicken will be provided. Bring fixins' and desserts.
- June 6 Defend the Faith 7th-12th youth at 5:30p.m. at the Grigsbys.
- June 7 4th-12th youth will travel to New Hope VBS. Leave at 4:30p.m.
- June 9 NAYPE will meet after services.
- June 13-16 VBS for all ages.
- June 18 Senior group lunch

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Visit our website @ <http://www.nacoc.us>

Email: [nacoc15s@gmail.com](mailto:nacoc15s@gmail.com)

## SCHEDULE OF SERVICES

Sunday School..... 9:30  
Morning Worship.....10:30  
Pew Packers/Afternoon Worship  
.....1:15  
Wednesday Bible Study.....6:30

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### MINISTERS

Tim Dooley.....859-486-4215  
Shaler Grigsby...Youth/ Assoc.  
.....256-263-9137  
Office.....662-534-4649

### ELDERS

Greg Clayton.....252-9762  
Tim Dye.....316-2527  
Richard Jennings .....316-1305  
Troy Robertson .....316-3163  
Phil Young.....316-2059

### DEACONS

Kurt Clayton.....316-6420  
Shane Crotts.....266-0195  
Jason Jennings.....801-3260  
Mark Jennings...731-609-3309  
Randy Wall.....316-9255

### TO SERVE

Communion.....Olen Clark  
Scripture.....Brian Carpenter  
A.M. Prayer.....Dillon Clayton  
Closing.....David Clayton  
P.M. Prayer.....Jason Jennings  
Closing.....Dane Coggin  
Greeters....Phil & Paige Young  
Lock.....Jason Jennings  
Usher .....Jason Jennings  
Security .....Dan Cobb  
Wed. Open 9th.... M. Simmons  
Wed. Close 9th.... C. Jennings

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### OUR RECORD

Sunday School.....119  
Sunday A.M..... 144  
Sunday P.M..... 92  
Wednesday..... 91  
Contribution.....\$4,571.00  
Budget.....\$4,219.62

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Volume 22

### A Church Grows When...

1. Each member has a deep concern for the lost.
2. Each member enters into the worship service with enthusiasm.
3. Each member is interested in and supports the bible school program.
4. Each teacher is interested in improving his/her ability to teach more effectively.
5. Each elder and deacon is dedicated to the work of the Lord.
6. The preacher preaches God's Word with love and concern for lost souls.
7. Each member is personally involved in the Lord's work.
8. Each member lets brotherly love express itself to every other member.

### Remember Grandma?



Grandma used to get up on Sunday morning, cook a big breakfast for her large family, milk three or four cows, churn, clean house, kill and dress the chickens for dinner, dress the children, then go with the family in a buggy or wagon five miles to worship and get there early!

Today, breakfast comes in a cereal box; milk, butter and the chicken come from the grocery store already prepared, and the distance to the church building is covered in an automobile. Yet, some just can't make it in time for Bible Study.

*"Not forsaking the assembling of ourselves together, as the manner of some is; but exhorting one another: and so much the more, as ye see the Day approaching." (Hebrews 10:25)*

~copied