



# THE INFORMER

Church of Christ ~ New Albany, Mississippi

www.nacoc.us

January 09, 2022

## Physical and Spiritual Fitness

Tim Dooley

### SCHEDULE OF SERVICES

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

### MINISTERS

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

### ELDERS

Greg Clayton.....662-252-9762  
 Tim Dye.....662-316-2527  
 Richard Jennings ..662-316-1305  
 Phil Young.....662-316-2059

### DEACONS

Kurt Clayton.....662-316-6420  
 Shane Crotts.....662-266-0195  
 Jason Jennings.....662-801-3260  
 Mark Jennings.....731-609-3309  
 Kevin Simmons.....662-512-8451  
 Randy Wall.....662-316-9255

### 2022 THEME

BETTER

### OUR RECORD

01/02/2022

Sunday School.....102  
 Sunday A.M.....118  
 Sunday P.M.....78  
 Wednesday. 01/05/22.....83  
 Contribution.....\$4,571.00  
 Budget.....\$4,219.62

Studies tell us 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.”* Indeed, we are what we think we are. So, if we are not what we want to be (or what we should be) we can actually makeover our lives by reprocessing our attitudes and thought patterns.

My friend and former professional bodybuilder Dave Draper passed away on November 30. I recall something he wrote several years ago concerning seven positive motivational expressions to keep folks on a daily track of healthy living. As I have on occasion repeated these things to myself I’ve thought of the great spiritual application that could be made from each of these seven 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 our thoughts for better spiritual and physical health we need to address two important things. First, 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). Secondly, we have to get up and get moving! Exercising our bodies as well as our godliness. Then 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 weighed down with the burden guilt. I once was lost in sin but now I am justified in my obedience in faith 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 individual 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. “One Step at a Time” is truly what will get us through this life. Patience and hope in Christ.*

**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 we are. “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).*

*“Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers” (3 John 2).*



**Dooley noted....**

We had a great New Year’s Eve at the fellowship hall playing some games and enjoying great fellowship (except for Kurt being a sore loser). I hope we can do it again soon. We have a lot of things planned for 2022 and while we are all busy let’s make sure that we are putting the kingdom first in our personal plans. – Tim



## PRAYER LIST

**Melvin Adams** remains in the Tupelo hospital.

**Tim Dye's** mother & father are dealing with health issues and need our prayers.

**Linda Griggs**, fell & injured her foot and unable to walk, slowly improving. Ronnie is taking care of her.

**Carol Hood** is continuing to battle pancreatic cancer. She had treatment & testing last week, and is asking for prayers.

**Sue Marques** has appointment at Semmes-Murphy on January 13th to get results of her test,

**Kaylee & Jayda Tillery**, great grandchildren of Peggy Miller, tested positive for covid, flu, and strep.

**Marlene Stinson**, sister of Harold Russell and Janice Cobb, is in critical condition in Mountain Home, Arkansas.

**John Vest** of Tennessee, brother of Betty Young, had surgery Tuesday to remove large tumor in his colon.

**Pam Hussey**, friend of Brenna Politte, has stage 3 breast cancer.

**Tom Pettey**, 95 year old father of Carol Hood, has covid.

**Covid/Flu Update:** Coggin family, including Callie Potts, Kathy Dye, Greg Harrison, Dawn Stroupe, Betty & Ricky Adams

### Continue to Remember:

Melvin Adams, Jennie Bell, Bob Clement, Shane Crotts, Kathy Dye, Ernestine Dye, Prebble Foster, Nancy Frohn, Jerry & Eleta Grimmitt, Deborah Griffin, Barbara Holt, Carol Hood, Lynn Harrison, Michelle Kimsey, Greg Lawson, Betty & Auzie McNeely, April Pounders, Olivia Pounders, Joe Reed, Susie Roberson, Novene Robertson, Harold Russell, Billy Stroupe, Roy Sharp, William Wilson

### Shut-Ins:

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

### Nursing Home/Assisted Living:

Joe Downs, Lucille Gibson, Bill Lyon, Sue Stroud

**Military List:** Derek Bradley, Tevin Bradley, Chase Seals.

## LADIES

On Saturday, January 22nd, there will be a Coffee & Conversation 9:30-11:00 a.m. at the fellowship building to discuss women's ministry. All ladies are encouraged to come.



## HAPPY BIRTHDAY



January 15 ~ Jake Crotts

January 15 ~ Jason Jennings

January 15 ~ Kelsey Petrowski

## HAPPY ANNIVERSARY

January 11 ~ Greg & Kim Clayton

January 12 ~ Olen & Linda Clark

## OPPORTUNITIES TO SERVE

- Food items for children at Myrtle School (Kurt)
- Supplies for Pine Vale each quarter (Kurt)
- Coloring Books/Crayons for Le Bonheur (Andy/Vic Brown, Kurt/Shelly)
- Snack bags and activity books for dialysis center (Brian, Matt, Shane)
- Food items for children at West Union School (Brian, Matt, Shane)
- Provide bags for foster children (Brian, Matt, Shane).
- Provide hygiene products for students. January-Ingomar (Kevin/Stephanie)
- Caring for our church family (Kevin/Stephanie)
- Assist our elderly and the sick with yard work (Kevin/Stephanie)
- Run errands for our shut-ins (Kevin/Stephanie)
- Prepare care boxes for our shut-ins (Kevin/Stephanie)

## AREA EVENTS

- **Area Wide Youth Meeting** today January 9th @ East Main, leaving at 4:20 pm.
- Gospel Meeting January 21-23, 2022 Jeffery King @ Verona Church of Christ.

## THANK YOU

Disaster Relief Donation: with your generous donation and additional funds from the treasury, we were able to send \$5,540 to the Lebanon Church of Christ in Dresden, TN. Thank you, The Elders

## CHURCH NEWS AND EVENTS

- **January 14** - Senior Group will go to Nate's in Ecu, we will leave from the church at 4:30 pm.
- **January 16** - Elders & Minister meet at 8:15 a.m.
- **January 16** - Sunday Fellowship meal.
- **January 16th & 17th** - High School & College Night at 6:00 pm at the Grigsby's. Any questions see Shaler.
- **January 22** - **Ladies**, Coffee & Conversation @ the fellowship building 9:30-11:00 am. Please come.
- **January 23** - Youth Devo hosted by Steve & Andrea Hill at the home of Roger & Kathy Clayton.
- **January 30** - Deacons Meeting 8:30 a.m.
- **February 25 thru 27, 2022** - CYC, Pigeon Forge, TN

**AM SERMON OUTLINE**

**Spiritual Incarceration**

**John 8:31-36**

- I. Jesus: The Liberator from Our Prison of \_\_\_\_\_  
(John 8:31-36)
  - A. \_\_\_\_\_ to the Word is Required  
(v. 31; John 14:15; Hebrews 5:9)
  - B. Knowing God's Word is to Know the \_\_\_\_\_  
(v. 32; John 17:17; Psalm 119:151)
  - C. Sin \_\_\_\_\_ (v. 34; Luke 4:18; Romans 8:2)
  - D. Jesus has come to set us \_\_\_\_\_  
(v. 36; Acts 4:12)
- II. Liberation from Our Prison of Sin is a \_\_\_\_\_  
(Romans 6:16-18; Luke 19:10)
  - A. He is greater than our \_\_\_\_\_
  - B. He is more powerful than our \_\_\_\_\_
  - C. He is more \_\_\_\_\_ than we can ever imagine
- III. Liberation from Our Prison of Sin is a Process.
  - A. Jesus had to \_\_\_\_\_ (Romans 5:8)
  - B. \_\_\_\_\_ had to be made (Ephesians 1:7)
  - C. Freedom is gained at \_\_\_\_\_  
(Galatians 3:27; Acts 22:16; 1 Peter 3:21)
  - D. \_\_\_\_\_ of Jail (Romans 6:3-14)

NOTES:

**PM SERMON OUTLINE**

**The Christian's Stand**

**Ephesians 6:11-14**

- I. A Christian Stands \_\_\_\_\_ Something
  - A. Against the \_\_\_\_\_ (v. 11; Ephesians 4:27; James 4:7; 1 Peter 5:8-9)
  - B. Against \_\_\_\_\_ (1 Timothy 5:20; 2 Samuel 12:1-13; Matthew 14:1-4)
  - C. Against \_\_\_\_\_ (Galatians 2:4-5; 1 Timothy 1:3)
- II. A Christian Stands \_\_\_\_\_ Something
  - A. The \_\_\_\_\_ (Philippians 1:17; Jude 3; 1 Peter 4:11)
  - B. Every \_\_\_\_\_ Thing (Philippians 4:8)
- III. A Christian Stands \_\_\_\_\_ Something
  - A. God's \_\_\_\_\_ (2 Timothy 3:16-17; Psalm 119:89; John 10:35)
  - B. God's \_\_\_\_\_ (2 Peter 3:9; 1:4; Hebrews 10:23)
- IV. A Christian Stands \_\_\_\_\_ Something
  - A. The \_\_\_\_\_ of God (1 Peter 5:12; Romans 5:2)
  - B. The \_\_\_\_\_ (1 Corinthians 15:1)
  - C. The \_\_\_\_\_ (1 Corinthians 16:13)
  - D. One \_\_\_\_\_ (Philippians 1:27)

NOTES:

**ORDER OF WORSHIP**

**SINGING**.....Phillip Young  
**SONG** .....**282** I Know That My Redeemer Lives  
**ANNOUNCEMENTS**.....Tim Dye  
**SONG**.....**916** Come, Share the Lord  
**LORD’S SUPPER/OFFERING**....Olen Clark, Greg Clayton,  
Shane Crofts, Tim Dooley  
**SONG**.....**294** I Must Tell Jesus  
**SONG**.....**288** I Need Thee Every Hour  
**SCRIPTURE READING**.....Jackson Coggin  
**OPENING PRAYER**.....Dillon Clayton  
**SONG**.....**634** The Great Physician  
**SONG**.....**798** Yield Not To Temptation  
**LESSON**.....Tim Dooley  
**INVITATION SONG**.....**262** I Bring My Sins to Thee  
**CLOSING PRAYER**.....Kurt Clayton  
**USHER**.....Steve Hill/ Kurt Clayton  
**LOCK**.....Dan Cobb  
**SECURITY**.....Dane Coggin  
**GREETERS**.....Mark & Alyce Jennings

**WORSHIP—SUNDAY—1:15 PM**

**P.M. SINGING**.....Richard Jennings  
**P.M. OPENING PRAYER**.....Hunter Jennings  
**LESSON**.....Tim Dooley  
**P.M. CLOSING PRAYER**.....Jason Jennings

**BIBLE STUDY—WEDNESDAY 12th—6:30 P.M.**

**SINGING**.....David Clayton  
**OPENING PRAYER** ..... Mark Jennings  
**CLOSING PRAYER**.....Caleb Jennings

**Sunday, January 16**

Greeters.....Richard/Kathy Jennings  
Announcements..... Tim Dye  
Singing.....Andy Brown  
Lord’s Supper  
O Clark, G Clayton, S Crofts, T Dooley  
Scripture Reading.....Clayton Hill  
Opening Prayer.....Shaler Grigsby  
Closing Prayer.....Martin Crofts  
Usher.....Steve Hill / Shane Crofts  
Lock.....Tim Dooley  
Security.....Jason Jennings

**Sunday P.M.**

Singing.....Tim Dooley  
Opening Prayer.....Troy Robertson  
Closing Prayer.....Mason Simmons

**Wednesday January 19**

Singing.....Thomas Wall  
Opening Prayer.....Richard Jennings  
Closing Prayer.....Randy Wall

**Sunday, January 23**

Greeters.....Greg & Kim Clayton  
Announcements..... Tim Dye  
Singing.....Mike Brown  
Lord’s Supper.....  
O Clark, G Clayton, S Crofts, T Dooley  
Scripture Reading.....Phil Young  
Opening Prayer.....Perry Jones  
Closing Prayer.....Clay Jennings  
Usher.....Steve Hill / Jason Jennings  
Lock.....Jason Jennings  
Security..... Mark Jennings

**Sunday P.M.**

Singing.....Andy Brown  
Opening Prayer.....Perry Jones  
Closing Prayer.....Clay Jennings

**Wednesday January 26**

Singing.....Dillon Clayton  
Opening Prayer.....Kevin Simmons  
Closing Prayer.....Phillip Young

**NEW ALBANY CHURCH OF CHRIST**

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