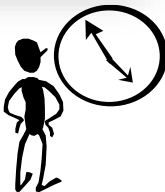


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### Time of Assembly



#### Sunday:

Bible Study 9:00 a.m.  
Worship 10:00 a.m.  
Worship 5:00 p.m.  
(every other week)

#### Wednesday:

Bible Study 6:30 p. m.

## A Sweet Lesson in Humanity

By Pat Williams

Years ago, a 10-year-old boy approached the counter of a soda shop and climbed onto a stool. “What does an ice cream sundae cost?” he asked the waitress.

“Fifty cents,” she answered.

The youngster reached deep in his pockets and pulled out an assortment of change, counting it carefully as the waitress grew impatient. She had “bigger” customers to wait on.

“Well, how much would just plain ice cream be?” the boy asked.

The waitress responded with noticeable irritation in her voice. “Thirty-five cents.”

Again, the boy slowly counted his money. “May I have some plain ice cream in a dish then, please?” He gave the waitress the correct amount, and she brought him the ice cream.

Later, the waitress returned to clear the boy’s dish and when she picked it up, she felt a lump in her throat. There on the counter the boy had left two nickels and five pennies. She realized that he had enough money for the sundae but sacrificed it so that he could leave her a tip.

The moral:

Before passing judgment, first treat others with courtesy, dignity, and respect.

Painting Stripes on a cow doesn't make it a zebra.



Just like putting make up and a dress on a man doesn't make him a woman!

## Your Speech Shows It

By Terry Wane Benton

(Mark 14:66-72)

To those venomous unbelieving Jews in Jerusalem, gathered that early morning around the fire, it seemed to be a strong inference that Peter was associated with Jesus. His speech was Galilean in style and enunciation, and Jesus was Galilean. Who among Galileans would be up and present here at this hour? Thus, an inference is that “this is one of them” (troublers) and “your speech shows it!”

I wonder if being a disciple of Jesus was a crime, would there be enough evidence to convict us? Would our speech show it? Is our speech so unlike the world? Holy? Non-vulgar? Never any profanity or coarse jesting? Never any taking of the Lord’s name in vain? Do you talk about moral issues and righteousness a lot? Does your speech avoid gossip, and contain a lot of thanksgiving? Does your speech show faith, hope, and love? Do you speak of Bible knowledge and love for Jesus? Does your speech show that you are a real disciple of Jesus? Or, does your speech hide the light? Does it fit with the world? Or does it fit with Jesus? What does your speech make others conclude about you? More importantly, what does God know about you? Serious reflection now can do us eternal good!

## Some Benefits of Suffering

By Bob Waldron

There is no problem in life more universal, more common, and more unique than that of suffering. It is a common malady of mankind; if we live long enough, we will experience some type or degree of suffering. It is not my purpose in this article to discuss the source or origin of suffering. While it is a baffling question, many good articles and tracts have been written to explain this problem and they can be read and studied with much profit. It is my intent to look at some ways suffering can benefit us.

### Reliance on God

First of all, we can learn complete dependence on God. If there is ever a time in life when men tend to turn to God, it is when they suffer. We certainly learn this principle from the study of God’s word. Great men of the Bible always turned to God and leaned on him when suffering came. I believe this is the great lesson in the Book of Job. In severe suffering Job “*did not sin with his lips*” (Job 1:10). Neither did he “*charge God foolishly*” (Job 1:22), but worshiped Jehovah. He knew God was his redeemer (Job 9:25) and that God would vindicate his cause.

This was also a quality of Daniel; when problems and threats of death came, he trusted in God for his help (Daniel 6:10-11). And he walked into that den of lions be-

believing God would win the victory for him. And by complete dependence on God, the victory was won (Daniel 6:22-23).

Paul was given a thorn in the flesh. God did not send this suffering; the devil did. And God did not remove it but gave Paul the grace to bear it (II Corinthians 12:7-9). I believe it was complete dependence on God that enabled this great apostle to bear up under this and all other problems of suffering he encountered.

And this is the “bottom line” for you and me. When suffering comes we should certainly turn to God, put our complete dependence on him, and say, “Lord, it is in your hands, I have no other source to which I can turn but you, and may thy will be done.” And what a great source of help, comfort, and strength he can and will bestow on us in times of trouble. “*The Lord is our refuge and strength, a very present help in trouble*” (Psalms 46:1).

## Reliance on Others

Another great benefit we can derive from suffering and trying times is the support of family. There is no greater source of strength and help than a faithful loving husband or wife by your side. And to see them patiently bear up under the long hours of concern and care, never wavering, but always there, cannot be surpassed as a genuine source of benefit and encouragement to one so dependent on others. This, along with children patiently encouraging and helping, makes what seems like unbearable times so much easier. Yes, we can certainly learn of the benefits of a faithful spouse and children in our times of problems and suffering.

Still, another thing we can learn from suffering is what our fellow Christians (especially the local church) can mean to us. In times of severe pain and stress, when the way looks exceedingly dark and drear, what a comfort it is to know of the love, concern, and prayers of our brethren in Christ. It is at these times that we learn what real love, support, and encouragement are all about. I am sure this is how Peter felt when he learned that while he was in prison, with all his sufferings and uncertainties, “*prayer was made earnestly of the church unto God for him*” (Acts 12:5).

## Appreciating Christ's Sufferings

Another definite benefit of suffering is that we can learn of another suffering—that of Christ. While the sufferings of this life may be severe; those that try our very souls, they can in no way compare with the sufferings of Christ. But while they can in no way compare, maybe we can come to appreciate more his love and sacrifice for me. He became obedient unto death, yea even the death on the cross (Philippians 2:6). He was literally nailed to a cross and left there to die. What suffering, what agony! Now maybe, just maybe, in our sufferings we can in some small way come to appreciate that love and sacrifice more. Maybe we can appreciate more what he went through so I can be a Christian and have that hope of eternal life. What a great lesson we can learn in our

times of suffering.

## Appreciating the Joy to Come

One final and very important principle we can learn from suffering is: the sufferings here do not compare with the glory to follow. The New Testament reminds us of this again and again. Paul suffered much for the cause of the Lord. And in our times of suffering, we can in some small way relate to him as to what he emphasized again and again, *“Wherefore we faint not; but though our outward man is decaying, yet our inward man is renewed day by day. For our light affliction, which is for the moment, worketh for us more and more exceeding weight of glory”* (II Corinthians 4:17-18). He states further, *“If children, then heirs, heirs of God, and joint heirs with Christ; if so be that we suffer with him, that we may be also glorified with him. For I reckon the suffering of this present time are not worthy to be compared with the glory which shall be revealed to usward”* (Romans 8:17-18). So, we can understand that whatever sufferings we undergo here are light and insignificant in comparison to our eternal reward. All sufferings of this present world don’t last long, yet heaven is eternal. This is precisely why we need to learn this great benefit of suffering and why we should endure patiently; knowing that by faithfully committing our lives to God, we can have a great reward in heaven. I believe it will certainly be worth it all.

## Learning Our Lessons

Yes, suffering is the common lot of mankind. And in suffering, we can learn things learned nowhere else. We can learn a deeper and more abiding faith in God and a more humble trust in him. And despite the suffering of this world, we can cast all our cares on him knowing that he cares for us (I Peter 5:7). And in turning it all over to him and waiting on him, always believing he will work things out to our ultimate good, we will win.

And finally, may we learn what the Spirit said to the church at Smyrna, *“Fear not the things thou art about to suffer; behold, the devil (the source of suffering) is about to cast some of you in prison, that you may be tried; and shall have tribulation ten days (a short but definite period of time). Be thou faithful unto death, and I will give you a crown of life”* (Revelation 2:10).

## The Problem of Depression

By David Weak

Depression’s a problem that plagues most people, and Christians are no different. It’s a natural part of the human mind to take periodic emotional downturns. Here is the problem for Christians: somewhere along the way, someone decided that depression is a sin for a Christian. As my dad would say, “Horsefeathers!” God created emotions. Sadness, anger, and melancholy are all part of a human’s constitution.

Furthermore, the Bible indicates that depression was a normal state of affairs for many Bible characters. David wrote about being clinging to the dust (Psalm 119:25). Job was troubled by loss, disease, a nagging wife, and what he called “*miserable comforters*” as friends who spoke, “*words of wind*” (Job 16:2-3). Is it any surprise that he wished he had never been born (Job 3:3-4), or that he longed for the relief death would bring (Job 3:20-21)? The prophet Jeremiah was so disturbed by the rejection of His people that he despaired of preaching (Jeremiah 20:8-9). Surely, the belief equating depression with sin is misguided and unbiblical.

The trick for a Christian, when depression arises, is to get rid of it as quickly as possible. Paul said that one should not let the sun go down on anger (Ephesians 4:26). The child of God has plenty of help from God during these times. When depression rears its ugly head, remember some very important facts.

First, give people a break. Many times we find ourselves disappointed in our brethren. Why have we built them up so? People don’t always do what I think they should, nor do they see things my way all of the time. They disappoint me. Well, so what!?! I shouldn’t let disappointment send me into despair. Perhaps the problem is with me, not my “offender.” Think the best of your brethren, not the worst (I Corinthians 13:5, 7). Don’t idolize mere people, and don’t make them live up to your standards. It’s enough that they are serving the Lord (Romans 14:5-6, 10).

Second, put your trust in God. The Lord will never forsake you. He will never mislead you. His promises are “*exceedingly great and precious*” (II Peter 1:4). Family, friends, and even Christians can fail you, but God never will. Stand with Him. Walk in the light and be content to be in fellowship with those similarly walking in the light (I John 1:5-7).

Third, you’re never alone. Elijah became convinced that he was whipped. He believed Jezebel had won, and he was alone. It was all in his mind because the facts were that although he believed his great victory over the prophets of Baal of Mt. Carmel meant nothing, God told him to pick himself up and get to work. God had seven thousand in Israel who had not bowed to Baal (I Kings 19:1-19).

Fourth, put your mind on things above. The greatest disturbance of a Christian’s mind and heart is a broken perspective. Quit listening to every news report about Washington’s shenanigans. Instead of obsessing over all the evil in the world, pause daily to focus on things above, where Christ is, sitting at the right hand of God (Colossians 3:1-2). Remember heaven is home, not this world (Philippians 3:20).

Depression is a subject with which I am well acquainted. I have experienced it often, and I know how badly it can sap one of strength, joy, energy, and motivation. Thanks to the teachings of the Bible, I know how to fight back, and I know how to keep from wallowing in darkness.