

How to Reduce the Risk of HEART ATTACKS

Would you believe the answer is, “attend church?!” I know what you are saying: “Preachers will do anything to get people to come to church.” Right? Wrong! This information came from the *International Journal of Cardiology*. The headlines read: “Religious faith wards off heart attacks. Recent discovery: Non-religious people have a heart attack risk two and a half times higher than that of religious people — regardless of serum cholesterol or blood pressure levels.” How could that be? I am not a doctor, but I have a few ideas.



♦ **Christians do not have to live with guilt.** As a child of God, I can know that the blood of Jesus continues to keep me pure every day (1 John. 1:7). Even though I foul up, I can repent and live with the confidence of knowing I am safe in the arms of my Lord. I am free to enjoy forgiveness.

♦ **Christians are part of a loving family, the church.** In a day when many families are shattered by divorce, alcoholism, and many other problems, as a Christian, I have something that remains the same. My spiritual family, the church, is there to help me make it through the worst of times. Like a grove of Redwood trees that interlocks roots to survive the storms, the church is there to help through mutual support, shared love, and patient understanding.

♦ **Christians do not have to fear death.** That fear kept mankind in bondage until Jesus came (Hebrews 2:14, 15). We know that we will be resurrected, our bodies changed from physical to spiritual, and that we will live forever with God. David said, “Though I walk through the valley of the shadow of death I will fear no evil, for thou art with me” (Psalm 23:4).

Want to avoid a heart attack? See you in church Sunday.

- Author Unknown, via *House to House Heart to Heart* - (5/2000) -

“What Ever Happened To Hell?”

Hell is no laughing matter. Today the term *hell* is used lightly, jokingly, and as a minor threat. But, it's rarely used as a word carrying the awesome impact of eternal damnation. Why, when most people still believe in punishment for wrongdoing, do they deny God's Word that hell is a place for eternal punishment? How is it that hell has become a “figure of speech” that “we created here on earth”? Why are people afraid to take hell seriously?

If you're concerned that you or someone you care about is beginning to take hell lightly, learn the reason behind this behavior. The denial of the true nature of hell is a basic denial of the truthfulness of God's Word. The consequences are eternal.

“Study to shew thyself approved” (2 Tim. 2:15).

- Author Unknown, via *Beacon*, Bellview Church of Christ, Pensacola, FL -

Calvary is God's blood bank for a sick world.

News & Notes

SCHEDULE OF SERVICES: Until further notice: **Sunday Worship at 10:30 a.m.** and **Wednesday Bible Study at 7:00 p.m.** (auditorium class only).

Masks and social distancing required.

FRIDAY NIGHT SING: July 31st, 7:00 p.m. Weirton Hts. Church of Christ. Social distancing will be observed.

PRAYER REQUESTS: Regina King and Benjamin Radford (Florida members and friends of the Browns - both have contracted the Covid-19 virus). **Bobby Wilson** of Chester (cousin of Janet Malcomson, Sandy Spencer, & Becky McKitrick). **Irvin Gainer** in Texas (Jenny Rhodes' dad). **Jim Loy** in ICU, Alliance, OH (brother of Twila Adamson).

SICK & SHUT-IN: Skip Haught, Melvin “Pete” Reed, Marlene Evans, Shirley Beagle, Emma Rine, Alex Harless, Russell Martin, Doris Dunham. **FOX:** Mary Jane Bowers. **THE ORCHARDS REHAB, East Liverpool:** Tom Postlethwait (Room 4). **CROSSROADS:** Sarah Miller. **VALLEY OAKS CARE CENTER:** Fred Larrimore, (Room 210). **IN FLORIDA:** Ilene Rayl.

Do Not Repay Evil for Evil

What do you do when you have been unjustly attacked by someone?

The book of Proverbs goes against what our natural instincts would tell us to do. We are told, “The vexation of a fool is known at once, but the prudent ignores an insult.” (Proverbs 12:16). “Hatred stirs up strife,” says the wise man, “but love covers all offenses.” (Proverbs 10:12).

Jesus told us to turn the other cheek and to love our enemies (Matthew 5:38-48). He told us to treat others the same way we would want to be treated (Matthew 7:12). He taught us to forgive and to receive back the one who has wronged us as God has forgiven us and received us back (Matthew 18:21-35).

That's risky though. Believing the best in people who have hurt you usually means being hurt again. Opening yourself up to those who have already hurt you almost guarantees that you're going to endure further suffering.

But isn't that what it means to “take up the cross?” Nails hurt. Forgiveness is painful. We are absorbing the pain and giving up the right to justice. Love and mercy involves great risk and comes at a high cost to our hearts.

Do it anyway. Open your heart. Overcome your fear. Crucify it. Remove the judgment. Invite your enemy back in.

Let us remove all pride from our hearts this day and help us to replace anger with compassion ... to replace revenge with mercy. - Author Unknown

- via *Midtown Messenger*, Midtown Church of Christ, Victoria, TX -