

## What To Do When Times Are Bad

Paul's little letter to the church in Philippi (Philippians) has helped me on numerous occasions. It can help you, too, when circumstances in your life are not what you would like them to be. Let me give you an example from chapter 4. Here's some advice from Paul:

1. *"Rejoice in the Lord always; again I say, rejoice!"* (v. 4) - When distressed, we can find joy "in" the Lord. When you're on the down side of life, you're looking at defeat. But when you contemplate Jesus, all you can see is victory! We like to celebrate victories.

2. *"Let your forbearing spirit be known to all men. The Lord is near."* (v. 5) - Paul did not say "let everybody see how downcast you are." Rather, he wants us to behave in such a way that everyone can see we are bearing up under the burdens of life. We don't let life get us down. Why? We recognize that this life is soon over and our Lord will soon return to take us home (see 3:20, 21). Hey, that lifts my spirits!

3. *"Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God."* (v. 6) - Do you catch yourself worrying about a lot of little things? If so, then I can tell you from experience that you're behind in your praying. Prayer puts things in proper perspective. Prayer places our trust in a loving Father who wants to handle our worries about life (see Matt. 6:24-34; 1 Peter 5:6, 7).

Here then, are three things you can do when you feel a "downer" coming on. Too tough for you? Did I fail to mention that Paul also said, *"I can do all things through Him who strengthens me"* (Phil. 4:13).

- Guy Orbison, *Bulletin Digest* -

### What Happens When I Read My Bible?

The Word works effectually in me (1 Thes. 2:13).

The Word teaches, reproves, corrects me (2 Tim. 3:16).

The Word cleanses me (Eph. 5:26).

The Word strengthens me (1 John 2:14; Acts 20:32).

The Word gives me faith (Rom. 10:17).

The Word gives me joy (Jer. 15:16).

The Word gives me heavenly life (John 6:63).

- Author Unknown -

A blessing that is shared is not halved but doubled.

## 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.**

**BAPTISMS:** Bonnie Delong, Cassidy Delong-Ruckman. And Luke Delong-Ruckman.

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

**PRAYER REQUESTS:** **Bobby Wilson** of Chester (cousin of Janet Malcomson, Sandy Spencer, & Becky McKittrick). **Irvin Gainer** in Texas (Jenny Rhodes' dad). **Jim Loy** in ICU, Alliance, OH (brother of Twila Adamson).

**SICK & SHUT-IN:** 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.

## SO FEW LIONS

In a shopping mall T-shirt kiosk, one finds shirts with humorous sayings. A few have disturbing messages.

One I saw: "So Many Christians, So Few Lions." That shirt, with its reference to the first-century practice of throwing Christians to the lions in the Coliseum in Rome wasn't funny to me.

Persecution is no laughing matter. Not long before those brave Christians faced death in Rome's cruel sport, Paul wrote. "All that will live godly in Christ Jesus shall suffer persecution"(2 Timothy 3:12). It should be a matter of serious concern for all believers. At this moment fellow Christians in East Africa and in Muslim-dominated nations suffer in Jesus' name.

What can we do about it? First, we can pray that God will comfort them in their affliction. Second, we can aid families left without support when loved ones are imprisoned. Third, we can pray for courage should we find ourselves facing persecution. When Paul was put in jail for his faith, his courage led others to be bolder (Philippians 1:14).

Want to encourage persecuted saints? Pray to have courage to proclaim the gospel in your neighborhood—the same message other disciples have suffered for. We find courage to stand when we kneel before the Lord.

- Author Unknown, *Glad Tidings of Good Things (House to House)* -

## Spiritual Life

Someone has said that the law of spiritual life is expressed in four words:

**Admit** - accept the truth of God.

**Submit** - obey it.

**Commit** - live in entire dependence on Him.

**Transmit** - let the life flow out in blessings to others.

- *Bulletin Digest* -