

Ten Ways to Get More Out of Life

Sometimes, our life can become dull, bleak, and routine. But it does not have to remain that way. The following are ten suggested ways to get more out of life:

1. Recognize that life is a gift from God not to be taken for granted (James 1:17; cf. Gen. 2:7; Acts 17:24-25).

2. Put more into life: Get involved in the work of the Lord, helping others less fortunate by teaching them the saving Gospel of Christ (Matt. 28:19-20; Mark 16:15-16). The returns on that investment are enormous (Job 42:10; Matt. 25:14-17, 19-23; Rev.2:10).

3. Never worry about tomorrow (Phil. 4:6; cf. Matt. 6:25, 34). All the worrying in the world will not achieve anything except an early grave. Instead, let us give our cares and concerns to the Lord (1 Pet. 5:7; cf. Psa. 55:22) and then focus on getting those things done that need to be accomplished today (Prov. 16:3; 1 Cor.15:58).

4. Do not live in the past. Living in the past causes us to miss opportunities to achieve present goals (Phil. 3:13-15).

5. Live one day at a time. While there is nothing wrong with planning for the future, today is the only day we must accomplish the goals the Lord has set for us (Matt. 6:33-34).

6. Never expect to be free from problems. If it were not for problems, we would never be mentally and spiritually challenged to grow and develop into the individuals God wants us to be (James 1:1-3, 12; 1 Pet. 1:3-7).

7. Focus on the positive aspects of life instead of the negative. Do away with any negative thinking by replacing those thoughts with positive thinking and action (Phil. 4:8; Gal. 6:10; Titus 3:8).

8. Maintain a cheerful and positive disposition around co-workers. Our positive influence will change the lives of those around us for good (Phil. 4:4; 1 Thess. 5:16; cf. 1 Thess. 1).

9. Take a break from the monotony of our everyday schedule by going for a walk. Walking will reduce our stress level, but we just might also be surprised at what pops into our mind (Psa. 119:58-59; Luke 15:17).

10. At the end of each busy day, have a quiet secluded place to go and commune with the Lord (Matt. 6:6). A place to recharge our spiritual batteries. Our Lord was often found in a quiet and secluded location, communicating with His Father (Matt. 14:23; Mark 6:46; Luke 6:12; 9:28).

By applying the above suggestions, we will lead more meaningful and productive lives for the Lord and His kingdom (1 Cor. 15:58).

Author Unknown

- Beacon, Bellview Church of Christ, Pensacola, FL -

Exercise daily — Run from Satan; Walk with God!

News & Notes

TODAY'S GUEST SPEAKER: Herman McHan of the Columbiana congregation. Bro. Rico begins a meeting today at the Streetsboro, OH congregation.

SECRET SISTER REVEAL: Today immediately following the morning worship.

8th ANNUAL SING & PIE "FLING": Next Friday, Aug. 19th, Sing, 7:00-8:00 p.m. (Song Leader: Andy Robison); **Fellowship & desserts, 8:00 p.m.** - ??? WVSOP in Moundsville, WV. See flier on the bulletin board.

80th BIRTHDAY PARTY: For Nancy Hadley next Saturday, Aug. 20th, 2:00-4:00 p.m. at the Multipurpose Building. **No gifts please.** Your presence on this special day will be the cherished gift. Sign-up sheet on the table in the foyer.

DISASTER RELIEF: Voluntary monetary donations are being accepted until the end of August to assist the recent flood victims in Kentucky. Give your donation to one of the Elders or Rico.

PANTRY ITEM: Toilet paper.

LABOR DAY COOKOUT: Monday, Sept. 5th, 1:00 p.m. at Thompson Park, Pavilion 1. Meats & soft drinks provided. Take your favorite covered dish or dessert and games. Sponsored by the Chester & East Liverpool congregations.

OUR GOSPEL MEETING: Sept. 25-29 with **Tim Hatfield.** Plan now to be here for every service.

SICK & SHUT-IN: *The Orchards Rehab, East Liverpool:* Charlotte Mader (David Stefl's sister). **At Home:** Linda Parkes, Russell & Margie Martin, Mike West, Barbara DeLong, Claudette Miller, Sam Burdine (Willard's brother), Cheryl Renfro Walker. **Weston, WV:** Rick Beck.

What the Lord is to Me (from the Psalms)

The **LORD** is my rock and my fortress (Psa. 18:2). He is my solid foundation and will never let me down.

The **LORD** is my shepherd (Psa. 23:1). He is my provider and guide through life.

The **LORD** is my light (Psa. 27:1). He is my revealer of all truth.

The **LORD** is my strength (Psa. 28:7). He is my power to make it through anything.

The **LORD** is my...shield (Psa. 28:7). He is my protector from Satan's arrows.

The **LORD** is my...song (Psa. 118:14). He is my joy all the day long.

The **LORD** is my...salvation (Psa. 27:1). 'Nuff said!

- Edd Sterchi, Broadway church of Christ, Campbellsville, KY (*Bulletin Digest*) -