

# Life In The Body

News and Notes for the :  
Shelbyville  
Church of Christ

**March 4, 2018**

## *The Crisis Of Bereavement*

Since the pale of death pierces every mortal, it is necessary for all of us to learn how to handle bereavement. I have watched with great admiration and respect the courage that has borne many a saint through hours of sorrow. Here is some practical advice I have seen others use in dealing with grief,

1. **Express your emotions.** Since Jesus wept, it should not be considered a Christian virtue to be unmoved by the loss of a loved one. There is a difference between suppressing one's emotions and self-control. The Bible does not say, "Sorrow not," but it says, "you will not grieve as do the rest who have no hope." ( I Thes. 4: 13 )
2. **Seek the aid of your friends.** The very presence of friends is an encouragement. When Paul neared Rome the brethren came to meet him and he "thanked God, and took courage." ( Acts 28: 15 )
3. **Compel yourself to be with people.** Your inclination may be to retreat into the refuge of privacy, but there is a greater need than one realizes to associate with others. David did in II Sam 12: 19-23.

4. **Express your feelings in words.** Talking about it will help you accept it. If this is done at the outset of bereavement, one will sooner be able to stabilize his life.
5. **Avail yourself of spiritual resources.** Even though you may not have realized the importance of the scriptures and their comfort, now these can help build your faith. The power of prayer and the peace of God are precious possessions.
6. **Don't brood over what might have been.** Both Mary and Martha said, "If you have been here my brother would not have died." ( John 11: 21, 32 )
7. **Actively pursue worthwhile tasks.** Once the initial shock has been dealt with, get busy at other things. Resolve like Paul to "reaching forward to what lies ahead," ( Phil 3: 13 )
8. **Make careful and thoughtful decisions.** Many an individual jumps hastily into deciding the full scope of the future rather than waiting until one has regained a proper perspective of life. Do not get in a hurry. Make prayerful decisions.
9. **Increase your trust in God.** Those who have come through their sorrow with a deeper faith can verify that God who rules over all, truly does make all things work together for good. ( Rom. 8: 28 )

After the crisis of grief, you can serve more fully and sympathize more completely with men of like passions. With Paul you too can thank God for the comfort you received knowing that it has now given you the ability to comfort others who are in any trouble. ( II Cor. 1: 4 )

— Anonymous Author

### ***From Fleeting To Forever***

*Because I live, you also will live.*

— John 14:19

Grieving women trudged to the tomb to anoint the body of Jesus, only to find the tomb empty. "Why do you look for the living among the dead?" an angel asked. "He is not here; he has risen!" (Lk 24:5, 6).

Paul declared that Jesus is “the firstfruits of those who have fallen asleep . . . in Christ all will be made alive” (1 Cor 15:20, 22). “I am the resurrection and the life,” Jesus said. “Those who believe in me, even though they die, will live; and everyone who lives and believes in me will never die” (Jn 11:25-26 NRSV).

Life is a finger snap, an eye blink. You don’t know if you’ll have another day. What you do know is that when the sun sets here and comes up there, the new day is forever.

*This life is fleeting.  
The coming life is forever.*

– Joe Barnett

### **Gospel Meeting**

Southside church of Christ , 17<sup>th</sup> St., Mattoon  
March 12-17 , 7:00 PM daily, Chuck Bartlett speaking  
See Flyer on Bulletin Board

### **Sweetheart Banquet**

At 6:30 p.m. on March 17<sup>th</sup> we will gather at the Lion’s Club building in anticipation of “**fun, fellowship and food.**” Bring a sweetheart if you have one, come alone or bring a friend/s. See signup sheet on to facilitate an estimate of food to be prepared and there will also be an opportunity to donate some strategic items if you’re so minded. (pies) *See Sherry for info*

### **Coming in Lady’s Events**

Paris Church of Christ, Paris, IL .. Lady’s Day  
April 21, 2018 .. 8:00 a.m. for continental Breakfast  
More info to follow. See flyer on bulletin board.

**Pride Packages For Soldiers:** We rotate the items that we bring in so there will be a variety of things available for Pat to send to our soldiers. For the next two weeks we’ll be bringing: Writing tablets, Stationary, Black ink pens, Small white envelopes, Card games

**Reading : Nehemiah 8: 1-12**

**NEXT WEEK : ( March 11, 2018 )**

**Song Leader : Delmar**

**Scripture Reader : Bob**

**Table & Announcements : Tim**

***Prayer list :***

**Rosanne Reynolds :** Wound from knee surgery opened up. She's seeing wound specialist and very painful pinched nerve

**Susan's Mother :** Susan's mother doing well after her fall

**Mark Niehls :** Diagnosed with defective heart valve. They anticipate replacement surgery in the near future.

**Bob Stevens:** Bob's recovery from surgery still going so well. He has been released to drive and resume some activity.

**Hailey Wilhour:** had a stem cell transplant, continuing chemo

**Peggy Storm:** In Neoga rehab - physical therapy for stroke

**Bruce Miller:** Madonna's brother-in-law chemo continues

**Ron Bartanen :** Had pre-surgery stress test on Friday.

**Ernie Wasson :** At home, but healing of surgery problematic

**Those with ongoing need of prayer :**

***Those with age related issues :***

Ruby, Doris, Mary, Jeanne, Delores, Marg, Pete & Hazel,  
Betty, Francis

***Other members with ongoing issues :***

**Nancy Miller :** Parkinson's Disease, moved out to farm

**Robin Shumard :** significant respiratory and foot issues

**Brenda Stevens :** Ongoing severe painful back issues

**Megan Nichols :** About the same - still in physical therapy

Madonna : Her biweekly chemo will continue indefinitely.

Glenda Hyneman : Multiple recurring issues, some serious

Jerry Rankin : Heart Issues

Butch Reynolds : Heart condition and back issues

Dan Luidhardt : Wayne's friend is suffering from kidney failure due to diabetes. Stabilized, but remains an ongoing problem.

**\* Each day as you pray for those on this list,  
always include our congregation and her elders**

*Visitors are always welcomed.  
We invite you to visit our assemblies.*

#### Schedule of Services :

Sunday Morning : Bible Study .... 9:30 a.m.  
Worship ..... 10:20 a.m.

Sunday Evening : Worship ..... 6:00 p.m.

Wednesday : Bible Study ..... 7:00 p.m.



*Ya'll Come !*

