

Life In The Body

News and Notes for the :
Shelbyville
Church of Christ

September 2, 2018

Whatever Is Inside The Heart

I heard this analogy recently, and I absolutely love it:

You are holding a cup of coffee when someone comes along and bumps into you or shakes your arm, making you spill your coffee everywhere.

Why did you spill the coffee?

"Well because someone bumped into me, of course!"

Wrong answer.

You spilled the coffee because there was coffee in your cup.

Had there been tea in the cup, you would have spilled tea.

Whatever is inside the cup, is what will spill out.

I believe that's true, and it's such an important principle.

Solomon said in Proverbs 4:23 (NIV), *"Above all else, guard your heart, for everything you do flows from it."*

And Jesus said, *"For out of the abundance of the heart the mouth speaks."* (Matthew 12:34).

This is important because so much of what we do is the reaction of the moment. Most of us would manage fairly well if we

could be given a situation and we had an hour to think about how we should handle it.

But rarely do we have that luxury. In most situations, we have only a few seconds to decide how we will react, and how we react will be determined by what's in our heart. **Whatever is inside the heart, is what will spill out.**

A driver cuts us off in traffic. **Whatever is inside the heart, is what will spill out.**

A schoolmate makes fun of us. **Whatever is inside the heart, is what will spill out.**

A co-worker gets the recognition for the work that we did. **Whatever is inside the heart, is what will spill out.**

The person in front of us in the grocery store line is causing a tremendous delay. **Whatever is inside the heart, is what will spill out.**

A heart filled with grace, joy and gratitude will respond one way. A heart filled with anger, bitterness and ingratitude will respond another. **Whatever is inside the heart, is what will spill out.** May we fill our heart with all of those Christ-like qualities so that whenever we are “bumped”, that's what spills out!

– Alan Smith

You're Building A Bridge

I am the Lord . . .

Is anything too hard for me?

– Jeremiah 32:27

Matthew 19:26 says that “with God all things are possible.”

There are people in your circle who don't doubt his power, but question his concern.

His concern was clear at the Cross. But the Cross of the first century is sometimes shrouded by the pain of the twenty-first. Your acquaintances want to know: What about now? What about me? Where is he when I'm hurting?

That's where you enter the picture. Those who are hurting feel that *he* cares when you, his ambassador, show that *you* care. Your concern builds a bridge from the first century to the twenty-first.

*No one can help everyone,
but everyone can help someone.*

— Joe Barnett

A smile is an inexpensive way to improve your looks.

Local Representatives

Now all these things are from God, who reconciled us to Himself through Christ and gave us the ministry of reconciliation.

II Corinthians 5:18

In Christ we are new creatures. We now longer live for ourselves, but we live for Christ. In Him we are saved to help save others. In Him we have been given grace to give grace to others. In Him we are reconciled to God and given a ministry of reconciling others to God. As His ambassadors, let's quit wondering what we should say or do, and let Him work through us. Our mission awaits.

— David Grubb

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: Little containers of ravioli, Easy Mac & Cheese, Soups in pull tab cans, Hormel dinners in small oval containers, (also, Dinty Moore, turkey and dressing, beef and mashed potatoes)

Birthday : Jocelyn September 2

Reading : II Peter 1: 2-11 ; Ephesians 4: 11-16

NEXT WEEK : (September 9, 2018)

Song Leader : Stan

Scripture Reader : Bob

Table & Announcements : Tim

Only the mediocre are always at their best.

— Jean Giraudoux

Prayer list :

John & Mary Cutillo : Friends of the Niehls family in PA, tests indicate that John indeed does have lymphoma. His cancer is presently confined to the area of the small intestine. He is scheduled to begin chemo treatments on August 31.

Debra Robinson : Betty Lowe's stepdaughter had surgery for breast cancer. She has had one chemo treatment and did well enough with it so that they are scheduled to continue.

Brenda Stevens : Brenda is rejoicing that her appointment with the specialist in St. Louis was moved up to Sept 14.

Those with ongoing need of prayer :

Those with age related issues :

Ruby, Mary, Doris, Delores, Marge, Betty, Pete & Hazel,

Other members with ongoing issues :

Pete & Hazel : Dealing with multiple issues, some age related

Delaney West : Surgery on hold as tumor is being observed

Nancy Miller : Parkinson's Disease

Robin Shumard : Due to neurological issues which are secondary to diabetes, Robin is confined to a wheelchair.

Brenda Stevens : Ongoing severe painful back issues

Wayne : Ongoing issues related to stroke recovery

Madonna : Her biweekly chemo will continue indefinitely.

Glenda Hyneman : Multiple recurring issues, some serious

Butch Reynolds : Heart condition and back issues

Jerry Rankin : Heart Issues

Bruce Miller: Madonna's brother-in-law ..awaiting test result

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 !