

Life In The Body

News and Notes for the :
Shelbyville
Church of Christ

April 25, 2021

God Offers Help with Our Emotions

When God created us, He created us capable of a wide range of emotions: amusement, anger, anxiety, awe, awkwardness, boredom, calmness, confusion, disgust, empathy, excitement, fear, joy, love, peace, and relief, just to name a few. Emotions are complex. According to some theories, they are states of feeling that result in physical and/or psychological changes that influence our behavior. Often our behavior is governed more by emotions than evidence. That's not necessarily a bad thing ... at least not always.

One thing that many researchers fail to acknowledge is the spiritual nature of our emotions as they connect with God. When guided by the Holy Spirit, emotions can greatly enrich our human experience. There is no love greater than knowing the love of God (*Ephesians 3.16-19*). No greater peace can be experienced than that which comes from God (*Philippians 4.6-7*). The Scriptures encourage us to allow God, with His help, to develop positive emotions within us, things like joy, compassion, trust, patience, etc. They also instruct us to avoid or control negative emotions like anger, hatred, envy, jealousy, etc. If we neglect the Spirit's help in dealing with our emotions, we are left on our own to grapple with the ups and downs of life.

For the past several months we have been bombarded with information and situations that are challenging our emotions. None of us have been unaffected by the racial unrest, the political division, the economic challenges, and our personal and governmental reaction to COVID-19. Our families, our communities, our nation and even our churches are experiencing emotional turmoil.

The good news amidst all this bad news is that none of this is taking God by surprise, and, if we choose, we can depend on Him for help in sorting all of this out. This is not the first time people have been distressed, confused and brokenhearted, nor is it likely the last. No matter how many times it has happened or will happen, God always holds out his heart and hands to offer us help, even with our emotional responses to these things. Events in life may break our hearts and crush our spirits, but there is never a reason for despair. *“When the righteous cry for help, the Lord hears and delivers them out of all their troubles. The Lord is near to the brokenhearted and saves the crushed in spirit. Many are the afflictions of the righteous, but the Lord delivers him out of them all ... fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand.”* (Psalm 34.17-19; Isaiah 41.10). Fear not; troubled emotions are one of God’s specialties.

— Joe Chesser

At the Right Time

*If we are thrown into the blazing furnace,
the God we serve is able to save us from it.*

— Daniel 3:17

Shadrach, Meshach, and Abednego knew that God was able to save them, but didn’t know if he would.

“But even if he does not,” they told the king, *“we will not serve your gods.”* Their courage was fueled by their faith that God would do the right thing at the right time.

Are you having second thoughts about God’s presence? You have been told that prayer changes things, but you’ve prayed, and it hasn’t changed a thing.

Even so, continue to believe that God is able to deliver you, for he is. If he isn't answering when you want him to, in the way you want him to, still hold tenaciously to your faith.

At the right time and in the right way he will honor your trust.

Don't waver when you must wait.

— Joe Barnett

*An honest answer to a hard question
has turned many a person to God.*

* **"Motivation is what gets you started.**

Commitment is what keeps you going." (Jim Rohn)

* **"Commitment is what transforms a dream into a reality."**

(Abraham Lincoln)

* **"Most people fail not because of a lack of desire**

but because of a lack of commitment." (Vince Lombardi)

Update on Marge Christman

Miss Marge had a fall and a broken hip to go with it. She was in the hospital in Decatur and then went through a course of rehab at the Manor, but remained confined to a wheel chair so the family thought it best that she should be closer to them. Therefore, she's been moved from The Villas to be near Connie, her daughter in South Carolina. Marge's new address is :

Marjorie Christman
Brookdale Senior Living
Room 103
2030 Charlie Hall Blvd.
Charleston, South Carolina 29414

Sending her a card would make you feel good and might lift her spirits as well.

Reading : Matt. 28: 1-10 ; I Cor. 15: 1-6, 13-17

NEXT WEEK : (May 2, 2021)

Song Leader : **Tim**

Scripture Reader : **Jonathan**

Table & Announcements : **Ron**

Prayer List :

Wayne : Bro. Wayne has been diagnosed with liver cancer, but treatments will not get in full swing until the doctors get back from their vacations, etc.

Gloria Zanders: Underwent surgery to have a mass removed. The surgery was successful and the mass tested as benign.

Susan Bales : The mother of Rosanne continues to grow weaker.

Mary Julius : Bro. Ron's sister has returned home to do much therapy as she seeks to recover from her stroke, but being home has lifted her spirits. Thanks for your prayers, both past and ongoing prayers.

Those with ongoing need of prayer :

Those with age related issues :

Marge, Mary, Doris, Delores, Betty, Pete & Hazel, Susan, Wayne, Mary & Fay Julius, Ron & Doris Bartanen

Others with ongoing issues :

Madonna Nichols : Madonna continues to receive chemo every other week to treat her liver cancer.

Butch Reynolds : Heart condition and ongoing back issues

Jerry Rankin : Jerry has multiple serious ongoing issues.

Tim Gaddis : Recovering from a stroke at the Rehab facility

Brenda Stevens : Ongoing painful back issues.

Debbie Adams : Lengthy recovery from severe car accident

Mary Julius : Recovering from stroke

Susan Bales : Rosanne's mother is growing progressively weaker. Even a few steps are difficult and her mind is slipping

*Questions for self: How committed am I to Christ.
How does my commitment effect my life ?*

*** 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.*

Ya'll Come !

Schedule of Services :

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

Sunday Evening : Worship 6:00 p.m.



