

SPIRITUAL NUTRITION

If you have watched the news any time lately, you have probably been aware of the new “epidemic” in our country. This epidemic is not caused by a virus; it is not caused by a bacteria; it isn’t caused by any “disease” at all. The new epidemic in our country, say the experts, is obesity. We are being told that we have a fat problem and that our society needs to do something about it! Much of our problem, say the experts, stems from poor nutrition: an imbalance in our diet, too much sugar and fat, and not enough fiber and healthy foods like fruits and vegetables. Another problem, they say, is that we eat too much; and, as a result of overeating, we multiply pound upon pound.

In contrast to our burgeoning physical waistlines, we are spiritually wasting away. Spiritually, we need to have a balanced diet as well; we need less spiritual sugar and fat; we need more spiritually healthy choices. It is not easy to give up a diet of sugar and fat; after all, they taste so good! Similarly, it is not easy to divorce ourselves from spiritual sugar and fat (i.e., the “feel good” approach to spirituality). So how can we improve our spiritual diet?

First, we need a daily serving of prayer. We begin to grow weak spiritually when we think that we are self-sufficient and have no need to depend upon God. A daily serving of prayer is packed with the daily essential vitamins of humility, selflessness, and thankfulness. We need these to fight off the potential bulge of pride, selfishness, and arrogance. Paul wrote, “Pray without ceasing” (1 Thess. 5:17).

Second, we need a heaping portion of God’s Word. Every day we make decisions in our relationships that affect our family, friends, coworkers, and acquaintances. We need nourishment of God’s Word to guide us in such

decisions. We also face temptation of one sort or another and need the fortification of God’s Word to help us to overcome. Jesus quoted Scripture to Satan when He was tempted, and we know that God’s Word will help us overcome temptation (Psa. 119:11).

Third, we need a regular dose of service to others. There are many around us who need help. It is not enough for us to sit back and relax and wait for them to come to us. We need to be active in going out and seeing how we can help others. Galatians 5:13 says, “For brethren, ye have been called unto liberty; only use not liberty for an occasion to the flesh, but by love serve one another.” Exercising service in our life will keep us spiritually fit.

Finally, we need to pour ourselves several cups of a good attitude. Attitude makes all the difference in our daily walk with God. Regardless of what we may believe, we have complete control over our attitude, no matter how things are going in life; and we must conform our attitude toward God’s will. What must we do? Show love toward our fellow man, exercise patience, practice longsuffering, and generously give forgiveness to those around us. Jesus said, “In your patience possess ye your souls” (Lk. 21:19). We need constantly to drink from the water of life to help our attitudes!

So many in today’s spiritual world want to satiate themselves with spiritual soda pop and candy. And, while there certainly is not anything wrong with having soda pop or candy on certain occasions, a regular diet of it will cause sickness and mal-health. Such is also true spiritually; spiritual fast food may taste good at first, but cannot ultimately satisfy. Exercising spiritually healthy choices, however, will maintain a healthy spiritual life and fortify us with the basic essential spiritual nutrients.

Kevin Cauley *from Eastside Edifier*

THE WAGES OF SIN

“For the wages of sin is death; but the gift of God is eternal life through Jesus Christ our Lord” (Romans 6:23).

A study of the Bible reveals very plainly that salvation cannot be earned. One receives eternal salvation as a *gift* from God when the gospel is obeyed (Eph. 2:8-10). But, if one passes through the door of death with sin upon his soul, he will have *earned* death! Sin is a destructive power!

1. Sin had the power to destroy angels, (2 Pet. 2:4; Jude 6).
2. Sin has the power to destroy cities, (2 Pet. 2:6; Gen. 19:24; Jude 4-6).
3. Sin has the power to destroy nations, (Jude 5; 1 Cor. 10:5-10; Heb. 3:16-19).
4. Sin has the power to destroy the people of the world, (2 Pet. 2:5; 3:6).
5. Sin has the power to destroy churches, (Rev. 2:5,14-16,20-23; 3:5,15-19).
6. Sin has the power to destroy individuals, (1 Sam. 15:23).

God will reject the one who rejects His Word (Deut. 11:26; 2 Chron. 15:1-2). Sin will destroy and separate us from God eternally in hell. Sin is powerful and destructive, but our loving God gave His Son on the cross to give us opportunity to have our sins washed away through baptism, (Acts 22:16). Those who obey not the gospel will have earned death (2 Thess. 1:7-9).

If you are not a Christian, become one today, by faith (Heb. 11:6), repentance (Lk. 13:3), confession that Jesus Christ is the Son of God (Acts 8:37), and baptism for the remission of sins (Acts 2:38). The free gift of salvation is yours simply by obeying His will. On the other hand if you fail to take advantage of the free gift, you will have earned for yourself the wages of sin = “death.”

Tommy Stacks *from Eastside Edifier*

BIRTHDAYS

Millie Robertson, 09-02; Lynda Cole, 09-06;
Jennifer Carter, 09-07.

ILL

Sunday: Abby Stillwell. **Wednesday:** Janice Carter.
Luvenia Jenkins is recovering from surgery at home.

Those battling cancer: Jamal Abyad, David Cole, and
Ledgia Campbell. Please remember these in your prayers,
as well as: Millie Robertson, Allen Scott, and Ralph and
Helen Franklin.

HOME BOUND

Bob Adams resides at Room D-4 of the Johnson County
Nursing Center in Olathe. Marion Stone is at home.
Please remember these in your prayers and visitation.

OUT OF TOWN

Melissa Cole was in Osage City, Kansas last Sunday
morning. The Parish family was away last Sunday. The
Scott's were in Clinton, Missouri last Sunday. Trent
Thrasher was in Belle, Missouri last Sunday morning.

POT LUCK DINNER

Our monthly Pot Luck Dinner will be held this Sunday,
September 2 following our AM worship. Come and enjoy
the good food and company.

MEN'S BUSINESS MEETING

Our monthly Men's Business Meeting will be held next
Sunday, September 9 following our AM worship. All
men of the congregation are encouraged to attend.

MID-WEST LECTURES

The *25th Annual Mid-West Lectures* will be held
September 16-20 at 39th Street in Independence, MO.
See the flyer in the foyer for details. The lectures will be
broadcast via OABS.ORG.

ATTENDANCE

Sunday AM, 41; Sunday PM, 38; Wednesday PM, 32.

Those To Serve

September 2, 2007

BUILDING AND COMMUNION.....Cole

MORNING WORSHIP

ANNOUNCEMENTS..... George Thomas
SONG LEADER.....Steve Brown
OPENING PRAYER Trent Thrasher
PRESIDE.....Jared Nelson
ASSIST.....Jeff Nemechek
ASSIST.....David Parish
CLOSING PRAYER..... John Cody Carter

EVENING WORSHIP

OPENING PRAYER Joel Nelson
CLOSING PRAYER..... John Dodson
LORD'S SUPPER.....Jared Nelson

WEDNESDAY 5th

SONG LEADER..... George Thomas
INVITATION Jeff Nemechek

WORSHIP SCHEDULE

Sunday

Bible Study 9:30 AM
Morning Worship 10:30 AM
Evening Worship 6:00 PM

Wednesday

Ladies Bible Study 10:00 AM
Bible Study 7:00 PM

Preacher: Ted J. Thrasher

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