

ANNOUNCEMENTS

Church of God Big Sandy

ChurchofGodBigSandy.com

Jan. 28, 2017 • 2:00 p.m. • Sunset 5:47

Service next Sabbath: 2:00 p.m.

Order of service

Song leader	Ron Avey
Pianist	Dixon Cartwright
First sermon	Neil McIver
Teen class—Library	Jeanine Case
Kids class—Classroom #2	Jennifer Danapas
Second sermon	Dave Havir

Quick takes

1. Greetings from Maria Velasco—When Maria Velasco called Vi Lehman and Marcia Chambers, she sent along her greetings to the congregation. She reports that she is busy, but doing well.
2. Thank you—Thank you to the individuals who served at the Chamber of Commerce banquet in our building on Thursday evening.
3. Chili potluck next week—The annual chili potluck is scheduled immediately after the church service next week.
4. Upcoming guest speakers—We are pleased to announce the following guest speakers in February.
 - Terry McAdams—Feb. 4
 - Neal Parker—Feb. 18.
5. Main reason for canceling church service—Our main reason for canceling a church service is the loss of electricity.
6. Edifying the Body—This week's article is "The Ongoing Gosnell Blackout" by Brent Bozell.
7. Among Friends—This week's article is "Recognizing Who You Are" by Dave Havir.
8. Eye on the World—This week's "Eye on the World" is 26 pages.

Prayer updates

Jerry Thompson, who had a needle inserted into his right eye on Friday, Jan. 13, and into his left eye on Thursday, Jan. 19, is scheduled for eye surgery on Feb. 8. He and his mother, **Vonda Ouellette**, who went to visit family near College Station, are scheduled to return home on Wednesday.

Willie Choate reports that he continues to feel fine after deciding to discontinue chemo treatments. He appreciates all the prayers.

Betty Foster continues to feel stronger. A physical therapist comes to her home twice a week.

Laura Moran, who was recently diagnosed with acute bronchitis, went to a cardiologist this week and confirmed that she does not have congestive heart failure.

On Thursday, **Ron** and **Gracie Feaker** went for their doctor appointments.

Joy Hughes of The Woodlands, who went to a hospital due to an infection in her foot, was able to return home.

Please remember **Sonny Rosenberger**, who is dealing with some breathing challenges.

Dean Koeneke of the local community, who recently had brain surgery due to an aneurysm, apparently had a stroke on Thursday.

In the Jan. 14 bulletin, we mentioned that **Bill Allen** of Nashville, Tenn., fell from a ladder and suffered a broken leg. He has now been dealing with arm numbness.

In last week's bulletin, we mentioned that **Lee Sharp** of the local community was in hospice care. Mr. Sharp died last Saturday. **Dave Havir** officiated at a graveside service on Tuesday morning. Please remember Mr. Sharp's wife, **Doris**, and the rest of the family in your prayers.

New prayer requests

On Thursday, **Annette Payne** went to Longview Regional Hospital because of clogged arteries in both legs. The plan was to have a procedure to unclog those arteries. The doctor unclogged the arteries in her right leg, but delayed the left leg due to a diagnosis of the arteries there being 100 percent clogged. (She is scheduled to see a different doctor in the near future for the procedure on her left leg.) Although she was discharged on Friday morning, the doctor quickly scheduled a test of her carotid arteries before leaving.

On Monday, **Peggy Wooten** of Perry, Mich., had hip-replacement surgery.

Rebecca Hollon of Cincinnati, Ohio, learned some bad news when having a recent procedure. When she was scheduled for surgery to remove a small cyst, she learned that her uterus had "grown to seven times larger than normal." She is anticipating a hysterectomy.

Jeff Maehr of Pogosa Springs, Colo., had shoulder surgery due to a tendon being completely torn from the bone.

Linda Williams of Greenville, S.C., went to a hospital with chest pain.

Dean Ames of the local community died on Jan. 17. The funeral was yesterday. Please remember his family in your prayers.

Scriptures to consider

James 1:22-25—But be doers of the word, and not hearers only, deceiving yourselves. For if anyone is a hearer of the word and not a doer, he is like a man observing his natural face in a mirror; for he observes himself, goes away, and immediately forgets what kind of man he was. But he who looks into the perfect law of liberty and continues in it, and is not a forgetful hearer but a doer of the work, this one will be blessed in what he does.

James 1:26—If anyone among you thinks he is religious, and does not bridle his tongue but deceives his own heart, this one's religion is useless.

Proverbs 23:7—For as he thinks in his heart, so is he.

Matthew 6:21—For where your treasure is, there your heart will be also.

Matthew 6:22-23—“The lamp of the body is the eye. If therefore your eye is good, your whole body will be full of light. But if your eye is bad, your whole body will be full of darkness. If therefore the light that is in you is darkness, how great is that darkness!”

Deuteronomy 30:11-20—“For this commandment which I command you today is not too mysterious for you, nor is it far off. It is not in heaven, that you should say, ‘Who will ascend into heaven for us and bring it to us, that we may hear it and do it?’ Nor is it beyond the sea, that you should say, ‘Who will go over the sea for us and bring it to us, that we may hear it and do it?’ But the word is very near you, in your mouth and in your heart, that you may do it. See, I have set before you today life and good, death and evil, in that I command you today to love the LORD your God, to walk in His ways, and to keep His commandments, His statutes, and His judgments, that you may live and multiply; and the LORD your God will bless you in the land which you go to possess. But if your heart turns away so that you do not hear, and are drawn away, and worship other gods and serve them, I announce to you today that you shall surely perish; you shall not prolong your days in the land which you cross over the Jordan to go in and possess. I call heaven and earth as witnesses today against you, that I have set before you life and death, blessing and cursing; therefore choose life, that both you and your descendants may live; that you may love the LORD your God, that you may obey His voice, and that you may cling to Him, for He is your life and the length of your days; and that you may dwell in the land which the LORD swore to your fathers, to Abraham, Isaac, and Jacob, to give them.”

John 13:17—“If you know these things, blessed are you if you do them.”

“Recognizing Who You are”

This article is from the “Among Friends” section of the Church of God Big Sandy’s website, churchofgodbigandy.com. It was posted for the weekend of Jan. 28, 2017.

By Dave Havir

BIG SANDY, Texas—It is my opinion that a major impediment to emotional and spiritual growth is that we as people lie to ourselves about who we are. All of us face denial about certain aspects of our lives.

To help you break through your personal denial and to recognize who you are, I want to share five different ways in which you can examine yourself.

What you eat

Consider the phrase “You are what you eat.”

I will paraphrase four historical comments from “phrases.org.uk.”

■ In 1826, Anthelme Brillat-Savarin wrote (translated into English): “Tell me what you eat and I will tell you what you are.”

■ In 1863, Ludwig Andreas Feuerbach wrote (translated into English): “Man is what he eats.”

■ In 1923, nutritionist Victor Lindlahr developed the Catabolic Diet and wrote: “Ninety per cent of the diseases known to man are caused by cheap foodstuffs. You are what you eat.”

■ In the 1960s hippy era, the phrase got a new lease on life.

What you do

Consider the phrase “You are what you do.”

In James 1:22-25, the apostle James described the difference between a hearer of the Word and being a doer of the Word.

Notice his strong statement in verse 26.

James 1:26—“If anyone among you thinks he is religious, and does not bridle his tongue but deceives his own heart, this one’s religion is useless.”

What you think and feel

Consider the phrase “You are what you think and feel.”

There is a famous scripture concerning this idea in the book of Proverbs.

Proverbs 23:7—“For as he thinks in his heart, so is he.”

Jesus taught that what we think and feel can actually be the origin of sin. In the Sermon on the Mount, He mentioned the examples of murder (Matthew 5:21-26) and adultery (verses 27-30).

What you love and hate

Consider the phrase “You are what you love and hate.”

Jesus taught: “For where your treasure is, there your heart will be also” (Matthew 6:21).

As you can recognize, people can be identified by how they spend their money and their time.

People can also be identified by their passions. What does a person love? What does a person hate?

Be careful not to be consumed by a negative passion—a root of bitterness (Hebrews 12:15).

It is psychologically healthy to have positive passions (Philippians 4:8).

What you choose

Consider the phrase “You are what you choose.”

Many years ago, Moses wrote God’s view about the importance of choice. A beautiful section of scripture is found in Deuteronomy 30:11-20. The most famous part of that section is found in verse 19.

Deuteronomy 30:19—“I call heaven and earth as witnesses today against you, that I have set before you life and death, blessing and cursing; therefore choose life, that both you and your descendants may live.”

Here are some other instructions about choice.

- Proverbs 28:13—choose repentance
- Matthew 6:22-23—choose light
- Matthew 5:3-12—choose blessing