

MARC'S REMARKS

Morning Person?

I've never been much of a morning person. Though I sleep on the right side of the bed, I often wake up on the wrong side. But here are five ideas that can make every morning better.

1. **Take time for exercise.** A brisk walk, a jog, or calisthenics will get your blood flowing and give you momentum to start the day.
2. **Spend time in meditation and prayer.** When I'm running or lifting weights, I spend time thinking about and praying to God. And sunrise sure is a beautiful thing to behold! Reminds me of His grace!
3. **Eat a healthy breakfast.** Avoid high fat and high sugar foods. These will make you sluggish. Eating right helps your day go right.
4. **Get to bed at a decent hour.** To get up 30 minutes earlier for the things above, go to bed 30 minutes earlier. This isn't rocket science, you know?!
5. **Watch what you eat the evening before.** Eating too much or too late sure makes getting up a chore. Don't sabotage a good morning by finishing the night on a sour note.

Make every morning better by following these tips for refreshing body and spirit.

—Shane Carrington

ABOUT US

Elders

Jack Calvert
Rodney Ellis
Sam McJunkins II

Deacons

Jon Barry
Mike Davis
Dave Massey
Phillip Moore

Evangelist

Marc Hinds
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SERVICE TIMES

Sunday

Bible Study . . . 9:30 A.M.
Worship 10:15 A.M.
Worship 6:00 P.M.

Wednesday

Bible Study . . . 7:00 P.M.

www.txkChurch.com

THE PLAN OF SALVATION

Hear the word of truth Romans 10:13-17

Believe the truth Hebrews 11:6; John 8:24

Repent from all sins. Luke 13:3; Acts 2:38

Confess the name of Christ
. Matthew 10:32-33; Acts 8:35-39

Be baptized in His name
. Mark 16:16; 1 Peter 3:21; Colossians 2:12

Walk in newness of life and **be faithful** unto death
. Romans 6:1-4; Revelation 2:10

Think on These Things

Franklin Drive Church of Christ

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Issue 31

Faith Defeats Discouragement*

W. Frank Walton

We all face discouragement in this fallen world. Elijah, a courageous prophet, allowed himself to be overwhelmed with discouragement in opposing idolatry (1 Kgs 19). Despite God's victory on Mt. Carmel, he couldn't shake focusing on the implacably evil Jezebel, and he became terribly discouraged. Discouragement has been called "greater faith in the devil instead of God."

A preacher was once so depressed over a prolonged period that one day his wife came downstairs wearing all black like she was going to a funeral. The preacher said, "Who died?" She said, "God has." He retorted indignantly, "God hasn't died." And she replied, "Well, then you need to live like it."

1. Sources of Discouragement. There are a myriad of things to discourage us in this evil world. The decaying morality of our

*The remainder of this article will be printed in next week's bulletin.

modern age is disheartening. Woe to those who call evil good (Isa 5:20)! Also, our circumstances may seem to be unusually difficult with no relief in sight. We may feel beset with personal weaknesses, so we are defeated in our minds, believing that we'll never overcome these problems. Additionally, carnal brethren can hurt us deeply. We've all been there. However, failure isn't falling down but rather staying down in discouragement.

2. Focus on the Lord! Growing faith in the Lord will safeguard us against being overwhelmed with discouragement. David faced discouraging circumstances when he seemingly lost everything and his men turned against him (1 Sam 30:1-5), but "David encouraged himself in the LORD" (v. 6). God is our never-ending source of encouragement. Jesus told his shell-shocked disciples after He announced His departure, "Do not let your heart be troubled."

Thanks for worshipping with our church family!

FAMILY TALK

Rejoicing with the Repentant

Bruce Kinney, who recently underwent very serious back surgery, also underwent a spiritual recovery. We rejoice over his renewed commitment to serving God.

About Our Sick

Gladys Winters is in the same room as her husband, **Pat**, at Bailey Creek while she recovers from last week's hip surgery.

Vera Morehead is back home at Colonial Lodge after a brief hospital stay.

Men We Support

Abelardo Montañez and his family are with us today. We support him and his brother, **Antonio**, in their preaching work in the Dallas area. He will be speaking for us during both worship assemblies.

Duty List

The new duties for August start today.

Elders and Deacons Meeting

The elders and deacons will meet this afternoon at 4:30 P.M.

Ladies Bible Class

Charlotte Haley will host the August Bible class on Tuesday, Aug. 3rd at 10 A.M.

Singing Night

This Wednesday is singing night.

SUNDAY MORNING

Announcements
John Haley

Song Leading
Jack Calvert

Lord's Supper
Bill Rinehart
Pete Rowland
Preston Ellis
Hayden Ellis

Prayers
Joey Avance
Melvin Potts

Scripture Reading
Joel Avance

Bulletins
John Marc Hinds
Caleb Rinehart

SUNDAY EVENING

Announcements
Jon Barry

Song Leading
Phillip Moore

Lord's Supper
Sonny Monaghan
Jackie Jamison

Prayers
Joel Avance
Russ Freeman

WEDNESDAY

Announcements
Randy Ellis

Song Leading
Daniel Allgor

Prayers
Gerald Eaton
Reese Lunsford

Invitation
Gerald Eaton

Faith Defeats Discouragement continued from previous page

You believe in God. Believe also in Me" (John 14:1). Jesus assures us that faith in Him can overcome life's most discouraging situations. Isaiah encouraged the weak and despondent Jews in Babylonian captivity:

Even youths shall faint and be weary, and young men shall fall exhausted; but they who wait for the LORD shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint (Isa 40:30–31).

Faith (complete reliance, emotional trust, obedient belief) in our loving, eternal God gives us hope that "we can soar through our setbacks." "May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope" (Rom 15:13). Remember, God's ability is not limited by our inability. It's well said, "Failure is not falling down but staying down." Also, a bend in the road is not the end of

the road—unless you fail to make the adjustment to make the turn.

Spiritual Habits Empower Encouragement

1. Morning Personal Bible Study. "I rise before dawn and cry for help; I wait for Your words" (Ps 119:147). In Bible study, I have learned I can have as strong a faith in the Lord as I want to. This enables me to rise above any onerous obstacle (Mark 11:22–25). A good morning habit begins with a personal "hour of power." Read a couple of chapters before breakfast, which should take up to 10–15 minutes to think on and digest it. I am currently using G. Campbell Morgan's *Exposition of the Whole Bible* (a concise summary of each Bible chapter) and *Life Lessons from Every Chapter in the Bible* (the central thought of each Bible chapter) to help me glean sparkling gems of expository insight from my Bible reading. I miss it when I don't begin my day seeking God through His Word

(Ps 63:1). It's going out into the world without shoes—I don't have sure footing.

I recommend a wide-margin study Bible so you can take notes in the margin. Use a fine point pen (.7 mm.) to clearly record insights. These notes have been helpful later in teaching private and public lessons. To keep my Scripture reading fresh, I sometimes use an unmarked Bible and read from various translations to enrich my study.

Visualization of the biblical text helps to bring Scripture to life. In meditating upon Scripture, I ask myself, "What do I learn of 1) the nature and will of God and 2) the potential and problems of man?" I can see God is near to help and mighty to save. I can be encouraged that people "of like passions" (James 5:16) struggled with the same things I do, and yet they were able to overcome them by greater faith in God. Remember this adage: "Read God's Word daily, and never doubt in the dark what God has told you in the light."

IN OTHER NEWS

Area Gospel Meetings

The Springhill church starts a three-day meeting tomorrow with **Tim Coffey**.

The Belt Road church also starts a meeting tomorrow. It will be with **Russ Bowman**.

Service times for both meetings are at 7 P.M., Aug. 2–4 (Monday–Wednesday).

The Newsletter is Back

Do you remember receiving a newsletter in your email or mailbox? (Well, for the first three months of the year, at least.)

Marc Hinds wrote it, but was not able to keep it going. Fortunately, **Joey Avance** and **Sherry Brittenham** have decided to resurrect this church family social networking tool.

If you didn't receive one in your email box this past Tuesday, then that probably means you're not on the mailing list. Speak to Joey or Sherry to make sure that is remedied.

For those who don't have email, we will gladly mail it to you. (In fact, you should have received one in the mail already.) Copies will also be placed on the shelf.