

ANNOUNCEMENTS

Church of God Big Sandy

ChurchofGodBigSandy.com

April 18, 2026 • 1:00 p.m. • Sunset 7:54

Bible studies

Interactive study—1:00 p.m. Mike Bailey

Presentation study—2:00 Ben Mauldin III
(also transmitted live)

Order of service—3:00 p.m.

Song leader Reg Killingley

Pianist Dixon Cartwright

Scripture reading Deuteronomy 3:23–28

Sermon Ben Mauldin III

Quick takes

1. Pastor's travel—Today, Dave Havar is scheduled to give a presentation in Omaha, Ark. (In the evening, Mr. Havar is looking forward to a game night with the Tate grandchildren.)
2. Welcome to guest speaker—The congregation welcomes Ben and Rebekah Mauldin. Mr. Mauldin is scheduled to give two presentations today.
3. A map of the apostle Paul's trip is available to you—A copy of the map of Paul's second missionary journey is stapled to Dave Havar's handout of 1 Thessalonians 1:1-10, which was made available last Wednesday evening.
4. Dominoes tomorrow—Interested participants should contact Sue Jones.
5. Wednesday-night Bible study—April 22 at 7:00.
6. Edifying the Body—This week's article is "Two Articles About Dementia Risk" compiled by Dave Havar.
7. Among Friends—This week's article is "1 Thessalonians 1:1-10" by Dave Havar.
8. Eye on the World—The project was not available at the bulletin deadline.

“Two Articles About Dementia Risk”

This collection of two articles is from the “Edifying the Body” section of the Church of God Big Sandy’s website (churchofgodbigandy.com). It was posted for the weekend of April 18, 2026.

Compiled by Dave Havir

BIG SANDY, Texas—This weekend I wanted to present the following two articles that discuss the subject of dementia risk. Consider this material as food for thought as you read about this growing concern among our population.



An article by Lynn C. Allison titled “Sitting Raises Dementia Risk, Even if You Exercise” was posted at newsmax.com on Sept. 28, 2023. Following is the article.

A new study found that sitting for long hours at work and at home increases your risk for developing dementia. The study, published in *JAMA Network*, that followed nearly 50,000 adults, ages 60 and older, in the U.K., determined that sitting for 10 hours or more a day results in a higher incidence of dementia.

According to *The Washington Post*, the study participants, who did not have dementia at the start of the research, wore an activity tracker for a week after joining the study that recorded their movement, or lack of movement, throughout the day. The researchers then checked the medical records of the participants for the next seven years, looking for death or hospital records indicating a dementia diagnosis.

The men and women who sat for at least 10 hours daily had an 8 percent increased risk of developing dementia than if they sat for fewer than 10 hours. And the risks ballooned to 63 percent if the study participants sat for 12 hours. Surprisingly, this increased risk was not mitigated by exercise.

“It looks like you can’t exercise your way out of risk,” said David Raichlen, a professor of biological sciences and anthropology at the University of Southern California, who led the new study. “Sitting in the office all

day, then in front of the TV and in the car and all other ways we find to sit, it adds up.”

Even taking minibreaks throughout the day didn’t improve the risk outcomes for people who still managed to sit for 10 or more hours daily.

The best way to minimize dementia risk is to find ways to sit less.

“People in our study who were sedentary for 9.5 hours a day didn’t have an increased risk,” Raichlen said. Experts advise making movement part of your workday. Stroll around the office when you are on the phone, walk to pick up your lunch instead of having it delivered and schedule walking meetings with clients.

While this study doesn’t say that sitting causes cognitive decline, it does show an association. Raichlen theorizes that sitting affects cerebral blood flow, reducing the brain’s supply of oxygen and fuel. It may also reflect poor eating habits, such as snacking in front of the TV.

The good news is that the negative effects of sitting too much can be reversed.

“Sit less, move more,” says Raichlen. “That’s the message, and we probably can’t repeat it enough.”



An article by Staff titled “What You Do While Sitting May Predict Dementia Risk” was posted at newsmax.com on March 27, 2026. Following is the article.

Most health advice says to stand up more, but a groundbreaking study suggests that what you do while sitting down might be just as important for your long-term memory.

Researchers in Sweden, Australia and Brazil found that passive sitting—like zoning out in front of the television—could be a major risk factor for dementia, while active sitting might actually shield the brain from decline.

Their findings—published Wednesday in *The American Journal of Preventive Medicine*—distinguish between these very different types of sedentary behavior.

Researchers analyzed data from a long-term study of more than 20,000 people in Sweden between 35 and 64 years of age who were followed from 1997 to 2016. The aim: to see how their daily sitting habits affected their cognitive health.

Health experts used to think all sitting posed a danger to heart health and metabolism. The new research suggests the brain doesn't see it that way. While your body is resting, your brain can either be off (passive) or on (active).

Overall, participants averaged 116.3 minutes a day of passive sedentary behavior and 239.9 minutes of mentally active sedentary behavior.

Those who spent their sedentary time watching TV were significantly more likely to develop dementia over time, researchers found. In contrast, those who engaged in mentally stimulating tasks—such as reading, solving puzzles or working—saw a protective effect.

“While all sitting involves minimal energy expenditure, it may be differentiated by the level of brain activity,” said lead author Mats Hallgren, principal researcher in the Department of Public Health Sciences at the Karolinska Institute in Sweden.

“How we use our brains while we are sitting appears to be a crucial determinant of future cognitive functioning and, as we have shown, may predict dementia onset,” he added in a news release.

One hour can make a difference, researchers found.

The data suggest that small shifts in the way people spend their downtime can yield big results for brain longevity. Here are some results according to the study's statistical models.

■ Each additional hour of active sitting lowered dementia risk by 4 percent.

■ Substituting one hour of passive TV time with one hour of mentally active work was linked to a 7 percent lower risk of dementia.

■ Adding one hour of mentally active sitting to a daily routine—without changing other passive sitting and exercise habits—resulted in an 11 percent lower risk of dementia.

The protective boost was notably stronger for 50- to 64-year-olds, suggesting that middle age is a critical window for setting up brain health for the senior years.

As the world's population ages, dementia has become a leading cause of disability globally, researchers noted. It can affect adults' quality of life, their families and careers.

“It is important to remain physically active as we age, but also mentally active—especially when we are sitting,” Hallgren concluded.

“1 Thessalonians 1:1–10”

This article is from the “Among Friends” section of the Church of God Big Sandy's website, churchofgodbig sandy.com. It was posted for the weekend of April 18, 2026.

By Dave Havir

BIG SANDY, Texas—At our Bible study on Wednesday night, I began a series about 1 and 2 Thessalonians. I wasn't sure how fast that I was going to be covering the material, but I wanted to spend time with background information. The title of the first presentation was “1 Thessalonians 1:1-10.”

Background material

Before we started reading from 1 Thessalonians, I wanted to provide some background material. I chose to quote from *Nelson's Complete Book of Bible Maps & Charts*.

Following are excerpts from page 424.

■ “Both Thessalonian epistles were during Paul's second missionary journey, thus making them among the earliest of the New Testament books. After a brief stay in Thessalonica (the capital city of Macedonia), Paul journeyed to the south through Berea and Athens to Corinth—where he spent 18 months. During the early part of his stay in Corinth from A.D. 51 to 52, Paul wrote 1 Thessalonians.”

■ “In Paul's time, Thessalonica was the prominent seaport and the capital of the Roman province of Macedonia. This pros-

perous city was located on the Via Egnatia (the main road from Rome to the east) and was within sight of Mount Olympus—legendary home of the Greek pantheon.”

■ “A city of perhaps 200,000 in the 1st century A.D., Thessalonica had a sizable Jewish population, and the ethical monotheism of the Jewish religion attracted many gentiles who had become disenchanted with Greek paganism.”

Leading up to Thessalonica

The city of Thessalonica is first mentioned in Acts 17. Before we read that verse, let’s notice verses leading up to that point.

I recommend that you begin in Acts 16. While a Bible student can read through Acts 16 rather quickly, it would take a significant amount of miles and time to travel from the cities mentioned to Thessalonica.

■ Acts 16:1—Derbe and Lystra

■ Acts 16:2—Lystra and Iconium

■ Acts 16:6—When they had gone through the regions of Phrygia and Galatia, they were led by the Holy Spirit (“forbidden”) to preach the Word in Asia. (A map will show you that the area of Asia was the location of the seven churches mentioned in Revelation 2 and 3.)

■ Acts 16:8—They made it west to the port town of Troas.

■ Acts 16:9—Paul had a vision from a man of Macedonia saying: “Come over to Macedonia and help us.”

■ Acts 16:10—After Paul saw the vision, they decided to go to Macedonia.

■ Acts 16:11-12—They sailed to Macedonia and went to the city of Philippi—“which is the foremost city of that part of Macedonia.”

Arriving in Thessalonica

■ Acts 17:1—They arrived in Thessalonica.

■ Acts 17:2—Paul preached for three Sabbaths.

■ Acts 17:3—Paul’s message was about Christ suffering and rising from the dead.

■ Acts 17:4—Many people were persuaded to join Paul and Silas.

■ Acts 17:5-9—When some of the Jews were envious, they gathered some of the evil people into a mob and went looking for Paul and Silas.

Sent to Berea

■ Acts 17:10—The brethren sent Paul and Silas away by night to Berea.

■ Acts 17:11-12—Many people in Berea valued the Scriptures more than many people in Thessalonica did.

■ Acts 17:13—Some of the people from Thessalonica went to Berea to stir up the crowd there.

Sent to Athens

■ Acts 17:14-15—The brethren sent Paul away by sea—south to Athens.

■ Acts 17:16-34—Paul spoke in Athens.

18 months in Corinth

■ Acts 18:1—Paul went west to Corinth.

■ Acts 18:11—Paul spent 18 months in Corinth.

While Paul was in Corinth, he wrote to the brethren in Thessalonica.

Father and Son

■ 1 Thessalonians 1:1—From Paul, Silas and Timothy—“to the church of the Thessalonians in God the Father and the Lord Jesus Christ: ‘Grace to you and peace from God our Father and the Lord Jesus Christ.’”

■ 1 Thessalonians 1:2-4—Paul mentioned how much he appreciated them (mentioning their work of faith, labor of love and patience of hope)—in our Lord Jesus Christ in the sight of our God and Father.

■ 1 Thessalonians 1:5—The gospel was given in word, but also in the power of the Holy Spirit.

■ 1 Thessalonians 1:6—The brethren became followers of the writers (Paul, Silas and Timothy) and of the Lord. The brethren had a mixture of affliction and joy.

■ 1 Thessalonians 1:7-8—The brethren were examples to all of Macedonia, Achaia and surrounding areas—their example was more important than the preaching.

■ 1 Thessalonians 1:9—Many brethren turned to God—from idols to serve the living and true God.

■ 1 Thessalonians 1:10—The brethren were determined “to wait for His Son from heaven, whom He raised from the dead, even Jesus who delivers us from the wrath to come.”