

ANNOUNCEMENTS

Church of God Big Sandy

ChurchofGodBigSandy.com

May 22, 2021 • 1:00 p.m. • Sunset 8:15

Bible studies

Interactive study—1:00 p.m. Dave Havir

Presentation study—2:00 Dave Havir
(Also transmitted live)

Order of service—3:00 p.m.

Song leader Neil Mclver

Pianist Dixon Cartwright

Scripture reading Psalm 119:33–48

Sermon Dave Havir

Quick takes

1. Honoring two graduating seniors—The congregation congratulates two seniors graduating from high school this year.
 - Morgan Harroff—Big Sandy High School. She plans to attend at Tyler Junior College. Her plan is to pursue a degree as a dental hygienist.
 - Michael Jitjaeng—Big Sandy High School (as valedictorian). He plans to attend Texas A&M. His projected major is aerospace engineering.
2. Thank you—The family of Virgil Webb thanks members of the congregation who were able to attend a memorial service for him earlier this morning.
3. Memorial service for Tom Mitchell on May 30—In the Feb. 1, 2020, bulletin, we mentioned that Tom Mitchell had died on Jan. 29, 2020. Because of covid, his wife, Judi, and the rest of the family postponed a memorial service. Having now decided to proceed with a memorial service, they are inviting friends from the congregation to attend.
 - Date—Sunday, May 30, 2021
 - Time—2:00 p.m.
 - Location—Historic Aviation Memorial Museum
 - Address—150 Airport Blvd., Unit 2, Tyler

4. Wedding in the building on May 30—This is to inform the congregation that there is a wedding scheduled in the building on Sunday, May 30. We ask members of the congregation to avoid making plans involving the building on that day.
5. Wednesday-night Bible study on May 26 at 7:00—People are encouraged to attend in the building or via a live transmission.
6. Upcoming guest speakers—We are pleased to announce that a few guest speakers will be visiting us in the coming weeks.
 - May 29 Blake Silverstein
 - June 12 Larry Watkins
 - June 19 Jim Johns
 - June 26 Wynn Skelton
7. Feast of Tabernacles housing—Recently, we posted information about Feast housing for the Feast sites in Destin and Myrtle Beach.
 - Destin Pelican Beach Resort
 - Myrtle Beach Avista Resort
8. Nomination phase—May is the time for our congregation to nominate people to be included in the election phase (in June) for our church board.
9. Edifying the Body—This week's article is "Former Abortion Activist Sees a New Worldview" by Elizabeth Matory.
10. Among Friends—This week's article is "Surviving in an Angry World—Part 5" by Dave Havir.
11. Eye on the World—This week's "Eye on the World" is 42 pages

Prayer updates

Please remember to pray for the following people who live at home but are not able to regularly attend our church service—**Sonny Rosenberger, Laura Moran, David Bonilla, Annette Payne, Ronnie Shirley and Timberly Dunnam.**

Please remember to pray for the following people who are rehabbing at Legend Oaks Nursing Home in Gladewater—**Ron Feaker and Elaine Holloway.**

In last week's bulletin, we mentioned that **Laura Moran** is anticipating an appointment with her cardiologist to have an echocardiogram. The date is June 10, and we learned that she is also having an ultrasound of her carotid arteries at the same time.

Bernice Burson reports that her leg is healing well after being bitten by a dog inside the assisted-living facility while visiting **Donna Weese.**

New prayer requests

Rachel Hendrickson of Thorndale died on May 15. Please remember her husband, **Tom**, and the rest of the family in your prayers.

Tom McMurray of Tulsa, Okla., died on May 16. Please remember the family in your prayers.

Scriptures to consider

James 3:1-6—“My brethren, let not many of you become teachers, knowing that we shall receive a stricter judgment. For we all stumble in many things. If anyone does not stumble in word, he is a perfect man, able also to bridle the whole body. Indeed, we put bits in horses’ mouths that they may obey us, and we turn their whole body. Look also at ships: although they are so large and are driven by fierce winds, they are turned by a very small rudder wherever the pilot desires. Even so the tongue is a little member and boasts great things. See how great a forest a little fire kindles! And the tongue is a fire, a world of iniquity. The tongue is so set among our members that it defiles the whole body, and sets on fire the course of nature; and it is set on fire by hell.”

James 3:7-8—“For every kind of beast and bird, of reptile and creature of the sea, is tamed and has been tamed by mankind. But no man can tame the tongue. It is an unruly evil, full of deadly poison.”

James 3:9-12—“With it we bless our God and Father, and with it we curse men, who have been made in the similitude of God. Out of the same mouth proceed blessing and cursing. My brethren, these things ought not to be so. Does a spring send forth fresh water and bitter from the same opening? Can a fig tree, my brethren, bear olives, or a grapevine bear figs? Thus no spring yields both salt water and fresh.”

James 3:13-16—“Who is wise and understanding among you? Let him show by good conduct that his works are done in the meekness of wisdom. But if you have bitter envy and self-seeking in your hearts, do not boast and lie against the truth. This wisdom does not descend from above, but is earthly, sensual, demonic. For where envy and self-seeking exist, confusion and every evil thing are there.”

James 3:17-18—“But the wisdom that is from above is first pure, then peaceable, gentle, willing to yield, full of mercy and good fruits, without partiality and without hypocrisy. Now the fruit of righteousness is sown in peace by those who make peace.”

■ Guard the tongue

Psalms 141:3—“Set a guard, O LORD, over my mouth; keep watch over the door of my lips.”

Proverbs 21:23—“Whoever guards his mouth and tongue keeps his soul from troubles.”

■ A change of heart

Matthew 12:34-35—“Brood of vipers! How can you, being evil, speak good things? For out of the abundance of the heart the mouth speaks. A good man out of the good treasure of his heart brings forth good things, and an evil man out of the evil treasure brings forth evil things.”

Ephesians 4:26-27—“Be angry, and do not sin: do not let the sun go down on your wrath, nor give place to the devil.”

Ephesians 4:31—“Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice.”

“Surviving in an Angry World—Part 5”

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 May 22, 2021. (The article was previously posted March 8, 2014.)

By Dave Havir

BIG SANDY, Texas—On April 24, I began a series to mention concepts from a book titled *Surviving in an Angry World*. The book was written in 2010 by Charles Stanley.

This is the fifth installment.

Releasing anger

On page 75, Dr. Stanley wrote: “I have always been amazed at the lengths to which people will go to hold on to their anger instead of releasing it, since the benefits of releasing our anger far outweigh any perceived ‘right’ or ‘benefit’ to keeping it locked up inside.

“But how can we release anger and find freedom and peace? Consider the following six prerequisites that serve as the foundation for releasing anger.”

- Shed the Excuses
- Be Willing to Change Your Attitude
- Choose Not to Worry
- Refuse to Cherish Your Anger
- Refuse to Self-Medicating Your Anger
- Be Patient

Dealing with anger

Beginning on page 79, Dr. Stanley listed 10 steps for dealing with anger.

- Step 1: Admit Your Anger to God
- Step 2: Identify the Source of Your Anger
- Step 3: Purpose in Your Heart to Give Up All Rights to Anger
- Step 4: Take a Time-out
- Step 5: Get to the Root of the Problem
- Step 6: Voice Your Anger to the One Who Can Help You the Most
- Step 7: Redirect Your Energy

■ Step 8: Reset Your Personal Emotional Dial

■ Step 9: Predetermine How You Will Respond in the Future

■ Step 10: Set Emotional Goals in Key Relationships

Prevention is good

On page 91, Dr. Stanley wrote: “Keep these three principles in mind for dealing with your anger.”

- Prevent what you can prevent.
- Learn from what you cannot prevent.
- Ask God to help you lay aside angry responses that do not bring about a positive result.

Invite God to heal your anger

On page 91, Dr. Stanley wrote: “Some anger is so deep that only the grace of God can heal it.

“The anger has been there for so long and has become such a part of daily life that the person cannot possibly free himself. The good news is that no degree of anger is beyond God’s reach. Ask the Lord to prune any anger from your heart.”

Daily cleanse

On page 92, Dr. Stanley wrote: “Every day, ask the Lord to remove any anger, bitterness, or evil thoughts that may have taken root. Pray that God will give you peace, help you forgive, and enable you to let go of that day’s anxieties, troubles, hurts, and struggles.

“Ask Him to fill your mind with thoughts of His goodness toward you. I’m confident that if you make this a daily habit, you’ll be surprised at how well you sleep and how refreshed you feel when you awaken each day.”

From church bulletins

“Potluck supper Sunday at 5:00 p.m. Prayer and medication to follow.”