

# ANNOUNCEMENTS

## Church of God Big Sandy

ChurchofGodBigSandy.com

Feb. 3, 2024 • 1:00 p.m. • Sunset 5:54

### Bible studies

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

Presentation study—2:00 . . . . . Wynn Skelton  
(Also transmitted live)

### Order of service—3:00 p.m.

Song leader . . . . . Neil McIver

Pianist . . . . . Dixon Cartwright

Scripture reading . . . . . Matthew 5:9–11

Sermon . . . . . Wynn Skelton

### Quick takes

1. Thank you—Ruth Roe and her family thank the congregation for hosting a reception following the funeral for Tim Roe.
2. Upcoming traveling speakers—The congregation is pleased that many traveling speakers work it into their schedule to visit us. Here is the tentative schedule.

■ Today	Wynn Skelton
■ Feb. 10	Bill Crow
■ Feb. 24	Terry McAdams
■ March 16	Scott Hoefker
■ May 4	Ken Tate
3. Wednesday-night Bible study—Feb. 7 at 7:00
4. Two community events in the building—We want to remind you about two upcoming events in the building.

■ Saturday, Feb. 10—Big Sandy Museum—Music program
■ Thursday, Feb. 29—Big Sandy Chamber—Meal

5. Musical Memories—The Big Sandy Museum has a scheduled a show in our building on Saturday, Feb. 10, from 7:00 p.m. to 9:00 p.m.
  - Performers—Jonathan Bassett, Bernice Burson, Dale Cummings, Caroline Duke, Colene Duke, Sylvia Duke, Shannon Lucas, Buzz Payne, Mary Beth Philp, Jim Stewart and Steigerwald family.
  - Door prizes and light refreshments.
6. Offer to widows—If any widows are planning to attend the community function next Saturday evening, Dave Havir would love to pay for your admission. (Please let him know, because he can't read your mind.)
7. Please remember to pray for the following people who are not able to regularly attend our church service.
 

■ Mickey Ashcraft	■ Annette Payne
■ Judy Biggs	■ Ruth Roe
■ Becky Bonilla	■ Ron Shirley
■ Angela Dunnam	■ Elaine Townsend
■ Timberly Dunnam	■ Mickey Voyce
■ Vi Lehman	■ Donna Weese
8. Edifying the Body—This week's article is "Anti-Semitism on College Campuses in 2005" by Dennis Prager.
9. Among Friends—This week's article is "Positive Energy—Part 5" by Dave Havir.
10. Eye on the World—249 headlines and eight short articles

### Thought for the week

"If you want to replace an idea, you have to present a better idea."

### Prayer updates

In last week's bulletin, we mentioned that **Marcia Chambers** arranged with hospice care to temporarily move **Vi Lehman** to Legend Oaks nursing home in Gladewater. On Tuesday, Mrs. Lehman returned home. Since she has continued to grow weaker, hospice care is going to the home every day. Marcia certainly needs the help. (Since Vi can't stand up, Marcia has strained her back giving her mother necessary care.) Marcia greatly appreciates your prayers for her mother and for her continued strength in the role of a caregiver.

Some people in the congregation were aware that **Ruth Roe** was tentatively scheduled to return home on Friday, Jan. 26 (after weeks of rehabilitation at the Legend Oaks nursing home). We are happy to say that she was able to return home on schedule. She appreciates your prayers.

**Shirley West** reports that her energy has been slowly returning. She has been able to resume attending a women's Bible study and to playing dominoes with her friends—but she is being careful to avoid overdoing her schedule.

This a reminder that **Benny West** (son of **Shirley West** and brother of **Stan**) is scheduled for hernia surgery on Feb. 15.

In last week's bulletin, we mentioned that **Chip Akins** (brother of **Sue Jones**) was in ICU with a failing heart and pneumonia. Mrs. Jones reported that his pace-maker was implanted on Monday and that he went home on Thursday. Mrs. Jones wrote: "Our sincere appreciation for all your prayers."

## New prayer requests

On Monday, **Nadine Van Laecken** of South Dakota had a stroke that affected the left side of her brain.

On Tuesday, **Jo Ellen Hoefker** of Bellevue, Neb. (mother of **Scott Hoefker**), had a heart attack.

## Thought with a twist

"Weeds are flowers too, once you get to know them."

## "Positive Energy—Part 5"

This article is from the "Among Friends" section of the Church of God Big Sandy's website ([churchofgodbigandy.com](http://churchofgodbigandy.com)). It was posted for the weekend of Feb. 3, 2024.

**By Dave Havir**

**B**IG SANDY, Texas—At our Bible study on Wednesday night, I concluded the short series about positive energy. In this particular presentation (Part 5), I recommended a three-pronged approach.

1. Begin with a foundation of positive energy from the Father.
2. Fill your senses with truth.
3. Renew positive energy from the Father.

### Actions for blessings

Before I share some scriptures, I want to remind you about my habit of giving you some actions to do.

I realize that some religious teachers merely stress the concept of "believing on Jesus."

And, while I like to start with a foundation of a relationship with the Father and the Son, I also like to stress other practical behavior (truth) to help you.

At this point, I want to assure you of the following—it is not my purpose to encour-

age you to seek salvation based upon actions.

You are saved by grace. My recommended actions are to help you have blessings.

Let me remind you how I view my responsibility toward you.

■ I want to help you to accept the calling from the Father.

■ I want to help you to accept salvation through the Son of God.

■ And I want to help you live a way of obedience that leads to blessings.

### Values checklist

At this time, I want to introduce you to a "values checklist" to help you analyze the positive energy in your life.

When you read the following list of traits, I want you to analyze each trait with the following three questions.

■ Did you absorb that particular positive trait earlier in your past (thereby giving you a positive foundation in your past)?

■ Are you presently absorbing that par-

ticular positive trait into your life (thereby allowing positive traits to flood your life today)?

■ Are you presently projecting that particular positive trait to other people (thereby sharing positive energy with others today)?

### 32 traits

Consider asking the previous three questions about the following 32 traits.

- Authenticity
- Balance
- Commitment
- Compassion
- Concern for others
- Courage
- Creativity
- Empathy
- Excellence
- Fairness
- Faith
- Family
- Freedom
- Friendship
- Generosity
- Genuineness
- Happiness
- Harmony
- Health
- Honesty
- Humor
- Integrity
- Kindness
- Knowledge
- Loyalty
- Openness
- Perseverance
- Respect for others
- Responsibility
- Security
- Serenity
- Service to others

### Positive energy to deal with depression

Here are seven pieces of advice for dealing with depression.

- Try to keep doing activities you previously enjoyed.
  - Stay connected to friends and family.
  - Exercise regularly, even if it's a short walk.
  - Stick to regular eating and sleeping habits as much as possible.

■ Avoid or cut down on alcohol, and don't use illicit drugs.

■ Talk to someone you trust about your feelings.

■ Seek help from a health-care provider.

### Biblical examples

Now, let's look at the three concepts (mentioned at the beginning of the article) through the perspective of biblical examples.

1. Begin with a foundation of positive energy from the Father.

2. Fill your senses with truth.

3. Renew positive energy from the Father.

### Matthew 4

■ Matthew 4:2—The Son of God began the temptation with fasting.

■ Matthew 4:3-10—The Son of God filled His senses with truth—specifically the Word of God.

■ Matthew 4:11—After the temptation, the Father sent an angel to strengthen Him.

### Matthew 26

■ Matthew 26:2—The Son of God was prepared to face His future.

■ Matthew 26:37-42—When the Son of God understood the emotional stress of the situation, He prayed earnestly.

■ Luke 22:43—After the intense prayer, the Father sent an angel to strengthen the Son of God.

■ Luke 23:34—The Son of God asked the Father to forgive the tormentors—without requiring their repentance or apology.

### John 12

■ John 12:23—The Son of God was prepared to face His future.

■ John 12:27—The Son of God understood the emotional stress of the situation.

■ John 12:36—The Son of God was hidden from His friends—as I suspect in earnest prayer.

■ John 16:33—The Son of God encouraged His friends in the way of peace—because He overcame the world (with the positive energy from His Father).

■ John 17:26—The Son of God wanted the love of the Father (the greatest positive energy in the universe) to be shared with His friends.