

2001 Proclaimer

"The Spirit of the Lord is upon me, .. to proclaim the favorable year of the Lord!" - Isa. 61:1-2

A teaching and exhortation medium by members of the Carmichael Church of Christ, meeting at 6044 Sutter Ave. Carmichael, CA 95608

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October 21st, 2001

PAINLESS RELIGION

By Dan S. Shipley

The unpleasant hurting sensation sometimes experienced in the physical body can have beneficial effects. Without the symptoms of chest or stomach pains, for instance, one may be unaware of serious ailments needing immediate attention. The prospects of a comfortable coronary or a painless appendicitis may sound appealing, but the end thereof could well be death. Physical hurting is not only an informer, it is also a reminder and protector. Even the sore toe can convey an attention getting message by hurt saying, "Hey! Remember to take care of me!" The point is, hurt is a necessary and often helpful part of our physical existence.

Furthermore, I'm not so sure that hurt doesn't occupy a somewhat similar role in the spiritual realm as well. Take the hurt of godly sorrow, for instance. Without it repentance is impossible for "godly sorrow worketh repentance..." (**2 Cor. 7:10**). You can see it in the repentance of the Pentecostians who were "pricked in their heart" (**Acts 2:37**). I think we see it in Peter who, in realizing his sin against Jesus, "went out, and wept bitterly" (**Matt. 26:75**). Who are the blessed mourners of **Matt. 5:4** if not those who are hurt by sin? Such hurt is actually an essential part of gaining spiritual health. But, as with the physical body, there are different kinds of hurting.

Another sort is that which comes with the sting of rebuke. Whether administered publicly or privately, there are times when the rod of verbal chastisement is necessary. Paul used it with Peter and threatened more of it with the Corinthians (**Gal 2:11**; **1 Cor 4:21**). Timothy is told to use it (**1 Tim 4:2**).

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Actually, it involves a double hurt in that it affects the rebuker as well. Paul was sorry for having to make the Corinthians sorry (1 Cor 7:8), though it later brought joy. No doubt, their putting away the fornicator from among them was a painful experience too, but the church could not be healthy without it.

Since hurt, therefore, is so vitally related to spiritual health, why do so many seem so set on taking all the hurt out of religion? Why the demand for an "ouchless" religion? Many appear obsessed with the fear that someone may get their feelings hurt! Others want to spare themselves the pain and unpleasantness of saying what needs to be said to lost souls (preachers and elders included). ***Could it be that we have become more concerned about removing the hurt than about removing the sin?*** That is something like a doctor administering a strong pain-killer for severe stomach pains without treating what caused the pains. Obviously, he has not removed the problem; only the patient's awareness of it. Neither do we remove the problem by removing the pain. True, we have manufactured lots of "tranquilizers" in our quest for a painless religion. Many, though dying in sin, have been made to feel good under the sedation of false teaching, good intentions and excuses. The pain may be gone, but not the problem.

Speaking the truth in love is good medicine -- good for those who speak it and hear it -- and hurt! -- Via Plain Talk, December 1976

Private, small group Bible studies are available on any day or evening of the week. Make up your own small group, OR, speak to one of the elders to be placed in an ongoing study. Each series of lessons are from four to 13 weeks, depending on the study. Schedule right away for a study that can be concluded before the end of the year. Call or email me today: vernwil@lanset.com or, 483-9318

GOSPEL MEETINGS IN AREA

Richard Dowdy from Fremont will be preaching in **Oakdale, Oct 21-26**
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CARMICHAEL CHURCH OF CHRIST

Times Of Services

SUNDAY:

Classes	9:00 AM
Worship	9:55 AM
Eve Worship	6:00 PM

WEDNESDAY:

Classes	7:00 PM
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A responsibility of the eldership is to "feed the flock of God" - and this is most difficult unless there is a coming together of the group for that which will both edify and enlarge the capabilities of service. To help us fulfill our God-given task we ask you to attend every service of the congregation. In addition to helping us, we also urge you to not miss feeding sessions for the following reasons:

1. For the good you can get from the studies and your association with godly people
2. And especially, for the encouragement you can give to the other members.

THESE NEED OUR PRAYERS:

<u>Truman and Sue Claiborne</u>	<u>Willa Lockett</u>
<u>Clifford Marshall</u>	<u>Evie Westphal</u>
<u>Roger Lehman</u>	<u>Edith Ayers</u>
<u>Rhonda Rittenhouse</u>	<u>John & Norma Romine</u>
<u>Helen Gray</u>	<u>Nancy Valine</u>

ALSO THESE TRAVELING:

Dan Singleton preaching in Patterson today
Helen Gray is in Washington
The Robertsons in So Cal till next Wednesday

The Sassses leaving for Ireland till early Nov
PLEASE PRAY for these, and others you may be aware of. PRAISE GOD FOR BESTOWING HIS BLESSINGS TO ALL OF US! PRAYERS DO AVAIL!

"KNOW JESUS - KNOW PEACE"

Jesus had a message of comfort for His disciples who were very troubled because He was about to leave them to go back to His Father in heaven.

His words also bring much comfort in a time when so many are suffering because of the terrible terrorist attacks this week in the United States.

Listen to Jesus: *"These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation; but be of good cheer, I have overcome the world."* **John 16:33** NKJV

Make no mistake about it: *"In the world you will have tribulation."* **Why?** There is tribulation in the world today because we live in a world in which sin has entered. With the entrance of sin into the world with Adam and Eve, there also came consequences of suffering and death (see Genesis 3). There is tribulation in the world today because the archenemy, Satan, is strong and active, and many have chosen to submit to his rule. We are warned in Scripture: *"Be sober, be vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour."* **1 Pet 5:8.**

Even though there is tribulation in the world, note the blessed promise of Jesus: **"In Me you may have peace."** Jesus' promise was not that His followers would be free from trials, but that in Him they could have peace even in the midst of trials. The peace found in Christ does not mean the absence of trials on the outside, but it does mean a quiet confidence within, regardless of circumstances, people or things. This peace is found in a right relationship with

God through His Son, Jesus. When we submit to Christ in **FAITH** (**Heb 11:6**), **REPENTANCE** (**2 Pet 3:9**), **CONFESSION** (**Rom 10:9-10**) and **BAPTISM** (**Acts 22:16**), we begin a new relationship with Christ.

As this relationship is nurtured through prayer (**1 Thess 5:17**), Bible study (**1 Thess 2:13**) and faithful living (**1 John 1:7**), we learn to walk by faith and not by sight (**2 Cor 5:7**), knowing that our Heavenly Father cares for us and will cause all things— even the most tragic things —to work out for our good (**Rom 8:28**).

Even though there is tribulation in the world, Jesus says, *"Be of good cheer, I have overcome the world."* Although the enemies of Christ – even Satan himself – thought that they had defeated Jesus when they crucified Him, it was through the death, burial and resurrection of Christ that the victory was won by Christ. Through these things, which form the basis of the Gospel ("good news") message (**1 Cor 15:1-4**), Jesus provided the way of salvation and ultimate victory over Satan. As a defeated enemy, Satan is trying to destroy as many as he can. However, those who submit to Christ will overcome with Him. Jesus' followers are promised a place where there will be no more tribulation: *"And God will wipe away every tear from their eyes; there shall be no more death, nor sorrow, nor crying. There shall be no more pain, for the former things have passed away"* (**Rev 21:4**).

Perhaps you have seen the following message on a church sign:

"No Jesus; No Peace. Know Jesus; Know Peace."

Do you know Him?

Know Jesus (through faith and obedience) and you will know His peace, even in a world of trouble.

May God bless you and all of those who are hurting today.

David A. Sargent, Minister – Mobile, Alabama

WHAT YOU SEE IS WHAT YOU GET

By Glen Hopkins

H. Jackson Brown Jr. once wrote, "Your mind can only hold one thought at a time, make it a positive and constructive one." As simple as these words may seem, they are in fact, very true. You see, if you are looking for a way to feel better at any given moment, all you have to do is change what you are focusing on. Your brain is a very powerful tool that you own and you should use to your advantage.

When was the last time you were reminiscing about a great time in your life and it made you feel terrible? When was the last time you were thinking about a painful event in your life and it made you feel good? I'd venture to say you answered 'never' to both of these questions. That's because what you focus on in life is what you get! Would you be willing to agree that Mother Teresa felt a great deal of love in her life because love was her main focus in life?

Understanding this, next time you find yourself in a less than desirable situation, be sure to find the positive side of it and focus your attention on that. Not only will you feel better about the situation but also you will actually be in a better frame of mind to work through it. With this mindset you will find yourself focusing on the solution rather than the problem.

The best way to control your focus is to ask yourself good questions. Such as, "What can I find that is good in this situation?" "What have I learned from this that will make me more successful the next time?" "How can I make this situation better?" By asking yourself effective questions, you will force your brain to look for and find a solution for

what you can do to solve a problem and how you can make a situation better. On the other hand, if you ask yourself self-defeating questions such as, "Why does this always happen to me?" "Why can't I have that?" "What did I do to deserve this?" Your brain will look for those exact answers and tell you why bad things happen to you, why you can't have something and why you deserve something bad. Do you see what is happening here? You are confirming to yourself why you don't deserve something and why bad things happen to you. Now it's one thing when someone else tells you something like that, but when you tell it to yourself, you are sure to believe it! I guarantee you will always believe yourself on a subconscious level if not on a conscious level. In other words, be careful what you ask for!

*"Ask and you will receive. Seek and you will find; Knock, and it will be opened to you." - **Matthew 7:7***

So practice focusing on positive thoughts and learn to ask yourself effective questions that will lead to constructive answers. If you look hard enough, there will always be a positive side to every situation. And for the challenges you must face in life, focus on the solution, not the problem. If you focus on the problem at hand, you will never find the solution. Focus on your dreams and they will become a reality. Ask yourself "How can I reach my dream?" Don't be surprised when your brain gives you the answer!

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A SIGN OF THE TIMES

*(Seen outside a church building in Florida)
**COUNT YOUR BLESSINGS. RECOUNTS
ARE OKAY.***