

## Prayer List

Linda Balthrop, Linda Brackett, Debbie Caldwell, Rashay Driscoll, Veronica Dupree, Joy Glass, Jake Hanna, Cory Hillman, John Johnson, Ashley Kever, Bobby King, Brenda Levister, Juan Mandujano, Mary Lynn McAleer, Jay Montgomery, Tony Priola, Tim Smith, Chris Stout

- Continue to remember Diane Capps as she continues to recover from pneumonia.

## Announcements

"Bible Answers For Bible Questions" runs this Wednesday, May 13, in the Community section of the Knoxville News Sentinel. Please encourage your friends, family, and neighbors to read and send in their questions.

## The Numbers

Attendance	Sunday, May 3	23/23/18
	Wednesday, May 6	25
Offering	Sunday, May 3	\$818.65

## Those Serving

Prayer Before Sunday Classes      Charles Hatcher

### Morning Worship

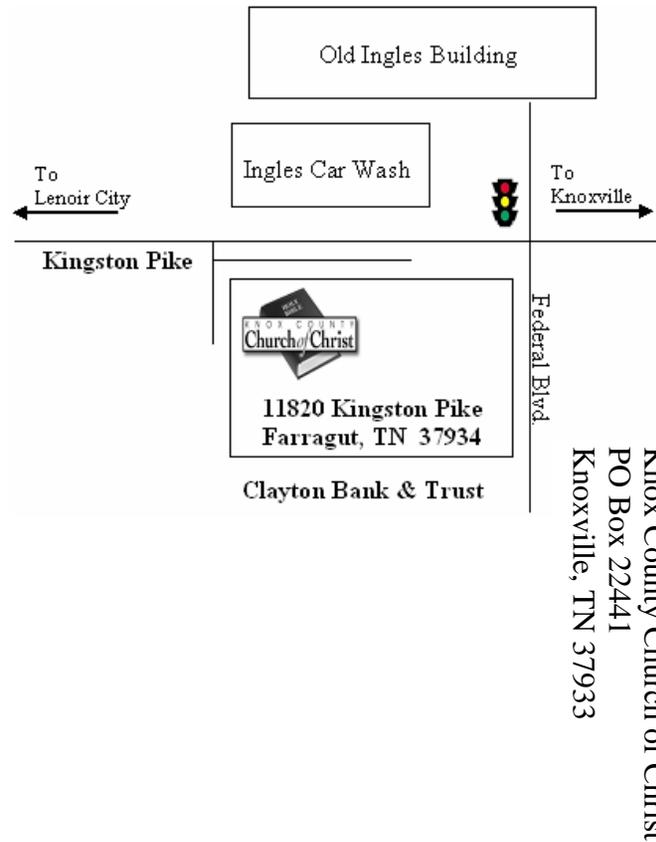
Announcements & First Prayer      Barry Simmons  
 Songs      David Snyder  
 Sermon      Brad Green  
 Lords Supper & Contribution      Keith Kever  
     Assisting      Levy Cox  
 Closing Prayer      James Hutton

### Afternoon Worship

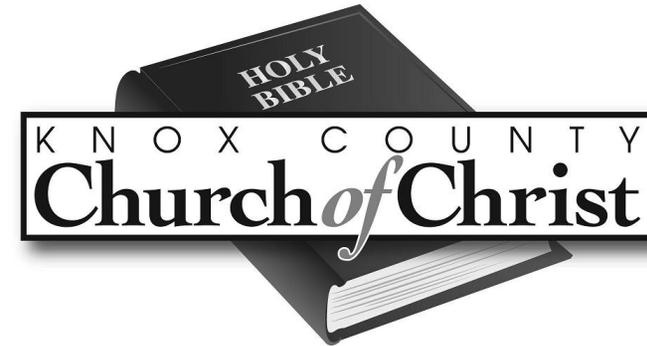
First Prayer      Brian Carver  
 Songs      Jay Caldwell  
 Sermon      Brad Green  
 Lord's Supper      James Hutton  
 Closing Prayer      Tommy Sanders

### Wednesday Night

Songs      Keith Kever  
 First Prayer      Jay Caldwell  
 Devotional      David Snyder  
 Closing Prayer      Lance Green



**May 10, 2009**



<http://knoxcoc.com>

### Temporary Meeting Location —

Clayton Bank and Trust Office  
 Across From Ingles  
 11820 Kingston Pike  
 Farragut, TN 37934

## Schedule of Services

### Sunday

Bible Study.....9:30 AM  
 Worship.....10:30AM & 1:30 PM

### Wednesday

Bible Study.....7:00 PM



## ***From The Preacher's Pen*** **TO YOUR HEALTH**

Many today are well-educated about the latest and most exciting news regarding health and physical fitness. From reading and recognizing every ingredient that is in a particular food package to knowing exactly how those ingredients affect the body, our society is replete with health enthusiasts. Sadly, however, the Spiritual health of mankind is altogether lacking. Christians must continually examine the condition of their Spiritual health and emphasize its importance over all else.

**Spiritual health is determined by what we eat.** Jesus stated, “blessed are they which do hunger and thirst after righteousness: for they shall be filled” (Mat. 5:6). Righteousness is perhaps the least sought after nutrient. Most people double over the trough of worldliness and their appetites can never be satisfied. We must be more concerned with what we eat Spiritually. If we hunger and thirst after righteousness, God has provided the perfect “meal.” Paul wrote, “for I am not ashamed of the gospel of Christ: for it is the power of God unto salvation to every one that believeth; to the Jew first, and also to the Greek. *For therein is the righteousness of God revealed* from faith to faith: as it is written, The just shall live by faith” (Rom. 1:16-17, emphasis B.G.). In order to be Spiritually fit and know how to be right and pleasing in God’s sight, we must feast upon His Word.

**Spiritual health is also determined by how much we exercise.** The physical fitness and exercise industries are big revenue makers. Almost every other television channel is an infomercial for the latest machine to make one healthy and fit. It is likely that billions of dollars are spent on exercise and exercise equipment

each year. Yet, man’s Spiritual fitness is left to erode. The Bible teaches “exercise thyself rather unto godliness. For bodily exercise profiteth little: but godliness is profitable unto all things, having promise of the life that now is, and of that which is to come” (1 Tim. 4:7-8). We are also commanded to exercise our senses in order that we may discern between good and evil (Heb. 5:13-14). There is a famous quote regarding muscle strength and tone, “Use it or lose it.” The same can be said about one’s Spiritual conditioning. If we do not continue to study (2 Tim. 2:15) and grow in the knowledge of our Lord (2 Pet. 3:18), we will lose the benefits which accompany such exercise.

**Lastly, Spiritual health is determined by the strength of our immune system.** We are warned, “be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour” (1 Pet. 5:8). Christians must devote their energies to building a strong immune system. “Put on the whole armour of God, that ye may be able to stand against the wiles of the devil” (Eph. 6:11). If not “vaccinated” with God’s Word, man can be “tossed to and fro, and carried about with every wind of doctrine, by the sleight of men, and cunning craftiness, whereby they lie in wait to deceive” (Eph. 4:14).

Let us commit the majority of our time preparing for eternity by working to be and remain Spiritually fit. With a nutritious diet of the Word of God, a healthy exercise and training regimen of right living, and a strong immunity to false doctrines and those who spread them, we can be Spiritually healthy and ready to meet God.

—Brad Green



## ***From The Preacher's Pen*** **TO OUR MOTHERS**

**Thank you for loving your children and teaching them to be lovers of God.** The wise man Solomon wrote, “my son, hear the instruction of thy father, and forsake not the law of thy mother: For they shall be an ornament of grace unto thy head, and chains about thy neck” (Pro. 1:8-9).

**Thank you for loving and supporting your husbands in the work of the Lord.** “Whoso findeth a wife findeth a good thing, and obtaineth favour of the LORD” (Pro. 18:22). “A virtuous woman is a crown to her husband: but she that maketh ashamed is as rottenness in his bones” (Pro. 12:4). “A foolish son is the calamity of his father: and the contentions of a wife are a continual dropping. House and riches are the inheritance of fathers and a prudent wife is from the LORD” (Pro. 19:13-14).

**Thank you for your hardworking and untiring spirit.** “She looketh well to the ways of her household, and eateth not the bread of idleness. Her children arise up, and call her blessed; her husband also, and he praiseth her...Favour is deceitful, and beauty is vain: but a woman that feareth the LORD, she shall be praised. Give her of the fruit of her hands; and let her own works praise her in the gates” (Pro. 31:27-28, 30-31).

**To all our moms, Thank You!**

—Brad Green

## **Location**

We meet at the Clayton Bank and Trust office in Farragut off Kingston Pike across from Ingles. See the map on the outside of this bulletin.