

# THE COLDWATER CONTENDER

*"...ye should earnestly contend for the faith..."(Jude 3)*

**January 04, 2015**

## **Coldwater church of Christ**

8467 State Route 121 N  
Murray, KY 42071

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www.coldwatercoc.org

coldwatercoc@wk.net

### **ELDERS**

Richard Price  
Kevin Smith  
Bill Vincent

### **DEACONS**

Johnny Downs  
Josh Fulcher  
Wesley Tucker

### **PREACHER**

Luke Puckett

### **SUNDAY SERVICE**

Bible Class: 9:30  
AM Worship: 10:15  
PM Worship: 1:00

### **WEDNESDAY**

Bible Class: 7:00pm

### **Ladies Bible Class**

Tuesdays: 10:00am

## **A Message To Our Visitors**

It is our privilege to have you visiting with us today. Please know that you are our honored guest. Please let us get to know you, and fill out an attendance card so we can have record of you being here. Please return to be with us again at your earliest opportunity. If you have questions or would like to study the Bible with us, please let us know. Thanks again for visiting with us, and may God continue to bless you according to His divine purpose.

## **HAPPY NEW YEAR**

We pray that your year was blessed and that this new year will be the same. Remember to continue to put God and spiritual things first in your life.

## **THOSE TO SERVE**

### **Announcements:**

Kevin Smith

### **Lead Singing:**

Bradley Smith

### **Opening Prayer:**

Richard Price

### **Scripture Reading:**

Ray Stembridge

### **Lord's Table**

Bill Vincent  
Andy Johnson  
Josh Fulcher  
Ray Stembridge

### **Closing Prayer:**

Johnny Downs

### **Greeters (East)**

Kay and Linda

### **Greeters (West)**

Kevin and Tammy

### **LESSONS**

AM: Exercise  
Scripture reading:  
1 Timothy 4:5-11

PM: A Single Eye  
Scripture reading:  
Matthew 6:19-24

# “REFRESHING OUR SPIRITS”

*By: Jerry Joseph*

Every child of God needs his spirit refreshed from time to time. We have a race to run, a battle to fight and a life to live (Heb. 12:1-2; 1 Tim. 6:12; 2 Tim. 4:6-8; Phil. 1:21).

Along the way there are going to be setbacks and obstacles to hinder and discourage us. We may begin to think that it would be better just to quit than to faithfully pursue that Heavenly Home. Tragically some have lost the joy of their own salvation.

Whenever we begin to feel that no one is around to “refresh our spirits” let us never forget as children of God we have the Bible to turn to and be “refreshed”. We can always depend upon the Bible because... (1) It is Authored by God (2 Tim. 3:16-17; 2 Pet. 1:20-21). Therefore I know that I can trust and rely upon it to guide me in this life and help me make proper preparation for eternity. (2) It is Authoritative (Col. 3:17; 2 Tim. 3:16-17). One does not have to guess and speculate what needs to be done in life to please God, we can look to the Bible. (3) It is All-sufficient (2 Pet. 1:3; John 12:48). One does not have to look to anything else spiritually for guidance and direction. (4) It is Abiding (Matt. 24:35). There are things that deteriorate, pass away but not true with God’s Word. As long as this world stands we have something to help us. (5) It is Apprehending (Eph. 3:4; 5:17). We can understand the Bible as we read and study it and be refreshed.

*Because of what the Bible is, we are thankful that when we are . . .* (1) Discouraged we can pick up the Bible and begin to read it for it "is able to build us up" (Acts 20:32). (2) Doubting we can read Matt. 6:24-33 and be refreshed. (3) Disturbed with the problems of life we can read Rom. 8 and feel secure. (4) Distressed with a troubled heart we can find solace in reading John 14:1-6. (5) Drifting away because our faith is growing weak we can read Heb. 11 and be encouraged. (6) Dealing with temptation and it seems it is too much and we can read 1 Cor. 10:13 and see there is a way out. (7) Deserted by those around us and we feel that we all alone in this life and we can read Psa. 23 and know that there is ONE who is with us who really does care (1 Pet. 5:7). (8) Distraught with the guilt of sin we can find the solution in God’s Word and be delivered spiritually when we submit our will to His Will (Heb. 2:9; 5:8-9; 1 Tim. 2:4; Rom. 1:16-17; Eph. 2:8-9; Rom. 5:8; Matt. 7:21; John 8:24; Luke 13:3; Rom. 10:9-10 and Mark 16:15-16). How thankful we should be for the “refreshing” words of the *BIBLE!*



## Coat Drive

Please bring new or used coats, jackets, or hoodies.

See announcements for more information.

## **Birthdays & Anniversaries**

- ⇒ Jennifer Price (4th)
- ⇒ Andy Johnson (9th)

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## **Announcements**

- ⇒ **Reading plan:** Hosea
- ⇒ **Team: Team 1 meets today**
- ⇒ **Area events:** Please see bulletin board for more info. Several meetings, singings, and Bible schools are coming up in our area.
- ⇒ **Personal invitation handouts** are available . Please make sure to take some and handout or leave with a tip, and invite someone to our service!
- ⇒ **Coat Drive:** Team 1 is sponsoring a coat drive. Please bring new or used coats, jackets, or hoodies to Wesley, Luke, or anyone on Team 1. Please have them at the building by 1-7-15.
- ⇒ **Ladies Class:** Ladies class will resume on January 6.
- ⇒ **Pantry item** for this week is: Cooking Oil

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## **Prayer/Sick List**

- ⇒ Debbie Smith (Kevin's sister-in-law-cancer)
- ⇒ Greg Black (Kathy Black's son)
- ⇒ Loretta Haley (cancer)
- ⇒ David Edwards (Josh Fulcher's uncle-cancer)
- ⇒ Billy Irvan
- ⇒ Jana Ward (cancer)
- ⇒ Todd Walker
- ⇒ Trudy Smith
- ⇒ Hazel Brandon
- ⇒ Mae Downs
- ⇒ Norma & Hyland Darnell
- ⇒ Wanda Riley (Josh Fulcher's Aunt)
- ⇒ James McAbee
- ⇒ Dorothy McNeely (Richard Adams' sister, has cancer)
- ⇒ Derek Adams (Richard Adams' grandson, has leukemia)
- ⇒ Mallory Harrison Berry (friend of Stembridges, has brain cancer)
- ⇒ Richard & Rachel Guill
- ⇒ Teri Hale (Reagan's mother having tests run)
- ⇒ Whitney Tucker
- ⇒ Ima Barnes
- ⇒ Tonya Jones
- ⇒ Lashell Jones
- ⇒ Ray Stembridge
- ⇒ Nat Evans (Randall's father)
- ⇒ Remember all who will be traveling this holiday season.
- ⇒ Continue to remember all those who have lost loved ones this year

## **WHAT MUST I DO TO BE SAVED?**

Hear the Word  
*(Rom 10:17)*

Believe the Word  
*(John 8:24)*

Repent  
*(Luke 13:3)*

Confess Christ  
*(Rom 10:10)*  
*(Acts 8:37)*

Be Baptized  
*(Acts 2:38)*  
*(Acts 22:16)*

Remain Faithful  
*(Rev 2:10)*  
*(Acts 8:12-24)*

Heaven can be your  
home if you obey God!  
*(Heb 5:8-9)*

Please visit our website at  
[www.coldwaterchurchofchrist.org](http://www.coldwaterchurchofchrist.org). You will find  
bulletins, sermon outlines,  
and other helpful links  
and material.



## EXERCISE

In what ways do people exercise? \_\_\_\_\_

What does Paul say in 1 Timothy that bodily exercise profits for us? \_\_\_\_\_

### 1. Who Do Our Bodies Belong To?

a. What does the world say about our bodies? \_\_\_\_\_

b. Who do our bodies really belong to? \_\_\_\_\_

c. How do our bodies belong to God? \_\_\_\_\_

d. What part of our bodies (physical or spiritual) should we be taking care of? \_\_\_\_\_

Notes: \_\_\_\_\_

### 2. What Is Godly Exercise?

a. What does physical exercise do for us? \_\_\_\_\_

b. What does spiritual exercise do for us? \_\_\_\_\_

Notes: \_\_\_\_\_

### 3. Equipment For Godly Exercise.

a. What equipment is used for physical exercise? \_\_\_\_\_

b. How does this equipment aid us? \_\_\_\_\_

c. List at list five “pieces of equipment” that we have for our spiritual exercise and how they aid us:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

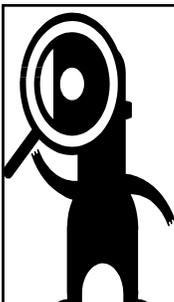
Notes: \_\_\_\_\_

### 4. Godly Exercise Will Help Us.

a. How will it help us now? \_\_\_\_\_

b. How will it help us on the day of judgment? \_\_\_\_\_

Notes: \_\_\_\_\_



Bible question: What nation would be brought down by God, even though it was built up like an eagle and made its nest up in the stars?

Last week's answer: Joab (2 Samuel 11)

Those answering: Kay Robertson, Linda Jones, Clemmie Black, Helen Tidwell, Rachel Adams