

From The Ministers Desk

Daily Exercise

In 1 Timothy 4:8, the apostle Paul had something to say about physical exercise. He told Timothy – “Bodily exercise profits a little.” He went on to draw a strong contrast – “But godliness is profitable for all things, having promise of the life that now is and of that which is to come.”

How is it that bodily exercise only “profits a little”? The answer lies in the fact that our physical bodies are short-lived and temporary. If you were the healthiest person on Earth, you would still die eventually. If you were the strongest person on Earth, you would still die eventually. If you were the most athletic person on Earth, you would still die eventually. Being physically healthy, strong, or athletic will not do a person’s spirit one bit of good when the Day of Judgment comes. God does want us to take care of our physical bodies, which truly belong to Him (1 Cor. 6:19, 20), but His primary concern is our spiritual condition. Have we lived as a righteous follower of His? Have we labored faithfully for Him to the best of our ability? Have we tried to mature spiritually and grow in knowledge? Those are questions that matter to the Lord.

Physical exercise is profitable in a small way, but what God really desires is that we exercise ourselves toward godliness (1 Tim. 4:7). He wants us to continually train our minds with His word, striving toward the goal of developing into the holy, righteous, devoted people He wants us to be. If a Christian is going to effectively exercise himself toward godliness, he must dedicate himself to learning and applying God’s word. Without rigorous, consistent spiritual exercise, no Christian will develop to his full potential. He will either plateau spiritually or slowly begin to weaken and die.

Can you be more specific, Donald? What do you mean by rigorous, consistent spiritual exercise? Well, let me offer a couple of suggestions. True disciples of the Lord ought to be serving Him with all their might. Such would include: daily Bible reading and reflection (either alone or with one’s family), daily prayers offered up to God, participation in the works and worship of the local church as much as possible, regular sharing of the gospel of Jesus Christ with others verbally and via one’s good deeds.

Religious devotion to the Lord is profitable for all things; that is, it is beneficial now and in the life to come. In this life, spiritual exercise promotes inner peace, hope, and joy. It supplies a purpose for life and guarantees physical necessities. The ultimate consequence of spiritual exercise will be seen in the hereafter – an eternal, perfect, heavenly abode with Almighty God!

Perhaps one of your New Year’s Resolutions is to get more exercise or to get in better shape. That is a commendable goal, both physically and spiritually. Physical exercise is an important component in a healthy lifestyle, but do not let it (or anything else) interfere with rigorous, consistent, spiritual exercise, which is infinitely more important.

Are you getting enough daily exercise?

Donald

Sermon Topics:

Sermon

AM: “Admonishing One Another”

Romans 15:13-14

PM: “Cultivating Joy”

John 15:8-11

Hispanic Studies:

Class: “Creer”

Sermon: “Yo Ire”

Mateo 28:16-20

Song of the Month: “For The Lord is a Righteous God” from the Righteous Lord CD.

AM: “Admonishing One Another”

1. The Greek word translated “Admonish” is “noutheteo” and it means to _____, _____, _____, or _____.
2. Noutheteo specifically has to do with providing _____ or _____ guidance in order to present something that could go wrong or to direct toward something that would be right.
3. The goal of admonishing one another is _____ maturity.
4. Spiritual maturity gives us the ability to judge between _____ and _____.
5. A. The first qualification involves your _____ in the area you’re addressing.
B. The second qualification involves the _____ you’re delivering.

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January 29, 2017

Poteau church of Christ

Reaching Up, Reaching Out, Reaching In

Elder on Call for January 2017: Rendall Thompson 918-647-6662



Welcome to the Poteau church of Christ!

If this is your first time to worship with us, please know that we are thrilled to share in your journey of faith. We invite you to join in the singing of praises, praying, studying from God’s Word; to enjoy the warmth of just being together with fellow seekers. Our prayer is that you will feel the love & grace of God during your worship experience this morning. We are honored to have you as our guest today and look forward to meeting you after our worship service. May God bless you richly and deeply.

DEACONS:

Danny Baker –Worship
Ben Bentley –Missions
Russ Campbell –Fellowship
Joe Harbuck –Building
Don Johnston –Building/Vans
Phillip Kirkes - Youth
Bob Marchant –Benevolence
Brad McMillin –Missions
Tim Olive –Youth & Budget

ELDERS:

Winfred Ashley
Randy Lum
Dick Moore
Rick Parker
Rendall Thompson

MINISTERS:

Donald Cherry –Pulpit
J.J. Espinoza –Hispanic
Paul Fletcher –Youth
Robert Martin –Prison
OFFICE:
Sue Taylor-Dunn - Secretary
Loretta Sisco –Secretary

Contact Information:

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Or go to www.poteaucoc.org for prayer requests, our audio & video sermons and classes as well as upcoming events.

You will also find online study tools and other information to help you grow stronger in your faith.

We’re also **‘Live-Streaming’** the 9:30 a.m. Bible Class, our 10:20 a.m. Worship Service and the 6:00 p.m. Evening Service.

By The NUMBERS

Week of January 22, 2017

Worship Attendance -AM:	255
Bible Class:	137
Jr/Sr. High School:	26
Auditorium Class (Randy) (25-36 yr. olds)	63
Women's Class (Amy)	5
Hispanic Class: (JJ)	4
Prison Class:	30

Week of January 22, 2017

Contribution	\$13,036.
Budget -Weekly:	\$7,925.
Contribution-YTD	\$19,251.
Budget -YTD:	\$23,775.
Over/(Under):	\$4,524.

Monthly Events

First Sunday - Cake & Ice Cream for birthdays & anniversaries after evening worship.

First Sunday - Elders, Deacons and Minister's meeting after evening worship service.

First & Third Sunday - Elder's Meeting after worship service.

Second Sunday - Fellowship Dinner March 12th, 2017, will be the first Fellowship Dinner.

Third Sunday - Deacon's Meeting after evening worship service.

Sunday PM - The Ladies of the Church have a prayer meeting in the auditorium after evening service.

Sunday - Ladies' class taught by Amy Johnston, "The Mind Connection", Positive Self Talk.

Every Sunday - Young Adults Class - Sunday mornings at 9:30, in the gym.

Wednesdays - Mid-Week Manna - @ 5:15 in the MPB

Wednesdays - Women's Outreach Class @ 6:30 p.m. in the MPB.

Second Thursday Game Night - @ 6:00 p.m. in the MPB.

Fourth Sunday - "Hearts in Harmony" come and sing, come with a heart that loves to praise God.

Elders Prayer List

Note: First of the month; many will be removed from the list to keep it current. Submit new cards for requested prayers.

Cancer: Tonya Crittenden, Larry Didway, Wayne Gist, Willie Phillips, Enedina Lopez, John Clark, Jerry Dotson, Arie Luster, Dustin McBeth, Shiela Brown, Sue Horton, Hudson Campbell.

Bereavement: Manny Rivera and family, loss of his grandmother; Bob Crouch Family; Billy Robertson family, loss of Billy & his wife.

Health: Tara Kilgore (Benny Bentley niece; broken rib, seizures); Ben-nye Thompson (back pain); Crystal Lum (recovery from sinus surgery); Linda Henson (upcoming tests, Jan. 26th); Milissa Kilgo (spiritual, health, anger); Barbara Wells (health issues); Jim Estes (recovery); Randi Sailing (recover from spine surgery); Susan and Steve Odom (recovery from health issues); Grant Ralls (hip replacement); Fran Lindneau (lung problems) Lonnie Renick (blood circulation issues); Brian Wilson (lymphoma); Harold Masterson (Recovering from open heart surgery); Georgia Bible (recovery from heart surgery); Tina Nolen (Continue recovery/brain injury); Jim Bible (blood clot in leg); Rona (brain tumors); Juanita Brown (health); Harold Masterson (recovery from open heart surgery); Jerry Dugan (health/spiritual); Rita Mahoney (tests/serious health issues); Theresa Redwine (tumor continue to shrink); John Ashley family (health issues); Chub (Brain tumor) Dory Fletcher (health); Sue Carty (needs liver transplant); Eddie & Frank White (health issues). Our loved ones in the nursing home (comfort, peace, health, happiness); Our Alzheimer's patients and their caregivers (patience, faith).

Miscellaneous: Ronnie Broom (spiritual); Bo & Arielle (new baby, Arizona); Kayle Martin (spiritual help with life issues); Todd R. (find work soon); Bradley (put God first); Nessa (Todd & Steph; make good choices); Jorday Green (Faylin's nephew, Army, going to Kuwait).

Prisoners: Bill Largen, Carl Fisher, Bruce Allison, Joey Wolfe, Amben Ocampo, Daniel Grimm, David Weaver, Tanelle Turner, Patrick Green, Truman Petty, Sean Hawks, Clenton McDaniel, Russell Negele, John, Michael.

Update List on Our Sick

- C. W. Rose, Heather Slater and Misty Brigance's father passed away on Thursday. Please keep this family in your prayers.
- John Beasley will have surgery this week. He had to wait for aspirin to get out of his system.
- Four year old Hudson Campbell's tumor has shrunk half in size. He had surgery last week to remove the tumor.
- Frank White fell and broke his hip two weeks ago. Keep Frank and Eddie in your prayers.
- Sue Taylor Dunn's surgery went well, she is home recovering. Keep her in your prayers.
- Ouida Moore's surgery went well, she will be in rehab for 10 days.
- Beau Olive had an ATV accident last weekend and broke a bone, possibly three bones in the lumbar spine area, which should heal with out surgery.
- Pat Couri is in the hospital in Tulsa, possible stroke. Rick Couri, her husband is in need of prayers for strength.
- Tara Carson McGee needing prayers for her family.
- T.K. and Amy Gamble's grandmother, Margaret Gamble passed away from a accident.
- Dori Fletcher will have a consultation with the surgeon on February 21st.
- Ruth Ann Davidson, Phillip Kirkes grandmother is in hospice care.
- Wayne Gist has been put in hospice care.
- Michael Hicks' friend's son, Kane has been diagnosed with an enlarged heart. He is 15 years old, had a defibrillator put in on Friday. His siblings will have to be tested for the same.
- Liz Hooper is having problems with her heart, her aorta is narrowing and they want to do surgery. Keep her in your prayers.
- Will Dodson's dad has the flu and is unable to work. Keep this family in your prayers.
- Janice's friend's nephew's 4 month old baby has cancer in his right eye. Keep this family in your prayers.

Things to Remember to Do:

- The nursery is in need of workers for 2017, please signup on the bulletin board.
- January Nursery duties:** AM—Sue Taylor Dunn ; Helper—Kiley Stanfill; PM—Sue Williams
- Food Pantry is very low this month, here are a few things we need: Peanut butter, macaroni and cheese, corn, and cornbread mix, green beans, pancake mix and syrup.
- If you have not signed up for the church group text message, please do so in order to receive messages concerning church activities and alerts: Open up a new message screen on your cell phone: Send To: 81010 , text the message: @Poteau.

Afternoon Matinee

The Poteau High School Drama Class will be putting on their last performance this afternoon at 2 o'clock in the Bob Lee Kids Civic Center at the High School. It is Shakespeare's "A Midsummer Night's Dream". Our very own Dario Becerra and Sarah Baker both have a part in it. Come out and support these kids.

Responses

- Jerry Lewis asking for patience to wait on God.
- Manny asking for strength, patience, and forgiveness for his family in N.Y.
- Adonia Becerra asking for understanding and faith in God. Praying that her storms in life will work to her good.

Thank You Note

Thank you, Poteau Church Christ for all the prayers, visits, cards, and food that you have provided for our family during this trying time. The outpouring of love and thoughtful generosity you have shown is overwhelming. We will never forget the time and talents you have sacrificed for our comfort and well-being. And again we say, Thank You for being there for us.

Bob Crouch Family

YOUTH NEWS

- Church Basketball League sign-up sheet is on the youth bulletin board.

Camp Wyldewood Registration

We had a very important church camp meeting Wednesday night for all our parents of children and youth ages 8-18 or grades 3rd-12th. Thanks to all who made it a priority to attend. We had an amazing turnout. Assistant Director, Chad Hudelson, from Camp Wyldewood came to prepare us for one of the most life changing weeks of the year!!!

The Dates: Poteau Church of Christ will attend Session #1 at Camp Wyldewood June 4-10. We will leave that Sunday June 4th after church and return Saturday June 10th.

Register: Now you need to go to campwyldewood.org

Go to the upper right hand corner and select the menu bars. Select "Summer Camp" and then select "Camper Application." The select "here."

Then you must enter the correct username and password in order to register to attend Camp Wyldewood with the Poteau Church of Christ.

Username: pbfletch@msn.com

Password: Poteau

If you attended in previous years you simply need to select your name and then select "reservations" and then select "make a reservation" for this coming summer.

Complete everything they ask you for and then submit.

The Cost: is \$120.00. You can mail a check to Camp Wyldewood or pay online through their website.

Please register as early as possible so we can know how many are going this summer.

Volunteers: Parents and youth workers are encouraged to attend as volunteers. You will need to register also. More info. on that to come. There is no cost for volunteers. Background checks are required for all staff and volunteers at Camp Wyldewood.

- The Winterfest T-shirts have arrived for all those who attended and didn't get your t-shirt there at Winterfest. You will need to see Paul to give him your correct size and get your t-shirt**