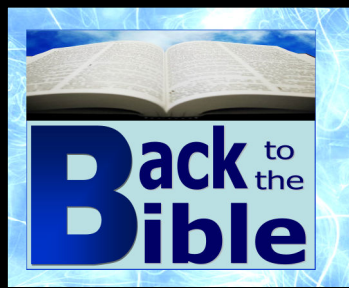
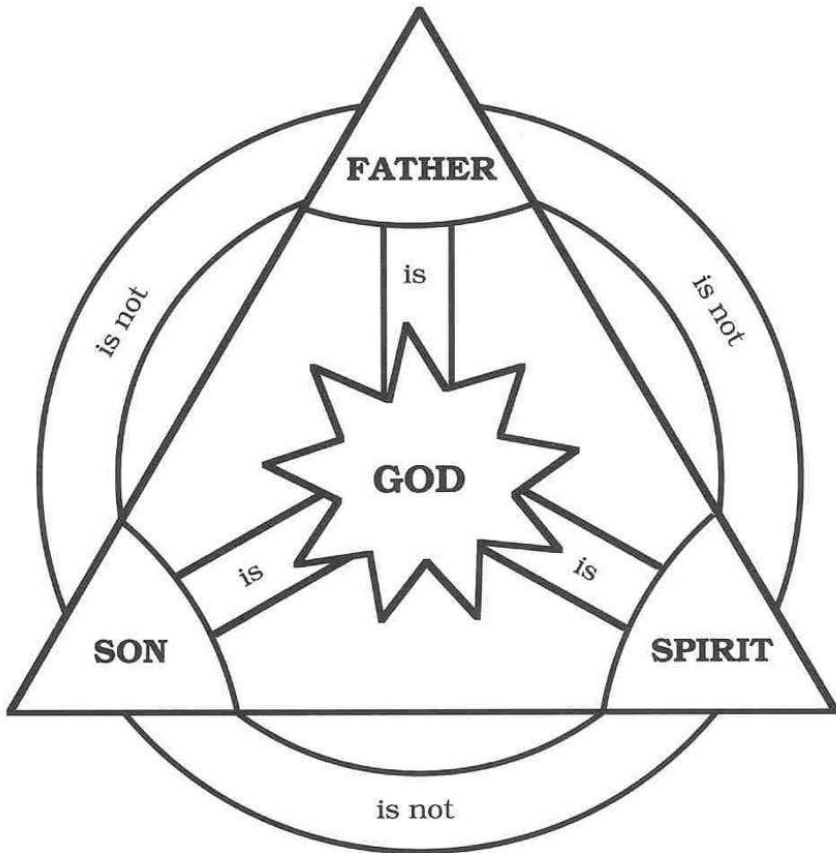


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FOR THE RECORD

Sunday Bible Study	15
Sunday AM Worship	24
Sunday PM Worship	n/a
Wed. Bible Study	20
Offering	\$1560



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Tim Canup
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Times of Services:
Sunday
 Bible Study:... 10:00am
 AM Worship...11:00am
 PM Worship:...6:00pm
 2nd Sunday:.....1:30pm

Wednesday
 Bible Study:.....7:00pm

Radio Program
 Sunday:.....7:30am
 "Back to the Bible"
 AM 580 WSKS
 93.5 FM

**We Extend A
 Warm & Cordial
 Welcome
 To All Our
 Visitors!**

ARE YOU SPIRITUALLY FIT?
 by Jonathan McAnulty

The Scriptures remind us: "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 Timothy 4:8;).

Pictures of athletes, ads for physical fitness products, encouragements to maintain a healthy lifestyle: the world is full of constant reminders of the value of taking care of our bodies and the benefits of exercise. And while this is of some admitted value, how much more important is it to take care of our souls?

Athletes who wish to win contests, as well as those individuals who simply want to be reasonably healthy and fit, recognize that such a goal is not to be met by sitting on the couch, wishing for the body to be muscled and ready. There is a regime that must be followed, discipline that must be maintained, a consistency required in behavior, diet and practice. The Bible mentions this in comparison to what God expects of Christians: "And every man that striveth for the mastery is temperate in all things. Now they do it to obtain a corruptible crown; but we an incorruptible" (1 Corinthians 9:25). Olympic athletes and sports stars might win prizes, or obtain money for their deeds, but those

Continued Inside

prizes, no matter how grand are only temporary. Records that are broken by one are destined to one day be broken by another. And, no matter how well you train, how often you exercise, or how closely you monitor your diet, your body still gets old, decrepit and eventually dies.

On the other hand, the prize for being spiritually fit is eternal, imperishable, and can never be taken from the one who gains it.

To this end, the conscientious and wise individual should recognize the importance of being spiritually fit, pursuing a standard of godliness that meets with Divine approval. If you would be spiritually fit, let us recommend a few basic “exercises” that you should add to your daily spiritual workout.

First – spend time in God’s word. The righteous man meditates on God’s word day and night and in so doing is blessed. (Psalms 1:2) God’s word teaches us about salvation, admonishes us when we falter, and strengthens us to do all the other activities God expects out of us. (cf. 2 Timothy 3:15-17) The individual who neglects the Word finds themselves spiritually weak. Those who crave the Word, and turn to it will find themselves growing stronger spiritually (cf. 1 Peter 2:2).

Second – spend much time in prayer. The Bible counsels us to pray without ceasing and to be vigilant in our prayers (cf. 1 Thessalonians 5:17; Colossians 4:2). In prayer, as we focus on God and His will for us, the child of God can find forgiveness (cf. 1 John 1:7-10), strength (cf. Ephesians 3:14-16, 20), wisdom (cf. James 1:5-8), and healing (cf. James 5:14-16). If we cease to pray, we shall drift further and further from God.

Third – spend time singing spiritual songs. While singing does not get as much press as study and prayer, it should still play a vital part in our daily spiritual regime. In singing hymns, we not only praise God in worship, but mentally reinforce spiritual lessons and ideas (cf. Colossians 3:16). Singing is a reflection of our joy (cf. James 5:13), and through singing, our joy and thanksgiving is made stronger. Those who refuse to sing to God are only weakening themselves.

Fourth – spend time with God’s people. Too many think they can be spiritually strong on their own, ignoring the wisdom of God who adds the saved to the church for a very good reason (cf. Acts 2:47). God designed the church as a way of encouraging and strengthening the saints (cf. Hebrews 10:24-25) Those that neglect assembling with others of like-precious faith, are going to find themselves more easily succumbing to sin (cf. Hebrews 3:12-14).

Fifth – spend time actively doing good works. No athlete becomes a champion by accident. No Christian accidentally stumbles into spiritual growth. Rather than waiting for opportunities to do good to arise, we should be actively seeking them out so that we might exercise our spiritual talents. (cf. Hebrews 5:14) Nobody gets to be either a star athlete or a star Christian without practice.

Finally, let us always keep in mind the goal. Let’s remember the words of the apostle Paul, who, at the end of his life, could write: “I have fought the good fight, I have finished my course, I have kept the faith: Henceforth, there is laid up for me the crown of righteousness, which the Lord, the righteous judge, shall give to me at that day: and not to me only, but unto to all of them also who love his appearing” (2 Timothy 4:7-8).

.....
“But of the times and the seasons, brethren, ye have no need that I write unto you. For yourselves know perfectly that the day of the Lord so cometh as a thief in the night. For when they shall say, Peace and safety; then sudden destruction cometh upon them, as travail upon a woman with child; and they shall not escape. But ye, brethren, are not in darkness, that that day should overtake you as a thief. Ye are all the children of light, and the children of the day: we are not of the night, nor of darkness. Therefore let us not sleep, as do others; but let us watch and be sober. For they that sleep sleep in the night; and they that be drunken are drunken in the night. But let us, who are of the day, be sober, putting on the breastplate of faith and love; and for an helmet, the hope of salvation. For God hath not appointed us to wrath, but to obtain salvation by our Lord Jesus Christ, Who died for us, that, whether we wake or sleep, we should live together with him”
(1 Thessalonians 5:1-10).

ANNOUNCEMENTS

- Oct 30 – Prayer Service
- Nov 6 – Men’s Bus. Meeting (Budget) & Ladies’ Bible Class after Evening Worship
- Nov 13 – Preach-N-Eat & 1:30 Worship
- Please give support money for Chinese orphans to Minnie Kennell