

The REMINDER

The weekly newsletter of the church of Christ in Bellaire, TX

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LAY IT DOWN

Define stress. While most people would think that an easy task, those who have spent a considerable portion of their life studying stress still have a difficult time defining the term. In fact, Hans Selye in the 1930's came up with the concept of stress as it relates to a physiological and emotional response while studying animals, and misnamed what he was studying. He borrowed the term from the field of physics and engineering where the concepts of stress and strain were in common use. Inasmuch as English was not his native language, he chose the word stress when the more appropriate word would have been strain. However, the word stress stuck and is with us to this day. One noted stress researcher quipped, "defining stress is like nailing Jell-O to a tree. It's hard to do!"

Several years ago, when teaching a class at a college in Yakima, Washington, I walked around the classroom explaining the need for stress management, while holding up a glass of water at shoulder level. I assumed the students thought at some point I would ask the question if the glass was half empty or half full, as it was quite evident I was using it as a prop. Finally, I asked, "How heavy is this glass of water?" There were several answers, ranging from eight ounces to twenty ounces. "Trick question", I replied. "The exact weight doesn't matter. What does matter is how long I hold it. If I hold it for a minute, it's no big deal. If I hold it an hour, my arm will begin to hurt. If I hold it all day, you may very well have to call an ambulance. The weight doesn't change, but the longer I hold it, the heavier it becomes, and it is the same with stress. If we carry our burden all the time, sooner or later, the burden becomes too much to handle."

Life presents us with pressures that escalate. Some are external, while a lot are self-induced. Regardless of source, it is imperative that we learn to lay the burdens down as quickly as possible. There is a song that used to be sung quite frequently, but over the years has not been included in newer hymnals. That song is "Leave It There", written by Charles Tindley in 1913. The refrain is succinct, "Take your burden to the Lord and leave it there." Which is repeated three times and enjoined with, "If you trust and never doubt, He will surely bring you out; take your burden to the Lord and leave it there."

"Casting all your anxiety upon Him, because He cares for you" (1 Peter 5:7; see also Psalm 55:22). "Come to me, all who are weary and heavy laden and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and humble in heart; and you shall find rest for your souls. For My yoke is easy and My load is light" (Matt. 11:28-30).

Take some time to read over Matthew 6:25-34 and awaken to the fact that God does indeed care for you. Therefore, seek first His kingdom and His righteousness and don't be anxious for tomorrow. Trust God with your life (2 Tim. 1:12).

Bulletin Board

Sermon Notes:

AM Lesson - Jack - "Lies the Devil Tells"
PM Worship - First Sunday Singing - Greg is in charge.

Please keep the following members in mind who have difficulty being with us due to prolonged illness: **Dee Boyd, Doris Norman, Billie Glitsch and Don Hurd.**

NEWS AND NOTES: We've been asked to remember Shannon's dad in our prayers. He had some chest pains last week, but it wasn't a heart attack. Tests are being run to determine the source. Chloe Gomez is also having some tests run. Her condition doesn't seem serious, but is troubling. Many around us are suffering from minor to serious problems. Be kind to each other and remember to pray.

Connie is in North Carolina today for her brother's wedding. Many others are beginning their summer travels. Be careful and return safely.

New classes begin today:

Psalms in room 107-9

James and Hebrews in room 102

Bible Geography in room 204

Good classes and teachers, some of whom are teaching here for the first time. Be encouraging.

"Why be difficult when with a little more effort you could be impossible."

TOO LATE!

There are no more melancholy words in any language than these: Too Late!

I have heard them uttered by a brother as he hurried home to see a dying father. He arrived only to be told that his father had passed; and not soon shall I forget the agony then expressed. Too Late!

I have known them uttered by a skilled surgeon when called to the bedside of a dying man, and I have marked the sadness caused. Too Late!

I have heard them uttered by an anxious crowd gazing on a burning building as they sadly saw the failure of those who sought to save the residents from destruction... Too Late!

But none of these circumstances are half so heart rending as those in which the sinner who has despised his day must find himself when the terrible discovery is made that he is Too Late to enter heaven.
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"Nearly all men can stand adversity, but if you want to test a man's character, give him power."

"When everything else fails - read the instructions."

Assignments for today

Sunday, June 1, 2014

Morning Service

Announcements.....Matt Miles
Hymn Director.....Lee Williams
Scripture Reading.....Col. 1:13-23
Scripture Reader.....Rudy Black
Opening Prayer.....Jesse Knapp
Closing Prayer.....Matt Miles

Evening Service

Hymn Director.....Greg Williams
Opening Prayer.....Terry Walker
Closing Prayer.....Matt Miles

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Schedule of Services

Sunday:

9:30 AM Worship
11:00 AM Bible study
5:00 PM Worship

Wednesday:

7:30 PM Study and Devotional
Minister and editor
Jack Smith and Steve Garrett

The Reminder is published weekly by the church of Christ in Bellaire