



Prayer Requests:

"Pray for one another"

- James 5:16 -

- Michael Baldasaro (Wayne & Jan's son in law) successful surgery on 9/21 addressed cancer of the tonsils; has completed chemo-therapy treatments and will continue to be monitored; grateful for continued prayers for the family ☺
- Louis Bureau - injured left shoulder at work & is gradually recovering from surgery
- Josiah Carelse & Family - working with the Lord's church in Cape Town, South Africa
- Diane Cote - left leg amputated up to the knee as a result of diabetes; now using a temporary prosthesis and undergoing prosthetic rehab; also recently had a major seizure/heart attack and is home recovering
- Filomena Derecho (Cathy's mother in the Philippines) - numerous health issues
- Reyderick Derecho - permanently disabled
- Linda Gloman - colon cancer was detected in a colonoscopy; laparoscopic surgery successful; now undergoing aggressive chemotherapy
- Molly Urghart (mother of Wayne & Jan's granddaughter, River)- her stage 4 esophageal cancer is growing again and is affecting other organs; now undergoing a different kind of aggressive chemotherapy; radiation will be a last resort; prayers needed and appreciated
- Please pray for our nation (1 Timothy 2:1-3)
- Please pray that we might find a suitable and affordable permanent meeting place
- Please pray for those not with us today — the sick & suffering and those who are spiritually weak & struggling

"The eyes of the Lord are over the righteous, and His ears are open unto their prayers."

~ 1 Peter 3:12 ~

Selah



Selah is a word that appears seventy-one times in the Book of Psalms and three times in Habakkuk. The Hebrew word is not directly translated, but is rather *transliterated* – that is, it is written in English according to the way it sounds when pronounced in the original language. The exact usage and meaning of the word are not known, but it is most likely ...

(1) A break that provides a musical interlude, (2) A word meant to lift up & exalt God, (3) A word to indicate "forever" or "it is so" – comparable to "Amen," (4) A pause at the end of a thought or subject - often marking a transition in the text, (5) A word to prompt "deep reflection" or "solemn contemplation."

The last two of these seem the most probable. And based on context, the last explanation seems to make the most sense, making the word comparable to "meditation." While no one knows exactly what *Selah* means, it appears to be an expression that invites us to worship God and study the Bible more deeply. Much like the word meditation, *Selah* could be a request for the reader to pause and think about what has just been said. It allows an opportunity for us to take a moment and pause from the hectic pace of our busy lives to thoughtfully consider the wonders of God and ponder the deeper spiritual meanings of His holy word.

Paul speaks to this in Colossians 2:2-3. For the Colossians, his desire is "that their hearts may be encouraged, being knit together in love, and attaining to all riches of the full assurance of understanding, to the knowledge of the mystery of God, both of the Father and of Christ, in whom are hidden all the treasures of wisdom and knowledge."

The successful "mining" of these "hidden treasures" – extracting the wisdom and knowledge found in God's word – requires both time and effort. This "effort" is not so much reflected in strenuous exertion, as it is in the tranquil atmosphere of thoughtful contemplation and quiet meditation. In our often frenzied, past-paced, modern-day lives, it

will take decisive planning and deliberate preparation in order to set aside the time to sufficiently study and effectively meditate on God's word.

When we see the word *Selah*, it's as if God is saying "Be still and know the I am God!" (Ps 46:10). The Hebrew word translated "be still" means "to be quiet; to sink down and relax; to let go." This is wise and beneficial counsel for 21st century Christians. Taking time to settle down, pray, and meditate on God and His word, is good for the soul and promotes our spiritual well-being. "Blessed are those who keep His testimonies, who seek Him with the whole heart! (Ps 119:2) ... I will meditate on Your precepts, and contemplate Your ways (v. 15) ... Your testimonies are my delight and my counselors" (v. 24).

And there is no better counselor than the word of God. Amen! "For the Lord gives wisdom; from His mouth come knowledge and understanding" (Pr 2:6). God's counsel will not mislead nor disappoint: "He who gets wisdom loves his own soul; he who keeps understanding will find good!" (Pr 19:8). — **Terry Schmidt** ✍



"Sirs, what must I do to be saved?"

- Acts 16:30 -

Hear the Gospel - John 6:44-45; Rom 10:14,17

Believe [trust in] God - John 3:16; 8:24; Ac 16:31
Heb 11:6

Repent of sins - Luke 13:1-5; Acts 2:38; 3:19; 17:30

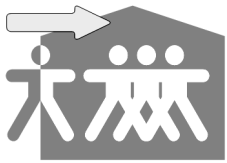
Confess Christ - Mt 10:32-33; Ac 8:36-37;
Rom 10:8-10

Be baptized - Mk 16:16; Ac 2:38; 8:36; 22:16;
1 Pet 3:21

Be faithful unto death - Mt 7:21; Rev 2:10

☺ **Welcome Visitors!** ☺

We are glad to have you as our honored guests!



It is our pleasure to announce that **Mike & Donna Doucette**

have expressed their

desire to place membership here at *Southern Maine* church of Christ.

We are pleased and blessed to have them worship with us and warmly welcome them into our spiritual family! ☺

Annual Budget Meeting



We will be having our men's business meeting and annual budget

meeting directly after services today. Your presence & participation will be greatly appreciated. Thank you. ☺

Visits to Our Web Page

Last Week: 4,708

This Month: 14,354



SNACKS!

Jan 21: Kathleen

Jan 28: Terry K

Attendance & Contribution

for January 14, 2024

Attendance — 23

Contribution — \$490

Order of Worship

January 21, 2024

"Praise the LORD; for the LORD is good: sing praises unto His name; for it is pleasant."

📖 - Psalm 135:3 - 📖

Song Leader: *Terry Schmidt*

Song—1A

Opening Prayer: *Louis Bureau*

Song—501

Scripture Reading: *Wayne Sampson*
~ Psalm 1:1-2 ~

Song—4

The Lord's Supper
Jason Kennedy (lead) & *George Cuvellier*

Song—13

Sermon: *Terry Schmidt*
"Meditation—A Lost Art
in a Modern World"

Song—593

Announcements & Closing Prayer
Jim Miller

Lord's Supper Prep: *Paula Kennedy*

Southern Maine Church of Christ

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We love Him, because He first loved us.
- 1 John 4:19 -

January 21, 2024

Meeting on the Lord's Day:

9:30 am — Bible Class

10:30 am — Worship

"Let us consider one another in order to stir up love and good works, not forsaking the assembling of ourselves together, as is the manner of some, but exhorting one another, and so much the more as you see the Day approaching."

- Hebrews 10:24-25 -

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