



Prayer Requests:

"Pray for one another"

- James 5:16 -

- Clara Clark - dealing with some minor health issues; recently moved into a nursing home
- Diane Cote - diagnosed with kidney disease & dealing with many other health issues
- Randy Cote - (Paul & Diane's son) - struggling with the demands and burdens of life
- Paul & Sandy Gagnon - Paul: at Greenwood Center in Sanford; recently diagnosed with a cellulitis infection -on medication; Sandy: now home from Brigham & Women's Hospital in Boston where a large tear was found in her colon; surgery for a colostomy is scheduled for April 14th; please pray for strength & healing for her & Paul
- Nate & Rebecca Hios - pray for the Kittery work
- Jim & Pat Miller - leg & back problems
- David Murphy (Sandy's brother) - inoperable prostate cancer
- George & Caren Nick - ongoing family struggles
- Ernie Perry - dealing with COPD issues
- Jerry Prestridge - serving in Afghanistan
- Kathy Rader - prayers for her and her mom
- Robert (Shirley's Dad) - serious heart condition; problems with excessive fluid retention
- Wayne Sampson - corrective surgery for spinal stenosis was successful and he is now healing; recently diagnosed with gallstones & fatty liver; also suffering from ongoing anxiety attacks
- Karlee Wells - various health issues; dealing with PTSD, TBI, severe migraines and chronic pain; also legal issues for health compensation
- Kim Willey - struggling with bi-polar disorder
- Blake Williams - personal & family struggles
- Peter Wolenty - ongoing heart problems
- 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

Intra-personal Communication

Intra-personal communication, or self-talk, is inextricably linked to our attitude, disposition and overall sense of well-being. Our self-talk can be positive, helpful, encouraging and nurturing. Or, it can be negative, harmful, discouraging and debilitating. For most of us, it is a mixture of the two. The Christian has an advantage in that we can routinely examine our self-talk to see if it is in harmony with the solid truths found in God's word.

These Biblical truths are rooted in the very nature and character of Almighty God who gave us His inspired revelation. While things in our world are often temporary and constantly changing, these Biblical truths are eternal and unchanging—fixed, firm and trustworthy. Failure to regularly examine our self-talk in light of Scripture could result in our inner conversations becoming overly emotional, highly subjective and irrational. But doing regular checks on our self-talk will help keep our inner conversations rational, objective and God-centered.

Solomon exhorts: "Keep [guard] your heart with all diligence, for out of it spring the issues of life" (Pr 4:23). A modern version reads: "Be careful how you think; your life is shaped by your thoughts [self-talk]" (TEV). The Lord is certainly aware of how we talk to ourselves (Mk 2:6-8). Working to insure that our inner conversations are in harmony with His word will please Him and will be a blessing to us, as well as those around us. Realizing the importance of our self-talk, we should let our inner conversations be always full of grace [gracious; sensible; pleasant; kind; appealing] (Col 4:6), and not allow any unwholesome [bad; foul; worthless; harmful; abusive] talk to dominate our intra-personal communication (Eph 4:29).

Since we will have to live with the consequences of what we say to ourselves, may our prayer be that of the Psalmist: "Let the words of my mouth, and the meditation of my heart [my self-talk], be acceptable in thy sight, O Lord, my strength and my redeemer" (Ps 19:14). — **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; 10:22; Heb 5:9;
 Rev 2:10

"Salvation is found in no one else, for there is no other name under heaven given to men by which we must be saved." — Acts 4:12

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Much, if not most, of the time we would rather be ruined by praise than improved by criticism. Sometimes truth hurts. It bruises our ego and makes us uncomfortable, because it calls for genuine self-examination and real change. "Examine yourselves as to whether you are in the faith.

Prove yourselves." - 2 Corinthians 13:5



"The prayer of the upright is His delight...He hears the prayer of the righteous" - Proverbs 15:8 & 29

☺ **Welcome Visitors!** ☺

We are glad you have come to worship with us today. We want you to know that you are welcome. Please don't hesitate to ask if you have questions or if we can help you in any way. Please fill out a visitor's card before you depart. Have a great week!





Ladies' Corner

Nursing Home Visit: Tuesday, April 18th, Kennebunk Nursing Home at 9:30 followed by lunch and fellowship at

Perfectos in Kennebunk.

ANNOUNCEMENTS:

- **Pot Luck Fellowship:** TODAY, after services
- **Congregational Meeting:** Sunday, April 30th, after services

Happy Anniversary:

Keith & Karlee — April 20th

Rod & Shirley — April 28th

Jim & Pat — April 28th



Today after services.
There's plenty for all.
Please stay for this
special time of food,
fun and fellowship!

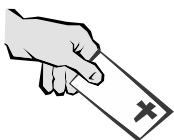
POINTS TO PONDER

"I am only one, but I am one. I cannot do everything, but I can do something. What I can do, I should do and, with the help of God, I will do." — Edward Everett Hale

SNACKS!

April 9: Pat

April 16: Kim



Numbers for 4/2/17

Attendance - 16

Contribution - \$497.

Order of Worship

April 9, 2017

"Let us draw near with a true heart in full assurance of faith, having our hearts sprinkled from an evil conscience and our bodies washed with pure water Let us hold fast the confession of our faith without wavering, for He who promised is faithful."

- Hebrews 10:22-23 -

Song Leader: *Paul Cote*

Song

Opening Prayer: *Jason Kennedy*

Song

Scripture Reading: *Erik Grabowski*

- Psalm 34:11-19 -

Song

The Lord's Supper:

Wayne Sampson & Ernie Perry

Contribution

Song

Sermon: *Terry Schmidt*

"Do No Evil"

Song

Announcements & Closing Prayer:

Terry Schmidt

Alternate/fill-in: *George Nick*

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Lord's Supper Prep: *Jan Sampson*

## Southern Maine Church of Christ

159 Alfred Road, P.O. Box 344  
West Kennebunk, ME 04094



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

**April 9, 2017**

## Sunday Assembly Times:

9:30 am — Bible Class

10:30 am — Worship

6:00 — Bible Study

## Wednesday Assembly:

7:00 — Bible Study

Phone: 207-229-4174

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