



Prayer Requests:

"Pray for one another"

- James 5:16 -

- Paul Bineau (Diane's 95 year old father) - can no longer walk
- Raymond Bineau (Diane's brother) - suffered a heart attack and has COPD; unable to walk
- Sueanne Bineau (Diane's cousin) - stage 3 ovarian cancer; prayers are appreciated
- Diane Cote - kidney disease; health concerns
- Paul & Sandy Gagnon - Paul: at Greenwood Center in Sanford & doing well; Sandy: suffering with respiratory & sinus infections; also dealing with pain brought on by polymyalgia rheumatic
- Pat Glass (Terry K's sister-in-law) - diagnosed with fatty Liver and is retaining fluid, which needs to be drained
- Erik Grabowski - severe neck pain
- David Murphy (Sandy's brother) - inoperable prostate cancer; also has diabetes
- Wilma Newton (Brent's 88 year old mother) - had surgery on her spine to prevent complete paralysis and is now in rehab
- Ariana Nick - suffering with serious medical issues; only 16 years old
- Caren Nick - chronic fatigue syndrome
- Ernie Perry - dealing with COPD issues
- Norman Roy (Paula's sister's 53 year old husband) - rapid weight loss, muscle mass reduction and overall deteriorating health; please pray for a definitive diagnosis
- Wayne Sampson - experiencing ongoing anxiety attacks
- Karlee Wells - various health issues; dealing with PTSD, TBI, migraines and chronic pain
- Peter Wolenty - ongoing heart problems
- Please pray for those not with us today
- Please pray that we might find a suitable and affordable permanent meeting place
- Please pray for our nation (1 Timothy 2:1-3)



Poisons of the Soul

God's word teaches that we are not to "quench" the Spirit (1 Thess 5:19), nor "grieve" the Holy Spirit of God (Eph 4:30). How, or in what ways can we do this? The context of the Ephesians 4 text provides some answers. Things that are out-of-harmony with the will of God like lying (v. 25), unresolved anger (v. 26), stealing (v. 28), corrupt communication (v.29) – these grieve the Holy Spirit. And it is no coincidence what follows next: "Let all bitterness, wrath, anger, clamor, and evil speaking (slander) be put away from you, with all malice" (v. 31).

The word bitterness in the Greek literally means "poison" (*Strong's*)—"a bitter root producing bitter fruit" (*Vine's*). It represents a harsh, unpleasant and irritating acidity which is deeply and violently bitter (*Webster*). This is why we are to look "diligently lest anyone fall short of the grace of God; lest any root of bitterness (same Greek word) springing up cause trouble, and by this many become defiled" (Heb 12:15). The word translated "defiled" reveals the seriousness and severity of the matter at hand. It means "to pollute or contaminate ceremonially or morally." In short, these poisons of the soul end up destroying their container!

When we choose to maintain an unforgiving spirit, hold a grudge, and harbor ill-feelings toward others, we do so to our own detriment. This self-willed approach can lead only to resentment and bitterness—poisons of the soul—which do a tremendous amount of damage to our spiritual well-being and to personal relationships. But even more important, these poisonous, sinful attitudes quench the Spirit (and His fruit), and grieve the Holy Spirit of God, "by whom you were sealed for the day of redemption" (Eph 4:30). This is not a good place for us to be!

This is why God warns us against harboring these harmful and destructive attitudes.

While the hurt may be legitimate and the pain very real, we cannot afford to nurse a grudge, nor hold on to bitterness and resentment. For our own self-preservation, and for the sake of those precious souls involved, we must do this God's way (Mt 6:14-15; Mk 11:25-26; Lk 17:3-4).

We would do well to heed the godly teaching found in the last verse of Ephesians 4: "And be kind to one another, tender-hearted, forgiving one another, just as God in Christ also forgave you (V. 32). A companion text provides even more help: "Therefore, as the elect of God, holy and beloved, put on tender mercies (a heart of compassion), kindness, humbleness of mind, meekness, longsuffering; bearing with one another, and forgiving one another, if anyone has a complaint against another; even as Christ forgave you, so you also must do" (Col 3:12-13).

This is God's will for you & me. Jesus suffered much and died the cruel death of crucifixion in order to save our souls. May we never be guilty of deliberately poisoning our souls—for which Christ paid the ultimate price!

— Terry Schmidt ✍



POINTS TO PONDER

*Trusting God's faithfulness
can dispel our fearfulness.*

😊 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!



ANNOUNCEMENTS:

- **Congregational Meeting:** Sunday, June 3rd, after services
- **Pot Luck Fellowship:** Sunday, June 10th, after services
- **Ministry Meetings:** Sunday, June 10th, after pot luck
- **Greenwood Nursing Home Service:** Every Sunday afternoon at 3:30 PM. All are welcome! ☺

~ UPCOMING EVENTS ~

33rd NE States Men's Retreat

June 15th & 16th

Avon Old Farms School
500 Old Farms Road
Avon, CT 06001

www.cocmensretreat.com



May Birthdays

23rd - Hunter Wells
30th - Paul Cote



Happy Anniversary:

Paul & Sandy - June 5th

SNACKS!

May 20: Betty
May 27: Jan



Numbers for 5/13/18

Attendance - 16
Contribution - \$397

Order of Worship

May 20, 2018

"You are worthy, O Lord, to receive glory and honor and power; for You created all things, and by Your will they exist and were created."

- Revelation 4:11 -

Song Leader: *Paul Cote*

Song

Opening Prayer: *George Nick*

Song

Scripture Reading: *Jason Kennedy*
~ Judges 11:1-3 ~

Song

The Lord's Supper:
Paul Bullock & Ernie Perry

Contribution

Song

Sermon: *Terry Schmidt*
"Jephthah the Enigma"

Song

Announcements & Closing Prayer:
Wayne Sampson

Alternate/fill-in: *Jim Miller*

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Lord's Supper Prep: *Betty Schmidt*

# Southern Maine Church of Christ

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

## May 20, 2018

### 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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