



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
- Clara Clark - recently suffered a small stroke
- Diane Cote - kidney disease; health concerns
- Sandy Gagnon - dealing with chronic pain & various health concerns
- Erik Grabowski - dealing w/ chronic neck pain
- Hurricane/flood/fire victims - please pray for all those who have suffered damage & loss during the hurricanes down south, and wild-fires in California, many of which are our brothers and sisters in Christ
- Ronald Lajoie (82 year old who walked into Paula's vehicle while she was driving) - has a broken nose & two broken ribs; also had dangerously high potassium levels; now recovering well at MMC; Paula appreciates prayers
- Ernie Perry - dealing with COPD issues
- Norman Roy (Paula's sister's 54 year old husband) - rapid weight loss, muscle mass reduction and overall deteriorating health; please pray for the family and for a definitive diagnosis & healing
- Henry Terrill - back surgery on Nov 29th was successful and he is recovering nicely
- Trina (new sister in Christ in Roanoke, AL) - pray for spiritual growth & maturity in Christ
- Wayne Sampson - experiencing ongoing anxiety attacks; pray that the cause can be found, along with an effective treatment
- 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

"Pray without ceasing." — 1 Thess 5:17

Comfort for the Depressed

by Johnny Felker

In II Corinthians 1, Paul discusses what must have been one of the lowest points in his life, a time filled with deep feelings of anxiety and despair. He reports that in Asia he was "burdened excessively, beyond... strength" so that he "despaired even of life", having the "sentence of death" within himself (II Cor 1:8-9). He spoke of how he had "no rest" for his spirit, how he was "afflicted on every side", "conflicts without, fears within" (II Cor 7:5). Have you ever felt this way? Have you known this kind of pressure? As Paul reflected upon his sufferings, he made several observations that will help each of us when we go through similar times.

Suffering causes us to trust in God rather than ourselves. "For indeed we have the sentence of death within ourselves in order that we should not trust in ourselves, but in God who raises the dead" (II Cor 1:9). How powerfully suffering reminds us of our human weakness! Our inability to remove suffering points to the need to trust in God. How hard it is for us to learn that lesson! Often, we have to be put flat of our back before we start looking up!

Suffering prompts us to pray. Paul had learned what a great help prayer was in suffering. He reminded the Corinthians that deliverance from his afflictions could be found through their prayers (II Cor 1:11). In chapter 12, when he spoke of his "thorn in the flesh," he mentions how he prayed repeatedly to the Lord. We are encouraged to do this as well: "Is any among you suffering? Let him pray!" (James 5:13).

God has the power to strengthen us while suffering. Not all God's comfort comes through the removal of that which makes us suffer. When Paul prayed for relief from his "thorn" (II Cor 12) God said, "My grace is sufficient for you" (II Cor 12:9). To know that we are Christians, that we have the hope of heaven, that we live in his favor, provides sufficient strength to endure for Christ's sake whatever may be our lot in life. "For our momentary light affliction is producing for us an eternal weight of glory far beyond all comparison..." (II Cor 4:17).

Our sufferings make it possible for us to comfort others in their afflictions. Paul hoped to comfort others in their afflictions just God had comforted him (II Cor 1:4). What a great attitude! Rather than complain about his problems, he rejoiced that they provided him with the power and compassion to help others who faced similar circumstances. Who can be a better comforter to the suffering than the one who has experienced and endured suffering themselves?

From the day Paul rose from baptism to serve Christ (Acts 9:18; 22:16), he learned as Jesus had foretold "how many things he must suffer for my name's sake." And yet in them all, Paul kept the faith. Throughout his life, he demonstrated unswerving commitment to Christ and patient hope of living with him someday. All of us can have that same hope—that whatever life may bring, God will be there to help us remain faithful and to deliver us to a world where pain does not exist. Be comforted by this promise!

— Terry Schmidt ✍



New Email Address

Jan's new address is:

sharemycup@gmail.com

Please make a note of this in your directories

Yankee Swap

This year's Yankee Swap will be Sunday, December 9th, after our pot luck. Come prepared with a gift or two to swap for who knows what! This is always a great time of fellowship and lots of fun!



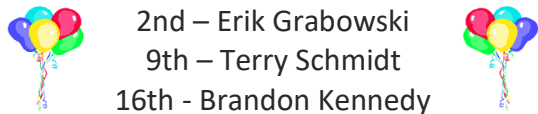
☺ Welcome Visitors! ☺

We are glad to have you worship with us today. 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.

ANNOUNCEMENTS:

- Potluck/Yankee Swap will be Sunday, December 9th, after services.
- Singing at Greenwood Nursing Home December 23rd at 2:00. All are invited to attend.
- Greenwood Nursing Home Service: Every Sunday afternoon at 3:30 PM. All are welcome! ☺

December Birthdays



2nd – Erik Grabowski

9th – Terry Schmidt

16th - Brandon Kennedy

28th - Catherine Cuvellier



Happy Anniversary

Terry & Betty - Dec 6th

VISITS TO OUR WEB PAGE

Past Week: 2781

This Month: 54



Snacks!

December 2: Cathy

December 9: Pat

*Contribution & Attendance
for November 25, 2018*

Attendance — 22

Contribution — \$743.50

Order of Worship

December 2, 2018

"Thine, O LORD, is the greatness, and the power, and the glory, and the victory, and the majesty: for all that is in heaven and earth is Thine; Thine is the kingdom, O LORD, and thou art exalted as head above all."

- 1 Chronicles 29:11 -

Song Leader: *Paul Cote*

Song

Opening Prayer: *Jason Kennedy*

Song

Scripture Reading: *George Cuvellier*

~ Psalm 101:1-8 ~

Song

The Lord's Supper:

Wayne Sampson & Ernie Perry

Contribution

Song

Sermon: *Paul Bullock*

"Righteousness 101"

Song

Announcements & Closing Prayer:

Jim Miller

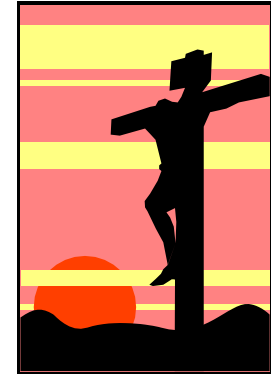
Alternate/fill-in: Paul Bullock

~~~~~

Lord's Supper Prep: *Terry Kennedy*

# 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 -

## December 2, 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

Email: [tls654b@twc.com](mailto:tls654b@twc.com)

Website: [www.southernmainecofc.com](http://www.southernmainecofc.com)