



Prayer Requests:

"Pray for one another"

- James 5:16 -

- Billie Jo (Pat Miller's daughter) - recently hospitalized after suffering a nervous breakdown
- Diane Cote - kidney disease/ health concerns
- Randy Cote - prayers for family problems
- Filomena Derecho (Cathy's mother in the Philippines) - numerous health issues
- Reyderick Derecho (Cathy's nephew) - permanently disabled and in need of prayer
- Bill Ferrigno (friend of Terry S) - recently diagnosed with lymphatic cancer
- Sandy Gagnon - health concerns
- Glenda's aunts in California:
 - Beverly - pacemaker implanted recently, along with a hip replacement
 - Mary Lou - kidney failure; now on dialysis
 - Sandra - recent shoulder surgery
- Avis Going-Taylor - having severe back issues
- Erik Grabowski - painful tennis elbow
- Janice Grabowski - large growth on left side of her neck causing pain; having biopsy soon
- Terry Kennedy - had successful right knee replacement surgery on Feb 26th; prayers requested for quick & complete healing
- Leah (Glenda's daughter) - ovarian cancer
- Raymond Lamb - stage 3 cancer
- Debbie McGarey (mother-in-law of Terry & Betty's daughter, Becky) - throat cancer
- Pat Miller - being treated for diverticulitis
- George Nick - family issues & concerns
- Ernie Perry - dealing with COPD issues
- Norman Roy - at the Gosnell House in Scarborough in severe pain; pain meds being administered intravenously; prayers are needed
- Wayne Sampson - recovering from surgery on right shoulder; severe bursitis hip pain; also experiencing ongoing anxiety attacks
- Tornado victims in Nashville area - many brothers & sisters have suffered injury & loss



Watch and Pray

"Whoever has no rule over his own spirit is like a city broken down, without walls" (Pr 25:28).

In ancient times, guarded fortified walls provided a city with protection and security. Without walls, the city had no defense capability and was wide-open to attack. This is how it is with the person who has "no rule over his own spirit." Because he has no rule, restraint or self-control, he has little or no defense against the temptations of Satan and is wide-open to his attacks.

Our Lord offers help in this area: *"Watch and pray, lest you enter into temptation"* (Mt 26:41). The temptation spoken of here is "an enticement to sin," whether arising from inward desires or outward circumstances. So as to not give-in to the temptation, the Lord's prescription for us is to "watch and pray." The word "watch" literally means "to stay awake." It stresses the necessity of watchfulness and maintaining spiritual vigilance. *"See then that you walk circumspectly, not as fools, but as wise"* (Eph 5:15). To "walk circumspectly" is to be careful and cautious; to remain guarded and alert. We are to be actively cautious, giving strict attention to the very real possibility of temptation, so that we are not taken by surprise and can recognize the temptation for what it is.

To resist temptation, the Lord teaches us that we are also to pray. *"Trust in Him at all times, you people; pour out your heart before Him!"* (Ps 62:8). When we pray, we are saying (without actually saying it), "I cannot do this alone, I need God's help, strength, guidance and assistance." Prayer is communication with God by which we express our dependence on Him. And prayer makes a difference. Because, when we humbly bow in prayer, we are accessing the power of Almighty God! Hence the oft-quoted saying: "Satan trembles when he sees, the weakest saint upon his knees!"

Wise and humble is the faithful soul who realizes that he cannot overcome temptation on his own. *"Therefore, humble yourselves under the mighty hand of God, that He may exalt you in due time,*

casting all your care upon Him, for He cares for you. Be sober, be vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour. Resist him, steadfast in the faith" (1 Pet 5:7-9).

However, the Lord in Matthew 26:41 continues: *"The spirit indeed is willing, but the flesh is weak."* Time and time again throughout our lives, experience has taught us that the flesh is definitely weak! But is the spirit—my spirit—truly willing? That's a good question! Even though our flesh is weak (*"For He knows our frame; He remembers that we are dust"* – Ps 103:14), if we do not have the desire to resist temptation and obey God, we are *"like a city broken down, without walls,"* having little or no defense against the temptations of Satan and entirely vulnerable to his attacks. Let us therefore, rather, cultivate a willing spirit and follow the Lord's admonition to watch and pray!

— 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 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 ~

- **Potluck Fellowship:** Sunday, March 22, after services, with students from Freed-Hardeman University as guests
- **Potluck & Singing:** Manchester church of Christ, March 22 at 5:00 PM
- **Greenwood Nursing Home Service:** Every Sunday afternoon at 3:30 PM. All are welcome! ☺



Ladies' Corner

Biddeford Ladies' Day: Saturday, March 21st; Speaker: Cindy Colley, Topic: "Relationships of the Christian Woman" (see flyer on back table)

VISITS TO OUR WEB PAGE

This Week: 7,680

This Month: 7,680



SNACKS!

Mar 8: Connie
Mar 15: Glenda

Contribution & Attendance

for March 1, 2020

Attendance — 17

Contribution — \$977.00

Order of Worship

March 8, 2020

"But you are a chosen generation, a royal priesthood, a holy nation, His own special people, that you may proclaim the praises of Him who called you out of darkness into His marvelous light!"

- 1 Peter 2:9 -

Song Leader: *Paul Cote*

Song—276

Opening Prayer: *Paul Bullock*

Song—256

Scripture Reading: *Jim Miller*

~ James 1:12-16 ~

Song—301

The Lord's Supper:

Wayne Sampson & Ernie Perry

Contribution

Song—53

Sermon: *Terry Schmidt*

"Dealing With Temptation"

Song—640

Announcements & Closing Prayer:

Jason Kennedy

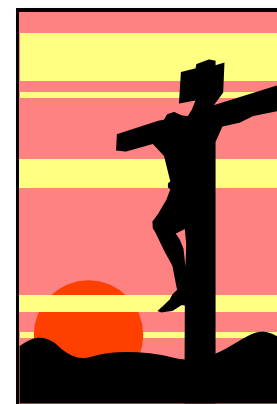
Alternate: *George Cuvellier*

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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 -

## March 8, 2020

### 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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