



## Prayer Requests:

*"Pray for one another"*

- James 5:16 -

- Josiah Carelse & Family - working with the Lord's church in Cape Town, South Africa
- Corona Pandemic - its effect & overall impact on our lives, the nation and the world
- Diane Cote - kidney disease/ health concerns
- Filomena Derecho (Cathy's mother in the Philippines) - numerous health issues
- Reyderick Derecho (Cathy's nephew) - permanently disabled and in need of prayer
- Sandy Gagnon - ongoing health concerns
- Sandra (Glenda's aunt in California)- recovering from recent shoulder surgery
- Janice Grabowski - large growth on her neck
- Nancy Grant - recent surgeries went well; now in the process of recovery & healing
- Connie Henderson - recent chemotherapy went well; she will continue a regimen which hopefully will eradicate the remaining cancer
- Kayden Cote (Paul & Diane's grandson) - may need surgery to strengthen right eye muscles
- Leah (Glenda's daughter) - ovarian cancer
- Joanne Neithercut - struggling with frequent bouts of depression
- George Nick - family issues & concerns
- Ernie Perry - arthritic back pain and COPD
- Norman Roy - prayers are needed for him & his family as his health continues to decline
- Wayne Sampson - experiencing bursitis & arthritis pain and ongoing anxiety attacks
- Lance Schmidt (Terry & Betty's grandson) - at Fort Leonard Wood, MO undergoing training as a Ground Transportation Technician-USAF
- Erik Wuelper - (friend of George Cuvelier) - pancreatic cancer; prayers requested

*"The prayer of the upright is His delight . . .  
He hears the prayer of the righteous."*

~ Proverbs 15:8, 29 ~

## Fight Spiritual Malnutrition!



"Live" foods, such as uncooked vegetables, contain enzymes which aid in food digestion and enhance the delivery of essential nutrients to the bloodstream to be distributed throughout the body. (Cooking vegetables at temperatures above 140 degrees kills most of these enzymes). Unfortunately, many medical professionals give little or no thought to the important role of enzymes in digestion. These enzymes are present in all living plant cells and are the primary motivators of all of our natural biochemical processes. In other words, life cannot exist without them!

It has been proven that the ingestion of uncooked "raw" vegetables can slow the progress of chronic degenerative diseases, or in some cases, even prevent them. For this reason, enzymes should be considered essential nutrients. Unfortunately, this is not the case, and food manufacturers routinely remove them from "processed" foods in order to gain extended shelf-life. This significantly impacts the digestibility and nutritional value of the food. Something similar exists in the spiritual realm.

"For the word of God is living and powerful, and sharper than any two-edged sword, piercing even to the division of soul and spirit, and of joints and marrow, and is a discerner of the thoughts and intents of the heart" (Heb 4:12). Because God's word is living (endowed with life, dynamic & vibrant), and powerful (having vital energy in itself), it is essential to our spiritual life! Just like we need daily food to nourish and sustain our *physical* bodies, we need daily *spiritual* food to nourish and sustain our souls. "It is written, 'Man shall not live by bread alone, but by every word that proceeds from the mouth of God'" (Mt 4:4).

If you were to go for an extended period of time without food, your first indication would be the uncomfortable pain of hunger. If continued, you would next see a significant drop in your body's resistance and you would be susceptible to germs and disease. This would be followed by such serious conditions as starvation and malnutrition.

If still no food was eaten, the final step would be death.

In like manner, when we choose to go for an extended period of time without feeding on God's word (our spiritual nourishment), we experience the uncomfortable pain of spiritual hunger and are tempted to fill the void with "junk food"—that which does not nourish or satisfy (Is 55:2). If continued, we would see a significant drop in our resistance to sin and become susceptible to all kinds of temptation (Ps 119:11). This is followed by the unpleasant and regrettable condition of spiritual malnutrition (Heb 3:12-14; 6:4-6; 10:26-31). The final step would of course be spiritual death—eternal separation from God (Jas 5:19-20).

As God's redeemed children, may you and I always "desire the pure (sincere) *milk* of the word, that [we] may grow thereby" (1 Pet 2:2), and feed daily on the *meat* of God's word to receive our necessary spiritual nourishment. This "solid food belongs to those who are of full age (mature), that is, those who by reason of use have their senses exercised to discern both good and evil" (Heb 5:14).

— 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; Rev 2:10

*"Neither is there salvation in any other: for there is none other name under heaven given among men, whereby we must be saved."*

- Acts 4:12 -



*Jason & Paula — October 25th*



We will enjoy our potluck fellowship today after services. Please make plans to stay for this special time of food, fun and fellowship! ☺

*"...food which God created to be received with thanksgiving by those who believe and know the truth." — 1 Timothy 4:3*

### Visits to Our Web Page

This Week: 9,121  
This Month: 9,753



## SNACKS!

Oct 11: Pot Luck  
Oct 18: Cathy

*Attendance & Contribution  
for October 4, 2020*

Attendance — 17  
Contribution — \$357.

## Order of Worship

October 11, 2020

*"O LORD, thou art my God; I will exalt thee,  
I will praise thy name; for thou hast done  
wonderful things; thy counsels of old  
are faithfulness and truth."*

- Isaiah 25:1 -

Song Leader: *Paul Cote*

Song—653

Opening Prayer: *Jason Kennedy*

Song—262

Scripture Reading: *Jim Miller*  
~ Psalm 19:7-11 ~

Song—119

The Lord's Supper:  
*Paul Bullock & Ernie Perry*

Song—53

Sermon: *Terry Schmidt*  
"More Precious Than Gold!"

Song—Psalm 19 (Hand Out)

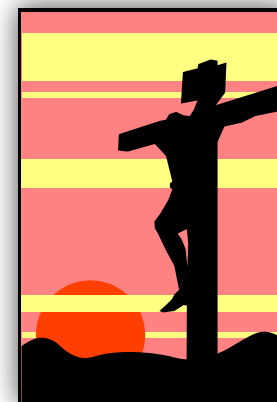
Announcements & Closing Prayer:  
*George Cuvellier*

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Lord's Supper Prep: *Sandy Gagnon*

## Southern Maine Church of Christ

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

## October 11, 2020

### Sunday Assembly Times:

9:30 am — Bible Class  
10:30 am — Worship  
6:00 — Bible Study

### Wednesday Assembly:

7:00 — Bible Study

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