



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
- Bill Ferrigno (friend of Terry S) - recently diagnosed with lymphatic cancer
- Sandy Gagnon - ongoing health concerns
- Glenda's aunts in California:
 - Mary Lou - kidney failure; now on dialysis
 - Sandra - recent shoulder surgery
- Janice Grabowski - large growth on her neck
- Connie Henderson - diagnosed with a fast-growing ovarian cancer; undergoing more chemo-therapy to further shrink tumors; most likely will undergo surgery to remove any remaining cancer; prayers appreciated!
- Ronnie Knoll (Sandy's stepson) - blood clots in both lungs are dissipating; thanks for prayers
- Leah (Glenda's daughter) - ovarian cancer
- Debbie McGarey (mother-in-law of Terry & Betty's daughter, Becky) - throat cancer
- George Nick - family issues & concerns
- Ernie Perry - dealing with arthritic back pain and COPD issues
- Norman Roy - at home now, but in severe pain; pain meds being administered intravenously; prayers are needed for him and his family as his health continues to decline
- Wayne Sampson - recovering from surgery on right shoulder & torn right bicep tendon; a recent cortisone shot has brought relief to his severe bursitis hip pain; also experiencing ongoing anxiety attacks

Meek and Lowly



When our Lord walked this earth in the flesh, He described himself as "meek and lowly" (Matt 11:29). Lowly means to be humble, brought low. But many people misunderstand the concept and meaning of meekness, often confusing it with weakness. This is a mistake. A brief and concise definition of this meaningful word is "power under control."

When I was in Alaska back in the mid 1980's, I observed an argument between a boastful & boisterous individual and a gentleman who had a black-belt in Karate. While being taunted and called names by the bellowing braggart, the expert in Karate slowly turned and walked away from his arrogant antagonist. To those witnessing the scene, it seemed the braggart was the one in control, dominating the situation. But such was not the case. With his level of training in martial art skills, the Karate expert *could* have ended this altercation in a heart-beat, emerging victorious before the onlookers. Instead, he chose to endure and absorb the resulting ridicule and shame in order to prevent injury and keep the peace.

A concise, but *not* brief, treatment of this word can be found in Vine's Expository Dictionary of NT Words. I offer an abridged version here:

Meekness consists not in a person's "outward behavior" only; nor yet in his relations to his fellow-men; rather it is an inwrought grace of the soul; and the exercises of it are first and chiefly towards God. It is that temper of spirit in which we accept God's dealings with us as good, and therefore without disputing or resisting. It is closely linked with the word humility. It is only the humble heart which is also meek, and which, as such, does not fight against God and more or less struggle and contend with Him. This meekness, however, being first of all a meekness before God, is also such in the face of men. Even of evil men, out of a sense that these, with the insults and injuries which they may inflict, are permitted and employed by God for the chastening and purifying of His elect. Meekness is also associated with 'self-control.'

It must be clearly understood, therefore, that the meekness manifested by the Lord and commended to the believer is the fruit of power. The common assumption is that when a man is meek it is because he cannot help himself. But the Lord was 'meek' because he had the infinite resources of God at His command. Described negatively, meekness is the opposite to self-assertiveness and self-interest; it is equanimity of spirit that is neither elated nor cast down, simply because it is not occupied with self at all.

To those witnessing the brutal scourging and agonizing crucifixion of our Lord, it seemed that the Jewish leaders and the Romans were in control, dominating the situation. But such was not the case. Jesus had all the resources and power of Almighty God at His command and could have ended this painful ordeal in a heart-beat. At His arrest Jesus said, "Thinkest thou that I cannot now pray to My Father, and He shall presently give Me more than twelve legions (72,000+) of angels?" (Mt 26:53).

Instead of initiating this immediate divine deliverance, the lowly Jesus chose to meekly endure the excruciating pain of unjust suffering, absorbing ridicule and shame (Is 53; Mt 27:27-44), in order to provide salvation for you and me (Jn 15:13; Rom 5:6-9). — **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

"Nor is there salvation in any other, for there is no other name under heaven given among men by which we must be saved."



God, our Father who created us, holds fatherhood in high regard, giving fathers responsibility as the head of the household and a place of honor in the family (Eph 6:1-4; Col 3:18-21; 1 Thess 2:11-12; Heb 12:9). While our permissive society has allowed the respect due our fathers to increasingly diminish over the years, may those who follow Christ set the greatest example in honoring our fathers, not only on this special day, but every day of the year. ☺



June 21st - Connie Henderson
June 25th - Georine Cuvellier

SNACKS!

June 21: Betty
June 28: Pat

*Attendance & Contribution
for June 14, 2020*

Attendance — 21
Contribution — \$764

Order of Worship

June 21, 2020

“God is greatly to be feared in the assembly of the saints, and to be held in reverence by all those around Him.”

- Psalm 89:7 -

Song Leader: *Paul Cote*

Song—17

Opening Prayer: *Jim Miller*

Song—261

Scripture Reading: *Jason Kennedy*
~ Matthew 26:31-35, 69-75~

Song—301

The Lord's Supper:
George Cuvellier & Ernie Perry

Song—53

Sermon: *Terry Schmidt*
Three Barrier Breakers
for Body Growth

Song—39

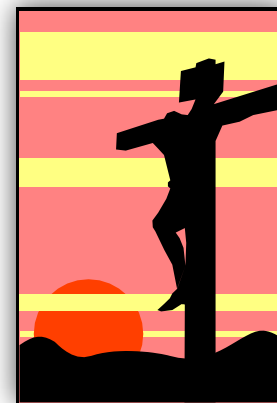
Announcements & Closing Prayer:
Paul Bullock

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Lord's Supper Prep: *Pat Miller*

## Southern Maine Church of Christ

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

**June 21, 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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