



Prayer Requests:

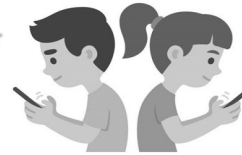
"Pray for one another"

- 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 - scheduled for surgery on March 31 to correct a collapsed artery in her neck; also dealing with an infection on her left foot
- Cathy Cuvellier - prayers requested for her job situation which is uncertain at this point
- Filomena Derecho (Cathy's mother in the Philippines) - numerous health issues
- Reyderick Derecho - permanently disabled
- Erik Grabowski - dealing with a painful heel spur on his right foot
- Janice Grabowski - large growth on her neck; also dealing with pancreatitis & fibromyalgia
- Connie Henderson - undergoing an aggressive regimen of chemotherapy which hopefully will eradicate the remaining cancer; a recent CTSCAN revealed that the chemo is working
- Mayvella Knight (Connie's foster sister) - lost her husband to cancer recently; struggling
- Leah (Glenda's daughter) - ovarian cancer
- Jim Miller - now scheduled for triple-bypass surgery on March 18th; prayers appreciated
- Joanne Neithercut - struggling with frequent serious 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
- Paul Small (Paul Cote's cousin) - battling stomach cancer; prayers needed
- Erik Wuelper - pancreatic cancer

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

Guard Your Heart with All Diligence!



Sociologists and psychologists have long been concerned about the detrimental effects of graphic violence in video games, particularly among our young people. Warnings have also been raised about the violent, sexually explicit lyrics in rap songs and heavy metal music. In fact, the access that children now have on their electronic devices to a nearly unlimited menu of mature adult material raises some serious questions and concerns. Early exposure to this type of "stimuli" before one has matured enough to adequately process the information can have lasting negative effects that can be difficult to change or undo.

This is why, for centuries, God's inspired word has warned (and this includes adults!): "Keep your heart with all diligence, for out of it spring the issues of life" (Proverbs 4:23). The Hebrew word translated "keep" means to guard from dangers, to keep watch over, to protect. "Heart" refers to the mind, the will, the intellect. It concerns the "inner man" and has to do with the "thought life"—*how* you think. So, we are admonished to *keep watch* over our thoughts—to *guard* what goes into our minds and *protect* the inner man from that which would do harm. This is important because, the way we think affects *everything* we do. Out of the heart—the way we think—spring the issues of life. Our thoughts are the source of all that we do. "For as he thinketh in his heart, so is he" (Proverbs 23:7). So, what we allow ourselves to ingest, absorb or "take in" is of greatest importance!

An old well-known adage states: "You are what you eat!" Yet another more recent maxim observes: "Garbage in . . . garbage out!" In other words, you will inevitably be influenced by, and may actually become, what you feed on! This is why the Apostle Paul wisely instructs: "Finally, brethren, whatever things are *true* [right; correct], whatever things are *noble* [honorable; decent; upright], whatever things are *just* [equitable; fair; virtuous], whatever things are *pure* —————>

[“free from fault or carnality”; blameless; clean], whatever things are *lovely* [beautiful; acceptable; pleasing], whatever things are of *good report* [reputable; favorable; respected], if there is any *virtue* [moral excellence & goodness], and if there is anything *praiseworthy* [admirable; commendable], —*think* [meditate; ponder; reflect] on these things” (Philippians 4:8).

In this hi-tech, godless age, there are many voices, sights, sounds and experiences clamoring for our attention and our allegiance. But again, Scripture admonishes: "Cease, my son, to hear the instruction that causeth to err from the words of knowledge" (Proverbs 19:27 - KJV). Rather, we are to "test the spirits, whether they are of God" (1 John 4:1), and bring "every thought into captivity to the obedience of Christ!" (2 Corinthians 10:5).

— 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:** today, after services
- **Men's Business & Budget Meeting:** directly after pot luck
- **Ladies' Meeting:** after pot luck



If you don't stand against the tide, you will inevitably flow with the tide. "Therefore, my beloved brethren, be steadfast, immovable, always abounding in the work of the Lord!"

— 1 Corinthians 15:58



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

Visits to Our Web Page

Last Week: 9,480
This Month: 16,097



SNACKS!

Mar 14: Paula
Mar 21: Glenda

Attendance & Contribution for March 7, 2021

Attendance — 17
Contribution — \$445.

Order of Worship

March 14, 2021

"O come, let us sing unto the LORD: let us make a joyful noise to the rock of our salvation. Let us come before His presence with thanksgiving, and make a joyful noise unto Him with psalms."

- Psalm 95:1-2 -

Song Leader: *Paul Cote*

Song—276

Opening Prayer: *Paul Bullock*

Song—27

Scripture Reading: *Erik Grabowski*
~ John 4:31-34 ~

Song—252

The Lord's Supper:
Jason Kennedy & Ernie Perry

Song—51

Sermon: *Terry Schmidt*
"The Christian's Diet"

Song—643

Announcements & Closing Prayer:
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 14, 2021

### 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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