



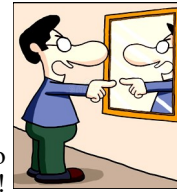
Prayer Requests:

"Pray for one another"

- James 5:16 -

- Robbie Andrews (preacher in Lineville, AL) - retinal inflammation; undergoing an intensive treatment which may be improving his vision
- Michael Baldasaro (Wayne & Jan's son in law - undergoing surgery on 9/21 to address cancer of tonsils which has spread to lymph nodes; also pray for wife Teal, kids Isobel & Giovanni
- Louis Bureau - injured left shoulder at work; underwent a successful surgery on June 15th; wearing a shoulder brace & still quite painful
- Josiah Carelse & Family - working with the Lord's church in Cape Town, South Africa
- Cleary's (Sampson's neighbors) - John is at stage 4 COPD and is receiving hospice care at home; his wife Cecelia is recovering from a broken wrist and sprained ankle
- Diane Cote - left leg amputated up to the knee due to a progression of gangrene as a result of diabetes; will be fitted with a prosthesis and undergo prosthetic rehab in the near future
- Filomena Derecho (Cathy's mother in the Philippines) - numerous health issues
- Reyderick Derecho - permanently disabled
- Linda Gloman - colon cancer was detected in a recent colonoscopy; laparoscopic surgery on 8/10 was successful, with additional cancer found in only 1 lymph node; chemotherapy is needed, but Dr. says cancer is "totally curable"
- Jan Sampson - mourning the loss of her aunt Rachael who passed away last week
- Molly Urghart (mother of Wayne & Jan's granddaughter, River)- her stage 4 esophageal cancer has spread to other areas; undergoing aggressive chemotherapy; prayers needed
- Please pray for our nation (1 Timothy 2:1-3)
- Please pray for those not with us today — the sick & suffering and those who are spiritually weak & struggling

Talking to Yourself



Someone has said that talking to yourself is the mark of a genius! It's only when you begin to *answer* yourself that you should become worried! Someone else has observed that it is good to talk to yourself... because you can be sure that at least one person is listening! While we can enjoy the humor in these amusing statements, reputable research *has* confirmed that talking to yourself, whether silently or out loud, offers many benefits and has significant therapeutic value.

Intra-personal communication, or self-talk, is inextricably linked to our attitude, disposition and overall sense of well-being. Our self-talk can be positive, helpful, encouraging and nurturing. Or, it can be negative, harmful, discouraging and debilitating. For most of us, it is a mixture of the two. The Christian has an advantage in that we can routinely examine our self-talk to see if it is in harmony with the solid truths found in God's word. In fact, God's word both commends and commands this practice. "Examine yourselves as to whether you are in the faith. Prove yourselves" (2 Cor 13:5).

These sound Biblical truths are rooted in the very nature and character of Almighty God who gave us His inspired revelation. While things in our world are often temporary and constantly changing, these God-inspired truths are eternal and unchanging—they are fixed, firm and trustworthy. Failure to regularly examine our self-talk in light of Scripture could result in our inner conversations becoming overly emotional, highly subjective and irrational. But doing regular checks on our self-talk will help keep our inner conversations rational, objective and God-centered.

Solomon exhorts: "Keep thy heart with all diligence; for out of it are the issues of life" (Pr 4:23). A modern version renders it this way: "Be careful how you think; your life is shaped by your thoughts" [self-talk]. The Lord is certainly aware of how we talk to ourselves (Mk 2:6-8). Working to insure that our inner conversations are in harmony with His word will please Him and will be a

blessing to us, as well as those around us. Realizing the importance of our self-talk, we should let our inner conversations be always full of grace [gracious; sensible; pleasant; kind; appealing] (Col 4:6), and not allow any unwholesome [bad; foul; worthless; harmful; abusive] talk to infiltrate and dominate our intra-personal communication (Eph 4:29).

Since we will have to live with the consequences of what we say to ourselves, may our prayer be that of the Psalmist: "Let the words of my mouth, and the meditation of my heart [my self-talk], be acceptable in thy sight, O Lord, my strength and my redeemer" (Ps 19:14). — **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



WORSHIP ASSIGNMENTS for SEPTEMBER

Preaching: Terry Schmidt

Song Leader: Terry Schmidt

Opening Prayer: Jim Miller

Scripture Reading: Louis Bureau

Lord's Supper:
Wayne Sampson & Jason Kennedy

Announcements & Closing Prayer:
George Cuvellier

Lord's Supper Prep: Pat Miller



Jason Kennedy — Sept 11
Genesis Cuvellier — Sept 26th

Self-talk: that Inner Voice

A good example of self-talk in the Bible is found in Psalm 42:5 when the psalmist asks himself, "Why are you cast down, O my soul? And why are you disquieted within me?" At this point, the psalmist is hurting and very discouraged. His tears have been his food day and night (v. 3), and he is pouring out his soul (v. 4). After asking himself why he is so cast down, he then gives himself excellent biblical counsel: "Hope in God! For I will yet praise Him for the help of His countenance" (v. 5). Then, at the close of the psalm, he phrases this a little differently: "Hope in God! For I shall yet praise Him, the help of my countenance and my God!" (v.11). The psalmist had come to understand that this help was not to be found within himself, but in the living God!

Visits to Our Web Page

Last Week: 10,568
This Month: 38,274



SNACKS!

Aug 27: Jan
Sept 3: Betty

Attendance & Contribution for August 20, 2023

Attendance — 16
Contribution — \$607

Order of Worship

August 27, 2023

*"From the rising of the sun to
its going down, the LORD's
name is to be praised!"*

📖 - Psalm 113:3- 📖

Song Leader: *Terry Schmidt*

Song—13

Opening Prayer: *Louis Bureau*

Song—407

Scripture Reading: *Wayne Sampson*
- Psalm 34:11-14 -

Song—286

The Lord's Supper
Jason Kennedy & George Cuvellier

Song—112

Sermon: *Terry Schmidt*
"Do No Evil"

Song—643

Announcements & Closing Prayer
Jim Miller

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Lord's Supper Prep: *Jan*

## Southern Maine Church of Christ

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

## August 27, 2023

### Meeting on the Lord's Day:

9:30 am — Bible Class  
10:30 am — Worship

*"Let us consider one another in order  
to stir up love and good works, not  
forsaking the assembling of ourselves  
together, as is the manner of some, but  
exhorting one another, and so much the  
more as you see the Day approaching."*  
- Hebrews 10:24-25 -

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