



Prayer Requests:

"Pray for one another"

- James 5:16 -

- Rodelio Baaqin & Family - working with congregations of the Lord's church in the Philippines
- Louis Bureau - dealing with a lung infection
- Josiah Carelse & Family - working with the Lord's church in Cape Town, South Africa
- CA Fires - Please pray for those who have lost loved ones, homes & possessions and the fire fighters & rescue personnel; also the Pasadena church of Christ whose building was destroyed
- Diane Cote Family - grieving the loss of their loved one who passed away on 12/29/24
- Leslie Denbow - left knee needs replacement surgery; experiencing nerve pain in right foot
- Filomena Derecho (Cathy's mother in the Philippines) - numerous health issues
- Retha Flack (Terry & Betty's Christian friend) - 2 blockages in heart; treatment being evaluated
- Richard Miles (Kathleen's nephew) - undergoing chemo & radiation to combat a rare sarcoma; recently had large tumors surgically removed from his abdomen; prognosis is not favorable
- Wayne Sampson - recovered from pneumonia & now home; scheduled for wound clinic to assist in healing incision from 11/18 Femoral Bypass
- Karolyn Terrill - strength for daily routines and keeping her cooperative spirit with staff
- Hurricane Victims - prayers for those affected by the devastation brought on by these storms; many have lost everything, including loved ones
- 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

"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 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 keep watch over, to guard from dangers, to protect. The word "heart" refers to the mind, the will, the intellect. It concerns the "inner man" and has to do with our "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 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" (Phil 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). Rather, we are to "test the spirits, whether they are of God" (1 Jn 4:1), and bring "every thought into captivity to the obedience of Christ!" (2 Cor 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

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☺ **Welcome Visitors!** ☺

We are glad you have come to worship with us and 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. Also, please fill out one of our visitor's cards before you depart.

Have a great week!





WORSHIP ASSIGNMENTS for FEBRUARY

Preaching: Terry Schmidt

Song Leader: Terry Schmidt

Opening Prayer: Jim Miller

Scripture Reading: Jason Kennedy

Lord's Supper:

George Cuvellier (lead) & David Larrabee

Announcements & Closing Prayer:

Louis Bureau

Alternates: Mike Doucette /

Wayne Sampson

Lord's Supper Prep: Paula Kennedy



David Judkins - February 17th

Visits to Our Web Page

Last Week: 4,587

This Month: 16,858



SNACKS!

Jan 26: Betty

Feb 2: Cathy

Attendance & Contribution

for January 19, 2025

Attendance — 20

Contribution — \$538

Order of Worship

January 26, 2025

*"Praise the LORD; for the LORD is good:
sing praises unto His name;
for it is pleasant ."*

📖 - Psalm 135:3 - 📖

Song Leader: Terry Schmidt

Song—43

Opening Prayer: Jason Kennedy

Song—13

Scripture Reading: George Cuvellier
~ Hebrews 5:12-14 ~

Song—278

The Lord's Supper

Louis Bureau (lead) & Mike Doucette

Song—51

Sermon: Terry Schmidt
"The Christian's Diet"

Song—501

Announcements & Closing Prayer
Jim Miller

Alternates: David Larrabee/
Wayne Sampson

Lord's Supper Prep: Terry Kennedy

Southern Maine Church of Christ

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

January 26, 2025

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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