



Prayer Requests:

"Pray for one another"

- James 5:16 -

- Rodelio Baagin & Family - working with congregations of the Lord's church in the Philippines
- Josiah Carelse & Family - working with the Lord's church in Cape Town, South Africa
- 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 heart blockages; had a heart attack on 6/11 during PT & now on heart meds; also diagnosed as having A-Fib (abnormal heart rhythm)
- Kathleen Judkins - healing & recovering well after right knee replacement surgery in May; doing PT to increase strength & range of motion
- Richard Miles (Kathleen's nephew) - undergoing chemo & radiation to combat a rare sarcoma
- Jim Miller - pulled ligaments & tendons in right shoulder causing pain & discomfort; muscle relaxers, arm in sling & time will assist healing
- Terry Schmidt - recent MRI revealed nerve root compression in 2nd lumbar vertebra as primary cause for lower back pain; seeing an orthopedic specialist on August 20th
- Texas Flood Victims - prayers for those affected by the devastation brought on by these floods, with more than 130 dead & many still missing; many have lost everything, including loved ones
- Please pray for our nation (1 Timothy 2:1-3)
- Pray for a permanent meeting place
- 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

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 stationed 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. That is the perfect illustration of *meekness*—power under control.

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

☺ **Welcome Visitors!** ☺



"Arise, shine; for your light has come! And the glory of the Lord has risen upon you. ... The Lord will arise over you, and His glory will be seen upon you." — Isaiah 60:1-2

- "**Humility** is the solid foundation of all virtues."
- "**Humility** is not thinking less of yourself, it's thinking of yourself less."
- "**Humility** is staying teachable, regardless of how much you may already know."
- "**Humility** is living your life in service to others."
- "Great **humility** brings great wisdom."
- "**Humility** is strength clothed in grace."

"Humble yourselves in the sight of the Lord and He will lift you up." - James 4:10

Visits to Our Web Page

Last Week: 6,797

This Month: 16,130



SNACKS!

July 20: Jan

July 27: Betty

Attendance & Contribution

for July 13, 2025

Attendance — 28

Contribution — \$642

Order of Worship

July 20, 2025

"O LORD, You are my God. I will exalt You, I will praise Your name, for You have done wonderful things; Your counsels of old are faithfulness and truth ."

📖 - Isaiah 25:1 - 📖

Song Leader: *Terry Schmidt*

Song—66

Opening Prayer: *Jim Miller*

Song—63

Scripture Reading: *Jason Kennedy*
~ Psalm 51:9-12 ~

Song—155

The Lord's Supper
George Cuvellier (lead) & Mike Doucette

Song—120

Sermon: *Terry Schmidt*
"Attitudes for a Healthy Congregation"

Song—49

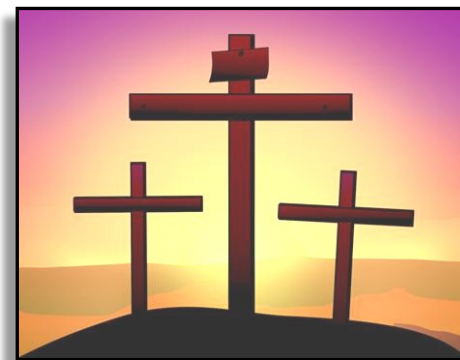
Announcements & Closing Prayer
Wayne Sampson

Alternates: *Louis Bureau/
David Larrabee*

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Lord's Supper Prep: *Paula Kennedy*

## Southern Maine Church of Christ

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

## July 20, 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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