

**TRUSTING**

**Proverbs 3:5, 6**

***Trust in the Lord with all your heart and do not lean on your own understanding. In all your ways acknowledge Him, and He will make your paths straight.***

“In God we trust”; those are sound words, words of wisdom. They appear the currency of the United States and, while some want them removed, that is not likely to change anytime soon. Would to God those words were true, that this nation really did trust in God.

My greatest concern is not for our nation, it is for the church for that is the real Kingdom of God on earth. Do we trust in the Lord with all of our heart? For that to be the case, Christians must trust in God because the church is the “body of Christ”, made up of those who have been saved from sin.

We are not trusting in the Lord if we are not trusting Him with all our hearts. We are not trusting Him if we do not acknowledge Him in all of our ways. To put it another way, we must submit to him in everything we do, every moment of every day.

Trusting in the Lord with all our hearts means that we turn away from our own wisdom and have penitent hearts. “Do not be wise in your own eyes; fear the Lord and turn away from evil” (Proverbs 3:7). When I can reach that point, then, and only then, have I trusted in the Lord with all my heart. Think about it.

***--Ron Harper--***

## **Look for Good**

**“Our people must also learn to engage in good deeds to meet pressing needs, so they will not be unfruitful.” Titus 3:14**

There have been times in my life where I have been a real health nut. I would go to the gym six days a week for three hours each day. I would chug protein shakes and preworkout so much that I convinced myself I actually liked the taste, though it tasted like chalk. I would eat six times a day in small portions to increase my metabolic rate and burn more calories throughout the day. These meals consisted of brown rice, grilled chicken or fish, and asparagus. Sometimes there would be the occasional sweet potato or salad. I would read article after article and watch a slew of videos on how to lose weight and become a healthier individual. Some videos would stress a good diet, others would discuss an anxiety-free surrounding, the rest insisted on a good exercise program. No matter what their main point was, they all had one thing in common. In order to become healthy, you must get up and get active.

Sitting has been called “the new smoking” in our postmodern society. Dr. Joe Leech suggests one cannot become fit in this environment because “sitting limits the number of calories burned.” You simply cannot improve if you are complacent.

I know you aren’t reading this because you wanted to read a medical journal. You are reading this because you want something that may help you be a better, stronger Christian. So here is my challenge to you: stop sitting.

When Paul wrote his letter to Titus, he was nearing the end of his life. I love this letter because it shows Paul’s overwhelming concern for the church. He issues the challenge for these Christians to engage in good deeds to meet pressing needs. The purpose is to be fruitful in our labor for Jesus. How often do we look for good things to do for others? How often do we seek out those with pressing needs? Let’s get up, get moving, and become active for the Lord.

Joshua Houston

## **PRAYER REQUESTS:**

Ken & Barbara McPeak, Hazel Carey, Selma Boyd, Pat Davidson, Nora Fann, Odell Grissom, Sue Reeves, Ernestine Taylor, Carolyn Thomas, Laura Wiser, Nell Jernigan, Narene Davidson, Mary Williams, Shirley Bibb,

## **SHUT INS:**

Tommy Bibb & Shirley Bibb, Oleta Bullard, Houston Henry, Dan Stephens, Richard Jones, Wayne Mobbs, Carolyn Thomas, Mabel Robertson, Louis Wilson, Melba & Jeanie Young

## **NURSING HOMES & ASSISTED LIVING:**

### **\*MEMBERS**

**ADAMS PLACE:** Nora Fann\*

**NHC:** Lizzie Bush, Sue Reeves\*, Ernestine Taylor\*

**STONES RIVER MANOR:** Laura Wiser\*, Virgie Leonard\*, Margaret Davidson\*, Lillian Whitworth

**SMYRNA:** Geri Melton\*

**WOODBURY:** Jeweldean Hall\*

**TN VETERAN'S HOME:** Edna Vance\*

**Wayne Mobbs** had surgery to repair a broken hip and is at St Thomas Rutherford.

**Ron Bowersock** is now home.

**Lynn Weems** is now recovering at home.

**Nora Fann** has been moved to Long Term Care at Adam's Place and is under Hospice Care. She can receive cards at: Adam's Place

Attn: Health Care  
1927 Memorial Blvd  
Murfreesboro, TN 37129

## **NEWS & NOTES**

## **ACTIVITIES**

- The youth singing that was planned with the LaVergne youth group here on February 4 has been rescheduled for March 4 following evening services.
- Mike and LaNita Bowman are hosting a Superbowl party tonight following evening services at their house. Please bring finger foods and drinks.
- There's a basket shower today-February 14 for Mollie Carver. She is having a girl. The basket is located by the TV in the foyer.
- The Couple's Retreat is March 2-4 at Pigeon Forge. The speaker will be Dan Chambers. Please sign up on the sheet in the foyer and pick up an information sheet regarding securing a room. The deadline to sign up and pay for your room is February 21.
- Our annual bowling activity is planned for February 18 at Smyrna Bowling Center from 8:30-11:30. Please sign the list in the foyer if you plan to attend. The cost is \$10 per person which includes shoe rental. Please see Robert McKnight for more information.
- We need helpers for the Neighborhood Invitation Program. If you cannot prepare the mailings, please consider donating postage stamps. These can be placed in the small box next to the mailings box in the foyer. For more information about this program please see Betty Bowersock.

Salem Creek church of Christ  
2525 Salem Creek Drive  
Murfreesboro, TN 37128

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P.O. Box 332067  
Murfreesboro, TN 37133-2067

Email: [office@salemcreekcoc.org](mailto:office@salemcreekcoc.org)

We're on the web!  
[www.salemcreekcoc.org](http://www.salemcreekcoc.org)

## SCHEDULE OF SERVICES

### Sunday

Morning Worship	9:00 am
Bible Classes	10:15 am
Evening Worship	5:30 pm

### Wednesday

Ladies Morning Bible Class (Sept-May)	10:00 am
Evening Bible Classes	6:30 pm

### ELDERS

B.K. Ham  
Jim Hatfield  
Jon Holland  
Andy Mitchell  
Randall Phifer  
Keith Short

### MINISTER

Ron Harper

### ASSOCIATE MINISTER

Joshua Houston

### DEACONS

Rick Acklin	Rick Corum
Larry Benson	Andy Melton
Michael Bowman	Brian Melton
Craig Buckner	Alan Pepper
Joe Byars	Wendell Wilson

### FOR THE RECORD

*January 28, 2018*

Sunday	AM worship	254
	Bible classes	192
	PM worship	150
	Contribution	\$6480.00

Wednesday	PM Bible classes	120
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Wednesday	AM Ladies Class (Sept-May)	12
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\*When county schools are closed due to inclement weather A.M. Ladies class will be canceled\*

### *To Our Honored Guests...*

*We are happy you chose to worship with us today! Please stay after our assembly so that we can get acquainted with you and your family. We invite you to come back as often as you have opportunity! We were honored by your presence!*

### GREETERS

*Please be at the door  
30 minutes prior to service*



### February 4

Thomas & Connie Davis

### February 11

Jerald & Peggy Hill