



Contact Us:

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Meeting Times:

Sunday:

Bible Study9:45 AM
Worship10:40 AM
Care, Inc. Service 2:30 PM
Worship 6:00 PM

Wednesday:

Ladies Bible Class 10:00 AM
Bible Study..... 7:00 PM

Elders:

Gene Bannister..... Billy Chism

Deacons:

Mike Bannister..... Don Smith

John Barnum

Preacher:

Johnny McCaghren

Works We Support:

Cherokee Home for Children
Gospel Broadcast Network
Heart of Texas Bible Camp (Bangs)
House to House, Heart to Heart
Mission Printing
Rohan Jones, Africa
The Truth in Love
World Bible School

Let us know if you want to study
the Bible to know more about
Christ and His Church.

A 5 Step Exercise Program: Becoming Spiritually Fit

The benefits of a regular exercise program are well documented and promoted constantly through TV ads, books, magazines, and social media posts.

Someone came up with a daily exercise for the non-athletic, sedentary person along with the number of calories burned by each activity.

| | |
|---|--------|
| Beating around the bush | 75 |
| Jumping to conclusions | 100 |
| Climbing the walls | 150 |
| Passing the buck | 25 |
| Throwing your weight around (depending on your weight) | 50-300 |
| Dragging your heels | 100 |
| Pushing your luck | 250 |
| Making mountains out of molehills | 500 |
| Hitting the nail on the head | 50 |
| Wading through paperwork | 300 |
| Bending over backwards | 75 |
| Jumping on the bandwagon | 200 |
| Running around in circles | 350 |

While this list provides a bit of humor, too often these diversions hinder us from more important activities like physical exercise.

However, there is another kind of exercise that we ought to be even more concerned about that is often neglected—spiritual exercise.

In Paul's letter to the young preacher Timothy, he admonished, *"Exercise yourself toward godliness. For bodily exercise profits a little, but godliness is profitable for all things, having promise of the life that now is and of that which is to come"* (2 Tim. 4:7-8)

"Gymnasium" is derived from the Greek word "exercise." This was a place where Greek youths engaged in physical training to develop their bodies for athletic competition. It carries the idea of vigorous activity.

It's worth noting that the apostle is not presenting an either/or choice. There is some benefit derived from physical training. As good stewards, we ought to take care of the body. A healthy diet, the right amount of sleep and regular exercise provides us with the strength to serve God's purpose. However, the apostle affirms that training for godly living renders a value more useful and longer lasting.

Godliness has to do with piety, reverence, and respect toward God. Of the 15 times the word is used in the New Testament, 9 times it is found in the letters to Timothy. The apostle obviously was trying to make a point to this young man.

Just like physical exercise strengthens the body, spiritual exercise strengthens the soul. Godliness is not an accident. It's a decision we make that occurs through mental and emotional desire, discipline and daily dedication.

Here are some suggestions to help you with a spiritual exercise program that will

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aid in training toward godliness.

Have a regular Bible reading program.

Exercising ourselves unto godliness begins with getting into God’s Word. You cannot be properly trained spiritually apart from the Bible. God’s Word produces faith. Increases knowledge. Provides purpose. Develops strength. Grows character. Supplies comfort. Offers hope. And equips us for life’s problems and Satan’s challenges.

Meditate on what you have read.

To meditate is to think deeply. Consider. Reflect. Ponder. Ruminates. And mull over a thought. Older preachers used to say “chew on that a bit.”

Dee Bowman correctly observed, “Meditation is vital to spiritual development.” The exercise of reflection on divine matters causes our spiritual muscles to develop and grow stronger. Joseph Addison was right, “Reading is to the mind what exercise is to the body.”

Pray daily.

Not just at meal time, which we should all pause to do, but at other times as well. In the morning. In the evening. When we feel stressed. Burdened. Or seeking direction and guidance. As an old song says, “God is only a prayer away.

Engage in weekly worship.

The decline in church attendance in recent years indicates that many do not see the value in collective worship. Some reason, “I can worship at home.” However, obedience to the command to assembly not only pleases God but brings us into communion with other Believers who can encourage us and stimulate us to love and good works (Heb. 10:24-25).

Participate in fellowship with other Christians.

Get together outside of the assembly. Extend and receive hospitality. Do things together. Association with those of like faith not only builds a strong bond among believers, but will serve to strengthen you spiritually.

Just like physical exercise, for spiritual exercise to produce godliness it must be a daily priority. Be committed. Consistent. And Constant. Then godliness will be the result.

Ken Weliever (thepreachersword.com)

Should Women Lead Prayer in Mixed-gender Settings? One Teen Shares Why She Doesn’t

Every day, I pray over our girl’s athletics class at the end of seventh period. It’s something I really look forward to after the completion of a hard workout.

However, when it’s our swim team and it’s a group with both girls and guys, I always decline when asked to lead a prayer.

Why? It’s something that confuses a lot of people. It has to do with what the Bible says about a woman’s role in a mixed-gender setting, and it is the same reason I don’t go to chapel at school when a female is leading it.

Obviously, I don’t avoid these things like the plague without reason. In 1 Timothy 2, Paul writes about proper order in worship. He says, “I desire therefore that the men pray everywhere, lifting up holy hands, without wrath and doubting.... Let a woman learn in silence with all submission. And I do not permit a woman to teach or to have authority over a man, but to be in silence. For Adam was formed first, then Eve. And Adam was not deceived, but the woman being deceived, fell into transgression” (vv. 8-14).

OK, so I know that I threw a lot at you right there, but stay with me. I’m going to unpack it one bit at a time and explain what it means for us today.

The first part of this verse is talking about Paul wanting “men [to] pray everywhere.” Notice, first of all, that it says men, not women. This verse is specific to the guys, not just to Christians as a whole.

The second part of the passage backs this up, too. In verse 11, Paul instructs the women of the church to learn in “silence with all submission.” He doesn’t permit a woman to have spiritual authority over a man—a position that wouldn’t be very popular amidst today’s feminist movement.

A lot of people argue that these verses should be disregarded as a cultural tradition of the time. However, the mention of Adam and Eve’s time in the garden points to something greater than cultural tradition. It has to do with Eve’s mistakes, and it cost us, as women, the right to be spiritual leaders, just as it caused us to be stained by sin. Today, we still deal with those repercussions and have to deal with the consequences, even though society has changed quite a bit since that time.

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Television

The Truth In Love (Robert Dodson)

Sunday @ 7:00am on KTAB

In Search of the Lord’s Way (Phil Sanders)

Sunday @ 7:30am on KTAB

Life In The Light (Chris McCurley)

Sunday @ 10:00am on KTAB

Radio

Preaching the Word (Michael Light)

Sunday @ 9:00am on KOXE 101.3

Internet

TheGospelRadioNetwork.org

Gospel Broadcasting Network (Gbnv.org)

God’s Plan for Redeeming Man

Hear Learn the saving message of Christ’s sacrifice (1 Cor. 1:18; Rom. 10:17).

Believe Jesus is the Son of God (John 8:24)

Confess Jesus as your Lord, Lawgiver, and King (Rom. 10:9-10; Matt. 10:32-33)

Repent of your sinful conduct (Luke 13:3,5)

Complete your initial obedience to the gospel by being **baptized** for the forgiveness of your sins (Acts 2:38; 22:16)

Live faithfully (Rev. 2:10; 2 Tim. 4:7-8)

Bible Reading Schedule

video.wvbs.org/access/interactive-bible-reading-plan/

June 30 2 Samuel 22—24

July 1 1 Kings 1—2 (video)

July 2 1 Kings 3—4

July 3 1 Kings 5—7

July 4 1 Kings 8—9

July 5 1 Kings 10—11

July 6 1 Kings 12—13

July 7 1 Kings 14—17

“Be diligent to present yourself approved to God, a worker who does not need to be ashamed, rightly dividing the word of truth.”

(2 Timothy 2:15)



Visitation Meeting

- ◆ Each Sunday night immediately before the evening worship. Last week **50 contacts** were made.

Announcements

- ◆ **Summer Youth Series** this Tuesday evening will be in **Meridian**.

Upcoming Special Events at 4th & Stewart

- ◆ August 6—We host Summer Youth Series
- ◆ Oct. 19—Ladies Day w/ Denise Surles
- ◆ Oct. 27-30—Fall Gospel Meeting w/ Bryan Braswell

Other Upcoming Opportunities to Learn and Grow

- ◆ July 14-19—Senior Camp.
- ◆ July 27—VBS @ Hamilton
- ◆ August 16-22—Polishing the Pulpit (Sevierville, TN)
- ◆ Oct. 4-6—Texas Ladies in Christ Retreat @ Brady
- ◆ Oct. 12-30—Lectureship @ Hico
- ◆ Oct. 19-20—Lectureship @ Hamilton

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So women aren't given the biblical authority to lead in the church. What does that have to do with me praying over my swim team? Well, when going back to those same verses, we see that men are to pray everywhere. This is where the controversy comes in—even within the church. I interpret this "everywhere" as, when/where there's a guy present, he should be the one in spiritual authority. Whether that's by him being the one to pray or to speak in chapel, I believe it is God's will for him to be the one in charge of it.

Is this view ultra-conservative? Absolutely. But as for me, I'd rather err on the side of caution than to be turned away at the gates of heaven for taking the scriptures into my own hands. We figure, often, that if we do what we think is right, God will accept it and be pleased with our efforts. The truth of the matter is, this isn't the case, and not everyone who calls on the Lord will be saved (Matt. 7:21-23).

God tells us, through his word, what he wants from us and expects us to obey. If we don't ... well, I'm in no place to say what happens next. He's the judge, and I'm simply trying to obey his will like everyone else. I just know that I don't want to be on the other end of God's wrath—and I'd rather be safe than walk the line.

Savannah Nelson (The Christian Chronicle, June 2019, p. 28)

(Savannah is a 16 years old member of the Prattville church of Christ in Alabama. While she is obviously still working through some things, she is to be commended for her desire to stand for the truth. J. M^c.)

When Praying is Hard

Dear Loving Father in Heaven, there are times that we struggle to know how to pray. We know that we should always trust You enough that this struggle should not take place, but in our moments of weakness, the struggle is real.

Whether it's losing the dearest person on earth to us, watching someone we love go through a horrible illness, losing our job, family concerns, financial worries, or the constant battle with Satan; We need You every hour. Dear God, please bless Your men, some of whom are dealing with some of these very issues. Help all of us to trust You, believe You, rely on You, turn to You, and accept Your marvelous mercy to get us through these difficult days.

Father help us remember that You understand, You care, and that You love us more than we can know. With this promise in our hearts, help Your men to stand and preach your Truth with all of the passion we can find.

In Jesus Beautiful Name, We pray, Amen.

(thejenkinsinstitute.com)

Celebrate

"Rejoice with those who rejoice..." (Romans 12:15)

July Birthdays: Laura Huckaby (6), Jason Warman (6), Chase Churchwell (11), Cindy Fuller (12), John Barnum (26), Jack Hill (26).

July Anniversaries: John & Tammie Ross (1).

Mistakes? Left Out? Let Johnny know...



Records

| | June 16, 2019 | June 23, 2019 |
|--------------|---------------|---------------|
| Bible Class | 51 | 47 |
| AM Worship | 58 | 56 |
| PM Worship | 39 | 30 |
| Wednesday PM | 33 | 34 |
| Contribution | \$1,930 | \$2,220 |

Privileged To Serve

"...be ready to every good work," (Titus 3:1)

| | | | | |
|-------------------------------|--|--|--|-----------------------|
| | This Week: 6/30/19 | Next Week: 7/7/19 | <p align="center">June 2019 Make Announcements: John Barnum Prepare Communion: Maninger Family Clean Building: Dennis Family</p> <p align="center">July 2019 Make Announcements: James Fuller Prepare Communion: Tom & Carol Wilcox Clean Building: James & Cindy Fuller</p> | |
| Sunday AM: | Song Leader: James Fuller | Song Leader: Joe Dennis | | |
| Greeters | Maninger Family | James & Cindy Fuller | | |
| Opening Prayer | John Barnum | James Fuller | | |
| Communion | Rafe Smith*, Don Smith Ken Maninger, Hank Wheeler | Allen Griffith*, Vernon Zier Caleb Dennis, Chase Churchwell | | |
| Closing Prayer | Joe Dennis | Ryan Rudloff | | |
| Attendance Cards | Aaron Smith | Ian Barnum | | |
| Sunday PM: | Song Leader: James Fuller | Song Leader: Joe Dennis | | |
| Opening Prayer | Tom Wilcox | Gene Bannister | | |
| Scripture Reading | Allen Griffith | Kevin Ross | | |
| Communion | Rafe Smith | Allen Griffith | | |
| Closing Prayer | James Fuller | Randy Huckaby | | |
| Wednesday Devotionals: | July 3 Prayer Night | July 10 Video Night | July 17 Joe Dennis | July 24 Rafe Smith |

Search the Scriptures

Be like the Bereans who "received the word with all readiness of mind, and searched the scriptures daily, whether those things were so." (Acts 17:11)

Studies for the week of June 30, 2019

Sunday Class 1 Corinthians 5:6
 Wed. Class Servant Training: Leading Prayer

Two Hearts

We will look at two kinds of hearts – the hard heart and the soft heart – to encourage everyone to have the kind of heart that God wants us to have.

I. The Hard Heart.

- A. **A Stubborn heart** – a heart that refuses to listen to God.
- Pharaoh — Exodus 7 – 14.
 - Children of Israel coming out of Egypt (Ps. 78:8).
 - Israelites during the period of the Judges (Judg. 2:19).
- B. **A Stiff-necked heart** – an active resistance to God.
- One who won't even turn to see if he's going in the wrong direction.
 - Exodus 32:9.
 - We must cut off the hardness on the outside of our heart (Deut. 10:16).
 - Acts 7:51.
- C. **An Impenetrable heart** – does not allow anything to come in.
- Comparable to Luke 8:12. The word doesn't even get in.
 - The Jewish leaders had this kind of heart (Acts 5:33).
 - Those who stoned Stephen had this heart (Acts 7:54).
- D. **A heart that is difficult to break.**
- Pride plays a role in making our hearts difficult to break (Dan. 5:20).
 - When we are not *looking* to understand (Mk. 8:17).
 - When we do not *want* to understand (Jn. 12:37, 40)

II. The Soft Heart.

- A. **A Submissive heart** – willing to listen to God with a view towards obedience.
- Matthew 7:24-27: The wise and foolish builders.
 - James 1:22-25; 4:7; Hebrews 5:7-9.
- B. **A Malleable and Moldable heart** – willing to be changed under God's hand.
- Isaiah 64:8; Eph. 2:10.
 - Exhortation softens our heart (Heb. 3:13).
- C. **A Penetrable heart** – we allow God's word to live in our heart.
- Acts 2:37; Psalm 119:11; Colossians 3:16; 1 John 2:5-6.
- D. **An Easily Broken heart** – we let God control.
- Psalm 51; Luke 22:42; John 5:30.
 - When we have this attitude, it will be easy for God to break our hearts.

What kind of heart do you have?

Response to Christ

Worshipping Him with Song (Col. 3:16)

- I. **"Let the word of Christ dwell in your richly".**
- A. This "word of Christ" is to "dwell ... richly" in the Christian.
- "Dwell" means to "be at home".
 - "Richly" means "fully," "completely," and "entirely".
- B. The Colossians probably did not have the written words of Jesus.
- II. **"In all wisdom, teaching and admonishing one another".**
- A. If the word of Christ dwelt in them and was expressed in their singing, it would become the source of wisdom for teaching and admonition.
- B. "All wisdom" can modify either "dwell in you" or "teaching and admonishing one another".
- "Teaching" means to educate through instruction.
 - "Admonishing" denotes guidance or counsel concerning improper conduct; to warn others to help them improve their spiritual lives.
 - Christians are to exhort and build each other up through singing, which can be motivational as well as instructional.
- III. **"In psalms and hymns and spiritual songs".**
- A. *Psalms* and *hymns* and *spiritual songs* are types of song.
- B. "Songs" are not necessarily religious in nature, but Paul specified the type of songs that were to be sung.
- IV. **"Singing with grace in your hearts to the Lord".**
- V. **The Music of Christian Worship** (What does God require in regard to music in worship?)
- A. **God requires us to "sing".**
- We are instructed in the NT to "sing" or to "make melody" (*psallō*; Rom. 15:9; 1 Cor. 14:15; Jas. 5:13; Eph. 5:19).
 - From the beginning of the church, Christians sang a cappella (w/o instrumental accompaniment).
- B. **God requires us to sing by His authority.**
- As with all of God's revelation, His choice for us to sing is restrictive.
 - If God makes a choice, it is exclusive.
- C. **God requires us to sing with the right attitude** – "in spirit and truth" (Jn. 4:23-24).