

Mt Vernon church of Christ

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 sagebridges@mountvernonchurch.org



Welcome Guest

We are glad you chose to worship with us. Please fill out a visitor's card and place it in the collection plate. Please worship with us again and often.

Schedule of Services

Pioneer Home Service 8:30 am
 Bible Class 9:30 am
 Morning Worship 10:30 am
 Evening Worship 6:00 pm
 Wed. Ladies Class 12:00 pm
 (at church building)
 Wed. Evening Study 7:00 pm

Minister Sage Bridges

Shepherds

Otto Buehler Morris Guest
 Gordon Gower Larry Miller

Deacons

Don Dillahunty Rick Pinney
 Spencer Guest Troy Trammell
 Bob Justice

Church Statistics

OFFICE HOURS: M-Th 8am to noon

ATTENDANCE
 Bible Class 74
 Worship Assembly 113
 Pioneer Home 18
 FINANCES
 Weekly Budget \$4018
 Weekly Contribution \$4932

Pioneer Home Schedule

Date	Lesson	Song Leader
Aug 20	Rick Pinney	George Parks

August Greeters

Sally Guest &
 Mary Justice

Mt Vernon Messenger

August 13, 2017

Spiritual Nutrition

If you've watched the news any time lately, you've probably been aware of the new "epidemic" in our country. This epidemic isn't caused by a virus; it isn't caused by a bacteria; it isn't caused by any "disease" at all. The new epidemic in our country, say the experts, is obesity. We are being told that we have a fat problem and that our society needs to do something about it! Much of our problem, say the experts, stems from poor nutrition: an imbalance in our diet, too much sugar and fat and not enough fiber and healthy foods like fruits and vegetables. Another problem, they say, is that we eat too much and as a result of overeating we multiply pound upon pound.

In contrast to our burgeoning physical waistlines, we are spiritually wasting away. Spiritually, we need to have a balanced diet as well; we need less spiritual sugar and fat; we need more spiritually healthy choices. It isn't easy to give up a diet of sugar and fat, after all, they taste so good! Similarly, it isn't easy to divorce ourselves from spiritual sugar and fat (i.e. the "feel good" approach to spirituality). So, how can we improve our spiritual diet?

First, we need a daily serving of prayer. We begin to grow weak spiritually when we think that we are self-sufficient and have no need to depend upon God. A daily serving of prayer is packed with the daily essential vitamins of humility, selflessness, and thankfulness. We need these to fight off the potential bulge of pride, selfishness, and arrogance. Paul wrote, "Pray without ceasing" (1 Thessalonians 5:17).

Second, we need a heaping portion of God's word. Every day we make decisions in our relationships that affect our family, friends, coworkers and acquaintances. We need nourishment of God's word to guide us in such decisions. We also face temptation of one sort or another and we need the fortification of God's word to help us to overcome. Jesus quoted scripture to Satan when he was tempted and we know that God's word will help us overcome temptation (Psalm 119:11).

Third, we need a regular dose of service to others. There are many around us who need help. It's not enough for us to sit back and relax and wait for them to come to us. We need to be active in going out and seeing how we can help others. Galatians 5:13 says, "For, brethren, ye have been called unto liberty; only use not liberty for an occasion to the flesh, but by love serve one another." Exercising service in our life will keep us spiritually fit.

Finally, we need to pour ourselves several cups of a good attitude. Attitude makes all the difference in our daily walk with God. Regardless what we may believe, we have complete control over our attitude regardless how things are going in life and we must conform our attitude toward God's will. What must we do? Show love toward our fellow man, exercise patience, practice longsuffering and generously give forgiveness to those around us. Jesus said, "In your patience possess ye your souls" (Luke 21:19). We need constantly drink from the water of life to help our attitudes!

So many in today's spiritual world want to satiate themselves with spiritual soda pop and candy. And while there certainly isn't anything wrong with having soda pop or candy on certain occasions, a regular diet of it will cause sickness and mal-health. Such is also true spiritually; spiritual fast food may taste good at first, but cannot ultimately satisfy. Exercising spiritually healthy choices, however, will maintain a healthy spiritual life and fortify us with the basic essential spiritual nutrients. This will go a long way toward our spiritual health and well-being. by Kevin Cauley-- churchofchristarticles.com

Sermon Notes

Title: Knowing The Good Shepherd's Voice - John 10



Upcoming Lessons

Sunday Evening Worship 6pm
 Lesson: **Revealing The Unsearchable Riches Of Christ**
Ephesians 3

Wednesday Evening Bible Study 7pm
 Lesson: **The Conduct of A Holy Wife**
1 Peter 3

Prayer List

Ellen Larremore will be having a repair to cataract surgery on Aug 21st.

Deanna Larremore complications with health and having tests done.

Jennifer McNamara (daughter of Larry & Shielia Johnson) surgery went well and doing great. Family received results from pathology on Thursday.

Continual Prayers Health Reasons/Treatment

- ~ **Susan Bryant** struggling with her rash again.
- ~ **Albert Robles (Alexis' brother)** healing after leg and arm surgery.
- ~ **Allen Till (Otto and Dolores son-in-law)** treatment for colon cancer
- ~ **Bud Raines (father to Patty P. and Kathy C.)** health problems.
- ~ **Charity Johnson;** healthy pregnancy and healthy baby in a high risk category; has lupus.
- ~ **Dean Wilkerson** under hospice care
- ~ **Paul Montandon (Caleb Montandon's father)** under treatment for brain tumor.
- ~ **Becky Poteet (Larry Miller's daughter)** cancer treatment, comfort from side effects.
- ~ **Sherry Stewart (friend of Kathy Cleaveland)** cancer treatment.
- ~ **Amanda Campbell (Friend of Sage & Alexis)** seizures
- ~ **Brad Hall (friend of Kathy Cleaveland)** in need of kidney transplant; on list.
- ~ **Christian (Rebecca Hanna's nephew)** terminal leukemia.
- ~ **Joe Hixenbaugh (Jim Hixenbaugh's brother)** cancer.

Our Shut-ins

Ruth Hague Dwain Oliver
Marjorie Trammell Dean Wilkerson



Things to Know

Nursery/Cry Room

Available at the back of the auditorium for ages 3 years and younger

POTLUCK

Aug 20th after morning worship. "Your Favorite Potluck Recipe".

Breakfast at Cracker Barrel

Aug. 23rd 8am

Helping Hands Crafts

All those ladies interested in making things for Helping Hands to sell at the upcoming Ladies Retreat; it is time to start working on your projects. Anything that you would like to make is good. All projects will need to be turned in to Sally Guest by Wednesday Sept 6th. If you have questions see Sally.

Moving

There is an AZ book on the back table for Richard and Debbie Davis, they are in the final stages of moving to Hawaii permanently.

Work Weekend at Copper Basin Bible Camp

Sept 1st thru 4th mark your calendars!

Ladies Retreat

Sept 8th to 9th at Copper Basin Bible Camp, flyers on the back table.

Annual BBQ

Sept 16th at Copper Basin Bible Camp, more details coming soon.

Mt Vernon Cookbook

COMING SOON! The ladies are working very hard to put the finishing touches on this wonderful book.



BURNING BUSH



- | | | |
|--------------|----------------|-----------------|
| AFRAID | ANGEL | BUSH |
| EGYPTIANS | FATHER INLAW | FLAMES |
| FLOCK | GOD OF ABRAHAM | GOD OF ISAAC |
| GOD OF JACOB | HERE AM I | HID FACE |
| HOLY GROUND | HONEY | HOREB |
| JETHRO | LORD | MIDIAN |
| MILK | MOSES | MOUNTAIN OF GOD |
| NOT BURN | RESCUE | SANDALS |

Proverbs 19:11
"Good sense makes one slow to anger, and it is his glory to overlook an offense."

Attitude Strange? Then Change!

The attitude of the psalmist toward worshipping God stands in stark contrast to the attitude of many Christians. There is no scripture which better reflects the kind of heart we must have in worship than Psalm 84. If the words of this psalm seem foreign to your attitude toward worship, it is imperative that you work on your attitude and change it.

The psalmist said, "My soul longs, yes, faints for the courts of the Lord; my heart and flesh sing for joy to the living God" (Psa. 84:2). When he was away from the courts of the Lord, his soul longed to be there. The present tense of the word "longs" indicates not an occasional passing desire to be in His court, but an ongoing desire to be at the Lord's house. The depths of his desire to be there is seen in the word "faints." He longed for his body (his flesh) and his soul (his heart) to be where he could sing to the living God.

He saw the courts of the Lord to be such a blessing that even the lowly bird would be blessed by having her nests near the altars there. "Even the sparrow finds a home, and the swallow a nest for herself, where she may lay her young, at your altar." If a sparrow is blessed by being in His courts, how much more are we! If that which is least among His creation is blessed by being in His court, how much more are we!

Then the psalmist looked for some way that he might never have to leave His court. He speaks of those who dwell there and can always be singing praises to God. The psalmist said, "Blessed are those who dwell in Your house, ever singing Your praise." Some would look as such opportunity as almost being like a curse, a thing to never be desired, but the psalmist calls it a blessing. Does this sound strange to you?

The final expression of his desire to be able to worship God in His courts is the most remarkable. "For a day in your courts is better than a thousand elsewhere. I would rather be a doorkeeper in the house of my God than dwell in the tents of wickedness" (Psa. 84:10). A thousand days is nearly three years. Yet think of how easy it is for us the trade one day in His courts for just one day elsewhere.

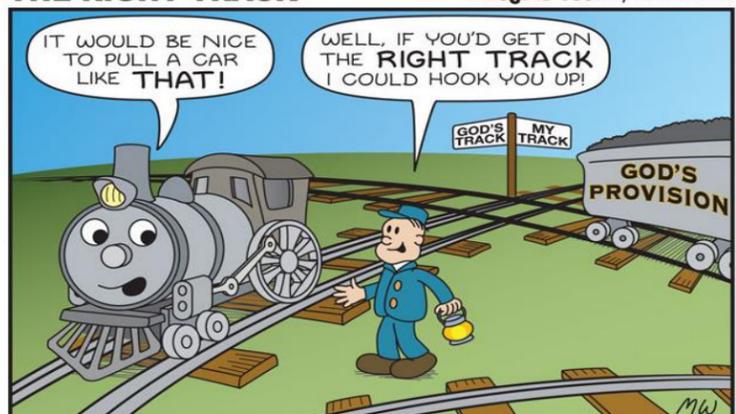
The psalmist would not trade one day in His court for a thousand days any other place doing any other thing. Some trade a day in the courts of the Lord for a day simply to sleep in and get rest. Some trade a day in His courts for a day at a recreational park. Some trade a day in His courts for fishing, shopping, golfing or traveling. Think about the last time you chose to miss meeting the Lord at His table in His temple. What did you get when you traded that day with Him for secular matters? He would not trade one day for 1,000 of yours!

If this seems strange to you, perhaps it is time to meditate and reset priorities. Think about this. Pray about it!

BY Dan Jenkins--churchofchristarticles.com

THE RIGHT TRACK

A Joyful 'toon by Mike Waters



But seek first his kingdom and his righteousness, and all these things will be given to you as well. - MATTHEW 6:33 NIV