

Upcoming Events

June 9 th @2PM	Monthly singing at the College Grove church of Christ.
June 10 th -14 th	VBS at Crossville church of Christ. See bulletin board for details.
June 10 th -14 th @6:30 each evening	VBS at Bethel church of Christ.
June 16 th -20 th @6:30 each evening	VBS at Dunlap church of Christ.
June 16 th -20 th 7PM each evening	Gospel Meeting at the Newton church of Christ with Jim Dearman speaking.

The last vitamin for the Christian for our discussion here would be vitamin d. Discipline to put into practice the teaching of the Word of God. It will take a tremendous effort from time to time to do the things that we know are right and necessary. If we fail to practice what we know to be right, we sin, *"Therefore to him that knoweth to do good, and doeth it not, to him it is sin"* (James 4:17). We must commit to doing the willing of God if we desire to please Him.

Each of these vitamins is important for every Christian's spiritual health. Please be sure to follow the Great Physician's prescription for a healthy life and safe eternity! While there are other vitamins that we could mention these are very important, there is no more important vitamin to the Christian than **B 1**.

Dale Barger

The Messenger

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#23



Elders

Greg Anderson.....881-3939
Dion Brown.....881-3977
Matt Brown.....881-3077

Deacons

Terry Denney
Tim Hawn
Mike Meloncon
Jack Pendergrass

Minister

Dale Barger....(931)788-0341
Cell (423)718-3221

Service Times

Sunday Morning10:00AM
Bible Study
11:00 AM
Worship
Sunday Evening6:00PM
Wednesday Bible Study7:00PM

Christian Vitamins

There are many who take vitamin supplements in their daily routine. One reason this may be necessary is because the physical body needs more nutrients than their diet is providing. Taking these vitamins will result in better physical health and therefore, feeling better. Likewise, the Christian should be on a regular regiment of vitamins. These spiritual vitamins will produce better overall spiritual health for the Christian.

Every Christian should take a regular dose of vitamin A. This would be Attendance. Attending each service of the church will result in more encouraged servant of the Lord. Sadly, many fail to partake and even forsake this necessary step even though we are commanded, *“And let us consider one another to provoke unto love and to good works: Not forsaking the assembling of ourselves together, as the manner of some is; but exhorting one another: and so much the more, as ye see the day approaching”* (Heb. 10:24-25). As a result, the spiritual health is becoming weaker each passing day.

Secondly, all Christians should take a healthy dose of vitamin B. Boldness is essential for all children of God. We must come before God with such confidence. The Hebrew writer encouraged, *“Let us therefore come boldly unto the throne of grace, that we may obtain mercy, and find grace to help in time of need”* (Heb. 4:16). We can and should have great confidence in God and His word and even teach it in such fashion. Consider the example of the apostle Paul, *“And he went into the synagogue, and spake boldly for the space of three months, disputing and persuading the things concerning the kingdom of God”* (Acts 19:8).

Our next spiritual vitamin that we all must have is vitamin c. Compassion is a characteristic that every Christian must display in their lives. As our great and perfect example Jesus displayed compassion many times during His ministry. Many of the miracles that Jesus performed were because of compassion on those with a physical need. Likewise, much of the teaching was because those in attendance needed spiritual nourishment.

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Prayer Request

Glenda Swanger; Jean White Smith; Leona & Jimmy Roberts; Irene Melton; Roberta Collier; Steve & Julie Neely; Mildred Gilbert; Barbara Angel; Mike White; Stanley Guinn; Dora Swafford; Mary Harp; Barbara DeBord; Joyce Mears; Herb & Alice Hale; Belle Smith; Katherine Webb; Craig Mills and Harold Deweese.

Sick/Updates

Lynsey Smith have tests at Vanderbilt next week; Randal Childress will have foot amputated Monday; Chester Pendergrass heart surgery upcoming.

Romania Mission Trip

Please keep Matt and Leigh Ann Brown in your prayers as they make preparations to travel to Romania in July to work with congregations there in Vacation Bible School.

Vacation Bible School

Time to be planning for VBS! Dates will be July 28th-Aug. 1st If you would like to help let Dale know.

Fellowship Meal

We will have our monthly fellowship meal Sunday June 23rd following the AM services.

Women's Monthly Schedule

Prepare Lord's Supper for June: Carol & Sarah DeBord

For The Record week of 6/2/19

Attendance: AM 91; PM N.A.; Wed. 52; Contribution \$2,146

Happy Birthday!

Leigh Ann Brown (9th), Joe Miller (12th), Roy Clay DeBord Sr. (14th), Kenzie Barger (14th)

Happy Anniversary!

Eddy & Holly Miller (12th)

Children's Bible Class

Children's Bible class begins tonight at 5:45.

Note: If there are any updates or additions please let Dale know.