Welcome to the church of Christ at Alisal

The Lord's Day Message

"FRefuge, Strength, Help"



Welcome Brothers and Sisters!

Charles will lead our **Bible Class, Kerry**will lead singing, **Paul McCollum** will deliver the Lesson. May God bless their efforts!

Our Lord's Day Plan...

~ Happy Lord's Day ~

God is our refuge and strength, a very present help in trouble. Psalm 46:1

We are praying for you!

Jordan Johnson - for safe travels to t and from while away this weekend. Garnett Quarles - for God's healing of his Pancreatic cancer. David Z - for his heart to be opemed and understanding how to be saved. Church of Christ - for strength to preach God's Word to all souls.

~God's Blessings to Everyone!~

"Let everything that has breath praise the Lord! Praise the Lord!" (Psalm 150:6).

23,000 Breaths Bart Warren

One of the good things about the Thanksgiving holiday is that we are "forced" to stop our busy, self-centered lives and count our blessings. It is so easy to take our blessings for granted!

I was recently reminded of how our loving and powerful God cares for us—in ways we rarely ponder.

The average human being takes 23,000 breaths a day. Unless we are sick, winded from running, choking, or experiencing something else out of the ordinary, we never give this complicated and amazing routine much thought.

The process of inhaling oxygen and exhaling carbon dioxide is a complex task that requires physiological precision in our God-designed respiratory system. And yet, we do it thousands of times each day without so much as a second thought.

We tend to praise God and give Him thanks for those "big events" that take our breath away. Sometimes it is good to be reminded that our mighty God is blessing us each moment of each day. Let us use the breath we have to praise the Lord and give Him thanks for our many blessings.

Praise the Lord! I will give thanks to the Lord with my whole heart, in the company of the upright, in the congregation. Great are the works of the Lord, studied by all who delight in them. Full of splendor and majesty in His work, and His righteousness endures forever. He as caused His wondrous works to be remembered; the Lord is gracious and merciful. He provides food for those who fear Him; He remembers His covenant forever. He has shown His people the power of His works, in giving them the inheritance of the nations. The works of His hands are faithful and just; all His precepts are trustworthy; they are established forever and ever, to be performed with faithfulness and uprightness. He sent redemption to His people; He has commanded His covenant forever. Holy *...continued on back page*

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and awesome is His name! The fear of the Lord is the beginning of wisdom; all those who practice it have a good understanding. His praise endures forever!" (Psalm 111).

The Bible is God's Unchanging Standard Charles Box

Man is not left to "do his own thing" religiously. He has the Bible, God's unchanging standard upon which to build his life. Confusion comes when "Every man does that which was right in his own eyes" (Judges 17:6). When man becomes a law to himself and tries to direct his own affairs religiously he always makes a mess. "O Lord, I know that the way of man is not in himself: it is not in man that walketh to direct his steps" (Jeremiah 10:23). Man left to himself does not manage his life well. The Bible is God's spiritual ruler or measuring stick. It is Heaven's unchanging standard. God has warned us about false prophets. He said there are many of them. "Beloved, believe not every spirit, but try the spirits whether they are of God: because many false prophets are gone out into the world" (1 John 4:1). Everything and everyone must be measured by the Bible. Only the truth will set you free spiritually. "And ye shall know the truth, and the truth shall make you free" (John 8:32). We need Jesus!

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Questions Regarding Your Faith

Edd Sterchi

We are told in 2 Corinthians 13:5 that we are to examine ourselves as to whether we are in the faith. To help us do this, may I offer the following questions for you to answer. Be honest and deeply examine yourselves.

• Am I growing spiritually?

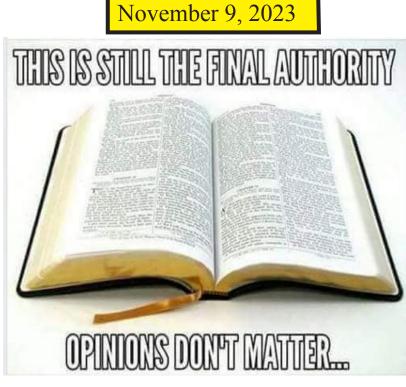
• Am I able to truly forgive others when asked?

• Am I always looking forward to coming to worship and working with the church?

• Am I really concerned about lost souls?

• Am I excited about going to heaven – even today?

If you answered "no" to any of these questions, then maybe you should take a closer look at your faith and where it is possibly headed.



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