

# Let's Visit

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## Folks That Refresh Us

When you think of refreshment or the act of being refreshed, what do you think of? What comes to your mind? How many of you remember the familiar green bottle of a Sun Drop? It said right there on the label in red, “refreshing as a cup of coffee”. Norma has heard me reminisce about drinking a Sun-Drop and not long ago came home from the store with some for me. She said, “you are always talking about how much you enjoyed this when you were young, I thought I would buy you some”. You know, as I poured it over ice and began to drink it, I closed my eyes and saw a dirty little barefoot boy with a grimy face, sitting on the back steps with his friend Jay as they both were sipping on one from the heavy, dark green glass bottle, and yes, I felt refreshed.

We serve refreshments at various functions and activities. In fact, we are planning to serve refreshments on the Friday night after the singing we are having in April. To be sure, I hope that you are praying daily for the success of this weekend and inviting others to come and be your guest. You see, we often are in need of physical refreshment, but we also are often in need of spiritual refreshment. There are two specific incidents in the life of Paul where he speaks of being refreshed by the brethren. In I Corinthians 16:17-18 he talks of three members of the church at Corinth who came to Ephesus to consult with Paul about matters of faith and practice. It was not simply an “official visit”. All three of these brethren had a personal attachment with Paul. Paul says, *“They have refreshed my spirit”*, by which he suggests to us the benefit of Christian associations. Then, as Paul writes his second letter to Timothy, in chapter 1 and verses 16-18 he tells us of a brother by the name of Onesiphorus who often came to see the apostle while he was in prison. Paul tells us that this brother refreshed him often and was

not ashamed of the fact that the apostle was bound in chains.

Sometimes, we all need some spiritual refreshment. Maybe our work has become burdensome and even oppressive. It may be weighing down our soul as well as our body. Our souls may become distressed with the trials of life and the desertion of friends. Sometimes we become tired and fatigued and our energies wane. When that happens the quality of our work can suffer and gloom can take possession of our lives. It is then that our thirsting, fainting spirit must be reanimated.

The only thing which can meet the requirements of the need for spiritual refreshment are living companionships. Like Paul, we are often in need of the smile and word of encouragement of those that are near to us. Doing even the work of the Lord can be hard and the presence of friends, their conversation, the opening of their hearts and the sound of their voice is something to be desired.

When we are spiritually refreshed, depression gives place to cheerfulness, weariness is exchanged for vigor, sluggishness is substituted with vivacity, despondency is driven out by hope, inefficiency gives way to successful labor and doubt is replaced by living confidence.

We must equip ourselves to be refreshing to others. We must make sure we are not a “Negative Nellie” or a “Gloomy Gus” but someone who spreads hope and optimism wherever we go.

tp

### In Search Of The Lord's Way



Tune in to this Television Ministry  
KSLA 12 – Shreveport -7:30 a.m. Sunday  
DISH channel 239-6:00 a.m. Sunday  
DIRECT TV channel 307 -6:00 a.m. Sunday

# Gathered Here and There



## Today's Sermon

### "Playing Well With Others"

Our text comes from Romans 12:17-21. We have all known people from time to time who "didn't play well with others" How do we deal with these difficult people? What does Paul say?

baptized for the remission of sins and sing without the instrument and still not worship acceptable. A sermon about taking the Lord's supper each Sunday is a gospel sermon and so is one that shows that we may partake of it each Sunday, every Sunday, and never really commune with Christ because of the condition of our heart.

There will always be the danger among churches of Christ that some might desire to use the instrument in worship or take the Lord's Supper on some day of the week other than the Lord's day. However, this is not the real danger. The real danger is that we will do all of the right things in the wrong way or for the wrong purpose. Beloved, we need "healthful teaching" in every field.

tp

**For The Pantry. . .**  
**February 26 – Rice**

**Each One Bring One!**

**53 in '23**

**Invite Someone Each Week!**

## Preach The Gospel

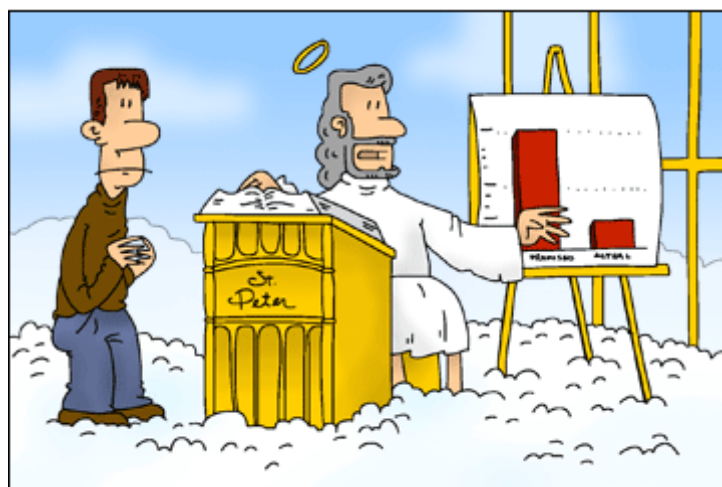
Paul urged Timothy to preach the word because *"the time will come when they will not endure sound doctrine"* (II Timothy 4:3) "Sound doctrine" is literally "healthful teaching".

A soul may be healthy as well as a body (III John 2). It is made and kept healthy by healthful teaching. But, there seems to be a tendency to often equate sound doctrine with attacks on other religious groups, sermons on baptism, etc.

G. C. Brewer, a giant among preachers in another day, related an incident early in his career that illustrates this point. He began a meeting with a series of sermons on the love and mercy of God, the sacrifice of Christ, and followed these lessons with one on baptism for the remission of sins. After that sermon, a brother said to him, "Well, I knew if we waited long enough you would finally get around to preaching the gospel!"

And so it is. A sermon on why we baptize for the remission of sins is a "good old fashioned gospel sermon." A lesson on selfishness or kindness is endured but little appreciated. At times a lesson on baptism or instrumental music is needed. But so is one that shows we may be

## On The Lighter Side. . .



IN THIS CHART WE CAN SEE YOUR  
PROMISED GOOD DEEDS COMPARED TO YOUR  
ACTUAL FOLLOW THROUGH

\* \* \* \* \*

*When a little bird tells you something,  
Don't repeat it  
until you make certain the little bird  
is not a little cuckoo!*

# Miscellaneous

## Put This On Your Calendar.....



### March 5, 2023

This is our next "Covered Dish Luncheon" when we have "Pack A Pew Sunday" and will celebrate Birthdays and Anniversaries for March, April and May.

Make your plans to be here and invite others to come and help you pack your pew!

## HOSPITALITY GROUP

Hospitality group 1 will be in charge of the luncheon on Pack-A-Pew Sunday, March 5<sup>th</sup>. The members of this group are:

Marshal Bounds  
Melonie Molloy  
Lisa Miller  
Betty Miller  
LaResa Livingston

If you are not a part of this group, you get a "day off" from having to serve or clean up after this luncheon.

**WEDNESDAY NIGHT MEAL** – Our next Wednesday night meal at 6:00 p.m. prior to our evening services will be March 29, 2023

*Make your plans now to be here!*



## Those To Remember In Prayer

**Johnny Miller** (Betty Miller's son) is recovering from heart surgery.

**Michael Smith** (Debra Pate's cousin) is being treated for lung cancer

### OUR CHURCH FAMILY

**Roxie Bostick**, **Gene Bradshaw**, **Martha Bradshaw**,  
**Martha Jean Golden**, **Geneva Graves**, **Alice Hall**,  
**Thelma Hinton**, **Louise Johnson**, **Lisa Miller**, **Mike O'Brien**  
**Debra Pate**, **Jerry Pate**, **Wayne Sims**, **Betty Willis**

### "EXTENDED FAMILY" AND FRIENDS

**Mitchell Anthony** (LaResa Livingston's brother),  
**Minion Bean**-(Mike O'Brien's mother) recovering from a fall and hip surgery), **Ana Blair** (friend of Debra Pate) **Ron Cone** (Laura Miller's dad), **Celina Danley** (Sister of Joyce Danley) multiple health issues, **Hugh and Pat Fletcher** (Sarah Fletcher's brother and sister-in-law dealing with multiple health issues) **Sandra Fuller** (friend of Betty Miller) **Roy Garcia** (friend of Tim and Norma Perkins recovering from brain surgery) **Suzie Hogan** (Roxie Bostick's sister) **Suzanne Ihlo** (Martha Jean Golden's sister recovering from a stroke) **Debbie Lynn** (Abbey Perkins' mother dealing with memory issues) **Lamar McCormick** (friend of Sarah Fletcher, multiple health issues) **Reba Miley** (friend of Debra Pate) **Calvin Smith** (Debra Pate's uncle) heart and blood pressure issues; **J. C. and Pat Tate** (Jana O'Brien's mother and father) **Clark Paul Williams** (LaResa Livingston's cousin)

### THOSE IN THE MILITARY AND FOREIGN SERVICE

**Cole Barbee**, **Leland Bradshaw**, **Michele Bradshaw**  
**Jeremiah Soape**, **Rosie Tate** and **Lucas Tate**

If you want someone added to the prayer list, please fill out a card and put it in the offering plate.



## SAVE THESE DATES!

April 21<sup>st</sup>, 22<sup>nd</sup> and 23<sup>rd</sup>

**Phil Sanders**  
is coming back to Center!

**Area Wide Singing on Friday Night.**  
**Preaching on Saturday night**  
**Refreshments following the singing and**  
**Covered Dish Luncheon following the**  
**Sunday Services.**



## Across The Preacher's Desk

Most of us have our bad days. On those days, our every act, our every thought, our every spoken sentence seems to have “but”, a “can’t” a “don’t” or such like. On those days, we are at our worst. We fret about our health and our circumstances and we pity ourselves to the very verge of tears.

But what do we get out of it? Well, we get misery and worry. By compounding every problem and considering every obstacle, we make matters worse than they are. So, why do we beat ourselves up when we get “down in the dumps”? Because we momentarily lose our perspective. We magnify things out of proportion so that they overwhelm us and upset us.

Yet, we can quickly get rid of negative thoughts. We must switch our will power to the positive current. Once we do, we will notice an improvement almost immediately. One by one, count your blessings in health, wealth, home, family and other areas of life. Think about all the things that are right in your life instead of all those things that are wrong. It is just as easy to be constructive and positive as it is to be destructive and negative.

So, the next time you are “down in the dumps” and having a bad day, do something about it! Take a walk, chat with a neighbor or undertake a worthwhile project. Before you know it, the weight of the world will be lifted from your shoulders.

*it's something to think about.....tlp*

**The Lord's Plan  
For Evangelism –  
Each one Bring one!  
53 in '23!**