



# LET'S VISIT

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## GOD DON 'T MAKE NO JUNK

In the early morning of time, when God created the world, we read in Genesis, "God created man in his own image, in the image of God created he him." Yet, in spite of the fact that we are made in the image of God, many of us suffer with what would be properly called self-esteem issues.

We often need to be reminded that "God don't make no junk". Perhaps we need to remind ourselves of the song, one I remember my boys singing in kindergarten, "I Am A Promise".

I am a promise

I am a possibility

I am a promise with a capital "P"

I am a great big bundle of potentiality

And I am learnin' to hear God's voice

And I am tryin' to make the right choice

I am a promise to be,

anything God wants me to be.

This is not something that just affects us in our daily lives. This is something that affects our spiritual growth. Peter exhorts us, he commands us to grow in II Peter 3:18 where he writes, "but grow in grace, and in the knowledge of our Lord and Savior Jesus Christ." Yet, so many people do not reach their potential for spiritual growth. Often character development is minimal, abilities are underdeveloped and a major reason is poor self esteem

Perhaps one of the issues we have is a lack of understanding about self-esteem. Self-esteem is our internal feelings and evaluation of ourselves based on our "perceived" self-image. To say it in other words, how we feel about ourselves is based on how we view self. Self-esteem and self-image are closely related. They are based mostly on feedback from childhood. Feedback from parents, peers and others. It is then reinforced by what we tell ourselves.

Healthy self-esteem is enhanced by childhood experiences. Things like being praised, listened to and spoken to respectfully. It comes from getting attention and hugs, success in sports or school and having "real" friends.

Sadly, for many, there are some childhood experiences that lead to low self-esteem. When one has been harshly criticized, yelled at, beaten, ignored, ridiculed or teased unmercifully it leads to low self-esteem. Likewise experiencing failure in sports or school or being expected to be "perfect" all the time will bring about feelings of low self-esteem.

People who suffer from low self-esteem were often given the message that failed experiences were failures of their whole self. Poor self esteem creates anxiety, stress, loneliness and depression. It causes problems with friendships and relationships and often results in impaired academic performance and job performance.

Yet, as Christians, we have two primary reasons for a healthy self-image. One is our divine generation, being created by God in the image of God. The other is our spiritual regeneration. God loved us, God considered us important enough and valuable enough that he sent His son, His only begotten Son, to give His life to save our souls from sin and make us fit subjects for a home in heaven.

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### In Search of the Lord's Way



Tune in to this Television Ministry  
KSHV 45 -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



## *We Must Trust Jesus*

must stop making excuses for not trying and giving up and allow God's estimation of us to enhance our self-image and self-esteem.

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## *On The Lighter Side. . .*



## **For The Pantry. . . March 23 – Peanut Butter**

**Offering – March 16, 2025 . . \$ 1,704.00**

**The Lord's plan of giving ... "as ye have prospered"**

**God Don't Make No Junk. . . - continued from page 1**

We must understand that self-esteem is essential to our spiritual growth. When we have low self esteem and say things about living for Jesus like, I could never..., I would make too many mistakes...., I don't have the ability.....I am only a one talent person...We are too small as a church to.....then we are hindering our growth spiritually.

On the other hand, proper self-esteem fosters spiritual growth. When Paul wrote the letter to the church at Philippi, he said in chapter 4 and verse 13, "I can do all things through Christ who strengtheneth me" and he meant it! You and I should have a similar estimate of ourselves. We can do whatever God wants us to do. Instead of making excuses, we must say with Paul, "I can..."

We must identify and accept our strengths and weaknesses. Everyone has them and no one is perfect. Then we must set realistic goals and take joy in our achievements. We don't need to try to be someone else. We just need to be thankful for who we are and that God has created us as a unique individual with unique abilities and talents. Along with this, we must eliminate all negative self-talk and be confident with the saying used in the title of this article, "God don't make no junk". Poor self-esteem is a major hindrance to spiritual growth. We

## *"Jest" for Fun. . .*

*The person who is bored when he is completely alone should be able to understand the position of others when he is around.*

*A good wife always helps her husband with the house work.*

*The first step to knowledge is to know that we are ignorant.*

*While a bright eye is indicative of curiosity, often a black eye is indicative of too much curiosity.*



## Area-Wide Singing And Gospel Meeting

April 25<sup>th</sup>, 26<sup>th</sup> and 27<sup>th</sup>

### PUT THESE DATES ON YOUR CALENDAR – NOW!

**Area-wide Singing-Friday, April 25<sup>th</sup> - 7:00 P.M.**

Refreshments following the singing

**Gospel Preaching –Saturday April 26<sup>th</sup> - 7:00 P.M.**

Covered Dish Luncheon following Sunday Morning Worship.

**Phil Sanders, Guest Speaker**

Norma Perkins, Sarah Fletcher, Jana O'Brien, Melonia Molloy and Marsha Bounds are in charge of the Hospitality for both the singing on Friday night and the Luncheon on Sunday.

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## ATTENTION

It has been a year since we had our instructional course in how to use the defibrillator. If you would like a re-fresher course or if you have never been instructed in how to use the machine, Lisa Miller will be holding a brief class in the Fellowship Hall immediately following worship services this morning. Please make your plans to stay for a few moments after worship this morning if you want to learn how to use the defibrillator.



## Wednesday FELLOWSHIP MEAL

Our next Wednesday Fellowship meal will be on Wednesday, March 26<sup>th</sup>. Make your plans to be here and meet in the Fellowship Hall at 6:00 for our meal together followed by our monthly singing.



### OUR "CHURCH FAMILY"

Cissy Amos, LaJuan Baugh, Martha Jean Golden, Alice Hall, Thelma Hinton, LaResa Livingston, Mike Lout, Debra Pate, Jerry Pate, Wayne Sims, Betty Willis

### "EXTENDED FAMILY" AND FRIENDS

Tami Abernathy (friend of Isaiah & Amanda Molloy hospitalized) **Richard Barbee** (Gene Bradshaw's nephew) **David Bissett** (Mike O'Brien's brother in law, cancer) **Jane Adams Burkhalter** (Diedra Hughes' cousin) **Coleen Dickerson** (friend of Cissy Amos with leukemia) **Hugh and Pat Fletcher** (Sarah Fletcher's brother and sister-in-law dealing with multiple health issues) **Joyce Fontenot** (Debra Pate's mother) **Emily Heflin** (Mike Bostick's niece recovering from surgery) **Suzi Hogan** (Mike Bostick's sister-in-law) **Wynell Lawson** (Diedra Hughes' aunt) **Debbie Lynn** (Abbey Perkins' mother dealing with memory issues) **Norma Magby** (Melonie Bradshaw's mother) **Lamar McCormick** (friend of Sarah Fletcher, multiple health issues) **Calvin Smith** (Debra Pate's uncle); **Heather Simmons Stewart** (Friend of Cissy Amos ) cancer; **J. C. Tate** (Jana O'Brien's father)

### THOSE IN THE MILITARY AND FOREIGN SERVICE

Cole Barbee, Adam Bradshaw, Andrew Bradshaw, Michele Bradshaw, Rosie Tate and Lucas Tate

## UPCOMING DATES TO REMEMBER!

**Make a note of the dates of these activities on the Calendar for 2025.**

**June 1, 2025** – Covered Dish Luncheon

**September 7, 2025** – Friends & Family Day

**December 7, 2025** – No Excuse Sunday

**December 21, 2025** – Annual Christmas Party

### PUT THESE DATES ON YOUR CALENDAR!

— Dwight L. Moody —



Moses spent forty years thinking he was somebody; forty years learning he was nobody; and forty years discovering what God can do with a nobody.





## Across The Preacher's Desk

It was in the Sermon on the Mount, Matthew 5:9 that Jesus said, "blessed are the peacemakers, for they shall be called the children of God". For more than 20 centuries this great word has been knocking at the closed door of the hearts of men and women, largely in vain. We have said yes with our lips. Yet, in our hearts, we have said, "blessed are the sowers of discord". Blessed are the war makers and blessed are the fomenters of strife. We see it every day in our land.

We must understand that to make peace is to do far more than merely abolish strife. It is to do more than cause folks to be peaceable. It is quite possible that we may keep the peace without having peace. We may bring about cessation of strife without in any real sense being peacemakers.

The peacemaker Jesus speaks of does a positive work. This individual puts an end to strife by bringing in the opposite of strife. This person does not pull up the noxious weeds of discord and enmity and hate one by one and leave the garden bare. Rather, this person sows and cultivates such a luxuriant crop of love, joy, peace and long-suffering that the disturbing weeds are all crowded out.

We live in a world that is filled with and characterized by fighting. It affects every level of our society. In this continual strife, God calls His people to be peacemakers. However, to be a peacemaker, it involves first making peace with God through Jesus Christ.

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

**The Lord's Plan  
For Evangelism –  
Each one Bring one!  
55 in '25!**