

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 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 feeling 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

(Continued on page 2)

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

"The Winter Of Despair"

Our text comes from I Kings 19:1-18. It is the story of Elijah, the man of God and his struggle with Clinical Depression in the long ago.

FOR THE PANTRY....

Fruit Juice

God Don't Make No Junk – continued from page 1

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.

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 strengteneth 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 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.....



I've stopped expecting you to make "leaps of faith", but it would be nice to see a hop now and then.

* * * * *

Some other "jesting". . . .

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.

Miscellaneous

Special Announcement

Remember, that even though we are not requiring the wearing of masks in our assembly, we do still want to do everything we can to be safe both for ourselves and for others. We would therefore ask that we all remain aware of social distancing and being respectful of other's personal space.

-thank you



Those To Remember In Prayer

Pat Tate – Jana O'Brien's mother Tuesday night and broke her hip. She had surgery Wednesday at Mother Francis Hospital in Tyler and is now recovering.

THOSE WITH ONGOING NEEDS:

Roxie Bostick (back issues); **Wayne Sims** (cancer); **Cody Butler** (Debra Pate's grandson) **Gracie Elam** (2 month old baby born with heart defect)

THOSE IN THE MILITARY AND FOREIGN SERVICE :

**Amanda Bradshaw, Andrew Bradshaw,
Leland Bradshaw, Lucas Tate**

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

The Strength of the Early
Church

A Personal Commitment to
the Cause of Christ

Philippians 3:7-14

THE OPTIMIST CREED

PROMISE YOURSELF..

To be so strong that nothing can disturb your peace of mind.

To talk health, happiness, and prosperity to every person you meet.

To make all your friends feel that there is something worthwhile in them.

To look at the sunny side of everything and make your optimism come true.

To think only of the best, to work only for the best and to expect only the best.

To be just as enthusiastic about the success of others as you are about your own.

To forget the mistakes of the past and press on to the greater achievements of the future.

To wear a cheerful expression at all times and give a smile to every living creature you meet.

To give so much time to improving yourself that you have no time to criticize others.

To be too large for worry, too noble for anger, too strong for fear, and too happy to permit the presence of trouble.

Optimist International

The Parable Of The Blower!

Behold the blower went forth to blow; and as he "blowed" some seeds of gossip fell by the wayside and the foul ear picked it up and devoured the good brother whom it concerned. Some fell to the phony Christian, and having not much worth, straightway he sprang up out of his chair of do nothing and telephoned his neighbor, and when he hung up his friend was scorched and his love withered away.

And his brother who fell among thorns, not knowing how the tale grew up, was choked and lo he perished. But luckily, some fell to the good man and brought forth pity, so he "squashed" it and he continueth to gather of the blessings an hundredfold, sixty fold, and thirty fold. He that hath ears to hear let him hear, but he that hath a tongue, let him keep his mouth shut. *-copied*



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

**Great Churches are built with
Commitment!**