

Happy Birthday!

David Sund 5-11
Sherrie Merwine 5-12
Tianna Stafford 5-13
Lance Anderson 5-13
Ann Flatt 5-14
Oplis Thomas 5-14

Happy Anniversary!

W.C. & Shirley Howell 5.14.99



Get the weekly bulletin delivered to your inbox. Open your phone's camera to scan the QR code.

Enroll now in the free Bible Correspondence Course lessons. You will find it refreshing to delve into God's Word & you will find out some things that surprise you. Give Bill Coe your name & address to get started.

We have devices for those who are hard of hearing to help you during our worship services. If you are in need of one, please see Jeremy Broome.

ANNOUNCEMENTS & UPCOMING EVENTS...

- *Funeral money donations are needed again. Please see Judy McDaniel.
- *If anyone would like to donate money for drinks for fellowships, please see Jeremy or Ambre Kirby.
- May 8:** Zack Holmes will be giving an India report during the evening service
- May 15:** We will be honoring our 2022 graduates.
- May 29:** Fellowship-Out of School Bash
- June 5-9:** VBS here with Union Hill
- July 17-23:** JSCYC
- August 17-25:** PTP
- November 6-9:** Gospel Meeting here with Cliff Goodwin
- November 18-20:** Fall family retreat in Smithville, Tn. Please sign up in the back if you plan on going.

Elders:

John Mabery 265.3835
Carl Call 268.2040
Sjon Gentry 268.3273

Deacons:

Rellon Burris 319.5197
Jerry Young 268.2215
Ronald Strong 267.5480
Chris Mabery 310.3612

Ministers:

John Mabery 265.3835
Ronald Strong 267.5480

Bible Study Curriculum:

Titus Anderson 704.5360

Bible Correspondence:

Bill Coe 268.1777
Cell: 397.2159

To Be Saved, JESUS Said We MUST...

Believe Him (Jn.8:24; Heb.11:6)

Repent of our sins (Lk.13:3, 5)

Confess Christ (Rom.10:9-10)

Be immersed in water for remission of sins
(Mk.16:16; Acts 2:38; 22:16; Rom.6:3-4)

Center Grove church of Christ

3857 Grundy Quarles Hwy.
Gainesboro, TN. 38562
931.858.7460

Schedule of Services

Sunday: Bible Classes @ 9:00 a.m.
Worship @ 10:00 a.m.
Worship @ 5:00 p.m.

Wednesday: Bible Classes @ 7:00 p.m.

Radio: "The Lord's Word" on WLIV 920 AM
10:10 a.m. Monday - Saturday

(We broadcast Thursday, Friday, and Saturday)

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Number 19

"Anxiety, Sacrifice, and the Worshipper"

by Neil Richey

When believers come together for Sunday worship, several words flood the mind regarding what worship is. This is not surprising because as students of the Bible know, the New Testament (written in Greek), the guidebook for Christian living and proper worshipping, uses several different words for worship. Some of the words that come to mind include service, adoration, devotion, obedience, and praise.

Another word comes to mind, which is descriptive of the process of worship itself. That word is sacrifice. The Bible says, "Therefore by Him let us continually offer the sacrifice of praise to God, that is, the fruit of our lips, giving thanks to His name" (Her. 13:15, NKJV). Both the Old and New Testaments speak of worshippers as offering sacrifices to God as worship. Under the Old Testament, believers would make literal offerings, such as animal sacrifices, in keeping with the prescribed levitical expectations, as a form of praising God. The New Testament similarly teaches that we sacrifice our wants and desires to worship God according to His will (Jn. 4:24).

There is a different kind of sacrifice that many Christians make every time they go to worship. It is not just a sacrifice of the heart and obedient acts. For these believers, the sacrifice is related to a significant mental health disorder.

Believers are not immune to mental health disorders. Sadly, many Christians go untreated because of the stigma placed on mental health illnesses. Among some believers, the misguided and dangerous words like "increase your faith and pray more" add to the problem. ...continued inside

Imagine telling someone with coronary disease, diabetes, or cancer to pray more, and you'll be healed. Prayer, while significant for those who suffer any illness (physical or mental), prayer void of help seems incongruent with God's way. Yes, medicine, physicians, and counselors all played essential roles in the Bible to help those dealing with physical and mental illnesses. One category of mental illness that makes worshipping a tremendous challenge is anxiety disorders. I'm not talking about a bit of anxiety or the controllable anxiety that Jesus referred to in his sermon (Mt. 6). I am talking about what the Diagnostic and Statistical Manual of Mental Health Disorders (DSM-5) refers to as "excessive fear and anxiety and related behavioral disturbances." The DSM-5 refers to fear as the "emotional response to real or perceived imminent threat, whereas anxiety is the anticipation of future threat."

There are numerous anxiety disorders. They include separation anxiety, selective mutism, specific phobia, social anxiety disorder, panic disorder, agoraphobia, and generalized anxiety disorder. While each condition is different, their commonality is that each disturbance "causes clinically significant distress or impairment in social, academic, occupational, or other important areas of functioning" (DSM-5). Anxious distress and impairment are undoubtedly true with going to worship on Sunday.

For the believer with generalized anxiety disorder, going to worship calls for the sacrifice of their uncontrollable worry. For the agoraphobic Christian whose unbelieving spouse refuses to go to Sunday worship, the sacrifice is being outside the home alone and being in a crowd. For the believer with panic disorder, the sacrifice includes the fear of losing physical control and "going crazy." The Christian with social anxiety sacrifices the extreme fear of conversation, meeting people, or being watched. Sometimes, the anxiety is so overwhelming that the best they can do at times is worship alone at home. This is much like the physically disabled Christian in the nursing home that wants nothing more than to overcome their physical ailments to be "back in church" on Sunday.

If the mental health illness of anxiety does not challenge you, try to put yourself in the shoes of those who experience anxiety. Imagine your greatest fear. Now, multiply it times 1,000. It weighs on you daily and most of the day. You find it nearly impossible to function, and it challenges your work and relationships. Now imagine having all of this on your mind while trying to worship. Perhaps you have a glimpse into how some believers offer incredible sacrifices to God in worship.

Be observant, be compassionate, only judge righteously—which you cannot do unless you know the facts, be supportive, and advocate for help for those struggling with mental illness. Be consistent when it comes to caring for the sick. More people battle mental illness than cancer, diabetes, and heart disease combined. We care for these. Let's care for all!

Suppose you are experiencing a clinical level of anxiety. Seek help. Many mental health disorders are more treatable than some physical illnesses. You do NOT have to do life alone. You do NOT have to endure your illness alone. You CAN experience greater life satisfaction.

Area Hospitals & Rehabs:

Summit: Chester Hamlet

Sick at Home Asking for Prayers:

Jerry Wilson, Vernell Brown, Corey Hall

Our Condolences to the Families of:

David Wilson, Shirley Smith, Earl Carr

Area Rest Homes & Rehab. Centers:

Bethesda: Grace Sloan

Cedar Hill Senior Living: Jean Haney

Georgia Rehab: Buddy Flatt

Hillsboro Rehab: Lovia Cowgill

Mabry: Lovena (Cricket) Wilson, **Fred Heady,**

Ray Pippin, Thurell Flatt

NHC: Paul Pippin, **Connie Ballard**

Those Battling Ongoing Health Issues-

Prayer List:

Adele Birdwell, **Barbara Scott,** Barbara Walker, Carrol (Stick) Hensley, **Debbie Allen, Debbie Wilson,** Hillary Broome, Isabel Bray great niece of Royce J. **Jeanie Thomas,** Jo Helen Brown, Lela Durham, Lena Smith daughter of Ben & Heather, Lora Cravens, Margie Dyer, Margie Goodwin, Moydene Robinson, **Raymond Haney, Sandy Haney, Sherri Merwine,** Sherry Arms, Savanna Davidson daughter of Donnie Mayberry, Tootie Anderson, **Velma Hix,** Pauline Mocerri sister of Vilnessa Holloway, Roger Dailey bro. of Bonnie Jones

BATTILING CANCER

Anna Lee Burchett, Barry Turner, **Ben Young,** Carl Call Sr., Frances Luck, Haylee Mathis, **Jerry Wilson, Kayla Pippin,** Kinner Hawkins, Layla Ledbetter, Lori Davenport, **Maibelle Dyer,** Mike Hamlet, Nathan West brother of Ella Martin Peggy Carr friend of Barbara Stafford, Rex Berry, Rosie Killian & Roslyn Stout sister of Ruby, **Ruby Anderson,** Steve Higginbotham, Vickie Pigg, Villary Campbell

Privileged to Serve May 15, 2022

- Ushers Jerry Young
- Mark Collins
- Announcements Sjon Gentry
- Song Leader Titus Anderson
- Scripture Reading Ben Gentry
- Speaker John Mabery
- Opening Prayer Jeremy Broome
- Closing Prayer Jerry Young
- Oversee Lord's Supper.. Chris Martin
- Prepare Trays
- Scripture Reading..... Bill Coe
- Serve Jimmy Strong
- Jonathan Conner
- Ronald Strong
- Roy Flatt
- Greg Scott
- Jackson Conner
- Alternate to Serve Ronnie Martin
- Carl Call
- Dismiss Classes Donnie Martin
- Count Contribution Harry Young
- Chris Fox
- Jeremy Kirby
- Burton Young
- Response Card Rellon Burris
- PowerPoint..... Brian Trisdale
- Live Stream..... Kevin Moss
- Adult Bible Class..... John Mabery

Sunday Evening May 15, 2022

- Speaker Carl Call
- Scripture Reading Ben Gentry
- Song Leader Parker Harless
- Opening Prayer Jim Young
- Closing Prayer Andrew Burris
- PowerPoint..... Blake Maberry

Wednesday Evening May 18, 2022

- Song Leader Chris Mabery
- Devotional Mike Martin
- Opening Prayer Bill Coe
- Closing Prayer Andrew Burris
- Adult Bible Study..... Ronald Strong
- Powerpoint..... Ben Gentry

Let Rellon Burris know if you can't serve.
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