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 L V P E P O S I T I V E U L O  
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 Q A O J U T V E N F O A N E T  
 U G G E L T Y T M C Y L E Q H  
 Y R G S I N A L L S E T F U F  
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 B A F S E K F A I A O I T N L  
 N T L E T T E R Y O D E S T L  
 I I K W K K Y C G L N R Z A Y

RESOLUTION  
 SALUTATION LETTER  
 EVIDENCE LIFE  
 FREQUENT  
 RELIGIOUS FINDINGS  
 PROBLEMS ENJOY  
 HEALTHIER  
 LIFESTYLE BENEFITS  
 POSITIVE GREAT  
 GOD JESUS  
 FAITHFULLY

December Bible Classes		
	Sunday Morning	Wednesday Evening
Nursery	Skylar Martin	
Preschool 2-5 Year Olds	Summer Basham	Tina Hall
1 <sup>st</sup> & 2 <sup>nd</sup> Grade	Carla Silvano	Lillian Warren
3 <sup>rd</sup> & 4 <sup>th</sup> Grade	Paula Anderson	
5 <sup>th</sup> - 8 <sup>th</sup> Grade	Matt Williams	Young Mans' Class Heading to the Office
9 <sup>th</sup> - 12 <sup>th</sup> Grade	Brian Martin	Young Ladies' Class Gifts
Twenty Somethings	Daniel McMillin Hermeneutics: Reading the Word of God in the Presence of God	
Alternate Adults	Adam Warren <i>Philippians</i>	W. Tom Hall <i>Encouragement</i>
Auditorium Adults	W. Tom Hall <i>History of the Bible</i>	Daniel McMillin <i>The Authority of Scripture</i>



## Being an Influencer

February 9 - 11, 2024

### Spring Retreat For Young Adults

18- 20 something

Guest Speaker: **Airam Kemp**

\$50 includes Meals, T-shirt, Lessons & Activities

Big Reedy Christian Camp, Roundhill, KY

Scan to register



Scan to follow us on Instagram

# The Messenger

## New Year's Resolution

*Dear Friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well*

3 John 2

In the salutation of a lovely little letter written by John to his good friend Gaius, the apostle recognizes two kinds of health: physical fitness and spiritual wellness. John's comment recognizes an age-old observation: when we are physically sick, it has an impact on all our life, including our spiritual vitality.

In recent years a growing body of medical evidence has confirmed that the reverse is also true: when we are actively practicing our faith, it has a pronounced positive affect on our health! In fact, one nationwide study of 21,000 people found a seven-year difference in life expectancy between those who never attend religious services and those who attend more than once a week!

Other studies have found that regular church attendance markedly reduces the incidence of heart attack, arteriosclerosis, high blood pressure, and hypertension; that people over 65 who go to church or synagogue at least once a week are twice as likely to have stronger immune systems; and that frequent churchgoers had lower rates of depression and other mental problems.

How can we account for these findings? One suggestion is that religious people are less likely to engage in physically detrimental behaviors such as smoking, drinking, drug use or promiscuity. While research validates that hypothesis, healthier lifestyles are not the only factor: religious people, on average were found to enjoy a greater level of physical well-being than non-religious people even after controlling for variables such as social support and healthy lifestyle decisions.

A second suggestion is that faith promotes healthier attitudes. The Bible teaches us to lead optimistic, loving, and purposeful lives. In addition, Jesus often emphasized that it is essential to have a forgiving spirit. Bitterness and unresolved grudges have a toxic affect on our physical and mental well-being.

The social connections that come with faith are a third explanation. Medical researchers have become increasingly aware of the physical benefits of a strong and positive social ties to family, friends, and fellowship groups.

The evidence connecting our physical and spiritual natures creates a greater appreciation for what it means to serve God "with all our heart and with all our soul and with all our strength" (Deuteronomy 6:5).

As we begin this New Year, many folks are making resolutions to visit the gym or walking track more often. That is a positive decision, and one that I applaud. Based on the research, however, I would add another resolution: make a conscious decision to exercise you r soul!

In 1 Timothy 4:7-8, Paul tells the young man Timothy: "Train yourself to be godly. For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come." Don't miss Paul's point: physical exercise is useful in this life, but training in godliness is beneficial both now and in eternity.

When I want physical training, I head to our local health club. Where can we go to receive training in godliness? One great place to build your faith muscles is Bible School. There you will find a systematic program of Bible study with teachers who can serve as a "coach" of your spiritual development. Bible School is a gymnasium for the soul, so make it your goal to faithfully "work out" in Bible classes in 2024!

Dan Williams

Schedule of Services	
Sunday	
Lord's Supper Service	9:30 a.m.
Bible Study	10:20 a.m.
Worship Service	11:10 a.m.
Wednesday	
Bible Study	6:30 p.m.
Elders	
Richard Eubanks	270.792.3050
Brian Martin	270.576.2936
Chris Young	270.202.2252
Denver Young	270.799.8559
Matt Williams	270.779.7733
Deacons	
Perry Cole	270.202.6214
L.W. Jackson	270.996.1451
Michael Runner	270.535.5906
Adam Warren	270.980.2548
Mark Young	270.791.0140
Evangelist	
W. Tom Hall	O: 270.777.1828
	M: 270.792.2132
Associate Minister	
Daniel McMillin	662.882.8756

We stand ready to assist you with any need you may have.

You may call the church office at 270.777.1828.

We would be honored to help if we can. May God bless you with a wonderful week.

"For even the Son of Man did not come to be served, but to serve, and to give His life a ransom for many."  
Mark 10:45

# Announcements

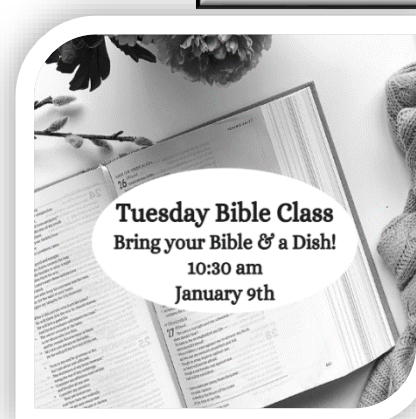
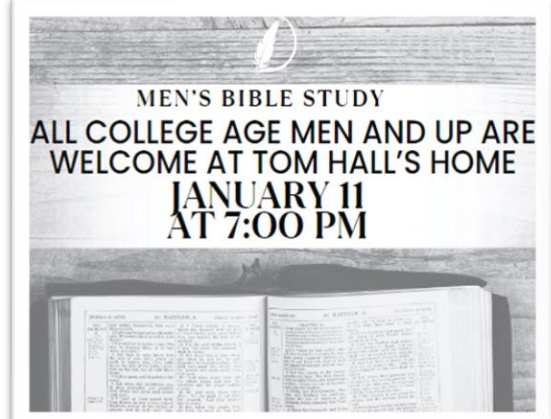
- January 7<sup>th</sup>** Praying & Singing at 5:00 PM *Fellowship Meal to Follow*
  - January 9<sup>th</sup>** Tuesday Bible Class at 10:30 am *Bring your Bible and a Dish!*
  - January 11<sup>th</sup>** Mens Bible Study at Tom Hall's Home at 7:00 PM
  - February 9-11<sup>th</sup>** Journey Spring Retreat for Young Adults (More Details on Back Page)
  - February 4-8<sup>th</sup>** Freed-Hardeman University Lecturship Theme: *Triumph of the Lamb: The Battle with Evil in Revelation*
- Lads to Leaders – No Bible Bowl Practice December 31<sup>st</sup>**



## Pulpit Preview

**Sunday 11:10AM**

The Compassion of Christ  
Daniel McMillin



## Prayer Requests

• Heather Young (Daughter In-Law of Ralph and Marsha Young)	• Faye McKinley
• Danny Miller & Brenda Miller	• Gerry Utley
• Aubrey Avery – 9 Years old with Brain Tumor	• Don Anderson
• Brenda Phelps	• Mike Collier (Donna Parker's Brother)
• J.L. Young – Massey Springs – Memory Care 2945 Small House Rd. Bowling Green, KY 42104 Phone 270.904.1999	• Wilma Blankenship
• Janice Cole	• Leah Hughes
• Jimmy Hughes	• Lachlan Kreis – Brain Tumor
• Geri Basham	• Jimmy Wilmoth
• Ayla Duggan	• Lunell Upton
• Bobby Pruett	• Jenny McDonald
• Everette Goodall	• Arlo Miller
<i>Remembering Our Homebound Wilma Blankenship</i>	

## God's Plan of Salvation

God's Part	Man's Part
Great love of God for man <b>John 3:16</b>	Hear the Gospel <b>Romans 10:17, John 8:32</b>
Gave His Son, Jesus Christ, as the Savior <b>Luke 19:10</b>	Believe the Gospel <b>Hebrews 11:6, John 20:31</b>
Sent the Holy Spirit as a guide <b>John 16:13</b>	Repent of past sins <b>Luke 13:3, Acts 17:30</b>
The Gospel as "the power" unto salvation <b>Romans 1:16</b>	Confess faith in Jesus Christ <b>Rom. 10:10, Matthew 10:32</b>
Provided atonement by the blood of Christ <b>Romans 5:9</b>	Be Baptized <b>Galatians 3:27, Mark 16:16, Acts 2:38</b>
	Be faithful unto death <b>Revelations 2:10</b>

## Bible Trivia Challenge

### This Week's Question

Who said, "My soul magnifies the Lord, and my spirit has rejoiced in God my Savior."?

Please give your answer with scripture to Adam or Lil Warren by Wednesday Evening.

December 24<sup>th</sup> Who said, "I was no prophet, nor was I a son of a prophet"?

(Answer: Pharoah; Exodus 5:2)

Fred Heath, Bobby and Darlene Pruett, Lenora Isenberg, Logan Barrett, Jessie Wilson, Shorty & Thelma Wurst and others who did not want to be listed, answered correctly!

Sunday Morning Lord's Supper	December 31	January 7
Security 1	Brian Raymer	Cody Basham
Security 2	Grant Cole	Shawn Hudson
Security 3	Perry Cole	Randy Reneau
Security 4	Gary Basham	Tommy Flora
Audio Video Controls	Andy Wagoner	Zach Martin
Song Leader	Mason Miller	Brian Martin
Communion Comments/Prayer	Chris Young	Tom Hall
Lord's Table Center Left	Jeff Morrison	Reagan Young
Lord's Table Center Right	Blake Fritsch	Michael Runner
Lord's Table Assist Left 2	Stephen Clingenpeel	Eddie Windham
Lord's Table Assist Right 2	Nathan Warren	L.W. Jackson
Lord's Table Assist Left 3	Landon Miller	L.B. Wilson
Lord's Table Assist Right 3	Matt Williams	Hunter Barrett
Communion Dismissal Prayer	Mark Young	Mason Miller
Worship Service		
Announcements	Richard Eubanks	Joshua Barrett
Song Leader	Brian Martin	Adam Warren
Worship Service Prayer	Fred Heath	Andy Wagoner
Scripture Reading	Reagan Young	Landon Miller
Closing Prayer	Zach Martin	Richard Eubanks
Communion Afternoon	Victor Davis	Matt Williams
Wednesday Night Bible Study	January 3	January 10
Security 1	Fred Heath	Richard Eubanks
Security 2	Dillon Rager	Travis Young
Security 3	Mark Young	L.W. Jackson
Song Leader	Matt Williams	Adam Warren
Opening Prayer	Richard Eubanks	Victor Davis
Closing Prayer	Gary Basham	Jeff Morrison
Monthly Assignments	December	January
Lock Building	L.W. Jackson	Brian Martin
Baptismal Laundry	Mary Hazel Watt	Judy Young
Assist with Men's Baptisms	L.W. Jackson	Jeff Morrison
Assist with Women's Baptisms	Jenilyn Hall	Lenora Isenberg
Prepare Communion	L.W & Victoria Jackson	Brian & Tracy Martin
Bread Distribution	Bake	Give Out
December 31	Noemi Davis	Tammy Miller & Noemi Davis
January 7	Amanda Barrett	Jenilyn & Laura
** If unable to serve, contact Michael Runner at 270.535.5906 **		

## For The Record Week of December 24, 2023

Lord's Supper Service	155
Bible Study	152
Worship Service	155
Wed. Bible Study	92
Contribution	\$6,084

## MT. PLEASANT CHURCH OF CHRIST GIVING



### Watch Search on the following stations

- WBKO DT 33 - Sun 6:30 am
- WNKY TV 40.1 - Sun 7:00 am
- Spectrum Cable Channel 184 Mon 9:30 am/Thurs 6:30 pm



If you are visiting with us, please take a moment and fill out a visitors' card and place it in the collection plate located in the foyer. We are delighted that you're here to share in our worship service and hope that you will please visit us again real soon!

## Mt. Pleasant Church of Christ

10219 Kentucky Highway 185

Bowling Green, KY 42101

270.777.1828



/Mtleasantchurchofchrist



@mtleasantcoc



www.mtleasantcoc.com



mtleasantcoc@gmail.com