

## Writing it on our hearts...(Hebrews 8:10)

Cut out the verse for the week & post it somewhere you will see it often. Read it, "Write" it, Live it.

"So, as those who have been chosen of God, holy and beloved, put on a heart of compassion, kindness, humility, gentleness and patience; bearing with one another, and forgiving each other whoever has a complaint against anyone; just as the Lord forgave you, so also should you." Colossians 3:12-13<sup>NASB</sup>

### Serving Today

**Greeters:** Randy and Sherra Jackson

(Next Week: Richard & Kathleen)

**Announcements and Opening Prayer:** Gary Carter

**Song Leader:** Randy Jackson

**Lead Communion:** Chris Smith

**Assist:** Ryan Young

Mike Thompson

Brandon Jackson

**Scripture Reading:** Garrett Jackson (Matthew 6:19-21)

**Speaker:** Aaron Baker

**Closing Prayer:** Richard Carroz

(Sunday pm: Brandon Jackson)

### Serving Wednesday

**Announcements and Prayer:** Gary Carter

**Song Leader:** Randy Jackson

**Devotional:** Randy Jackson

### Attendance Last Week

AM Worship: 71

PM Worship: 36

Contribution: \$2353

Wednesday: 34

### Our Meeting Times

#### SUNDAY

Bible Study - 9:00am

Morning Worship - 10:00am

Evening Worship - 5:00pm

(1st Sunday of the month - 1:00pm)

#### WEDNESDAY

Dinner served at 6:00pm

Bible Study 7:00-8:00pm

# Welcome TO THE CHURCH OF CHRIST

@ FORISTELL

Loving the Lord with all our heart...(Mark 12:30)



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January 13, 2013 - Volume 2

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## Healthy Hearts

What's all the fuss about being healthy? Why should I have a healthy heart? Well, these are good questions to which I hope we can give a few answers by comparing your physical heart to your spiritual heart.

**A healthy heart works properly.** If I am healthy, I am giving my heart the best chance at doing the job it was designed to do: pump blood throughout my body. If I am unhealthy, I may feel sluggish, lethargic and uncomfortable because my heart is suffering from working harder than it should.

The Bible refers to the very center of one's inner self as the "heart". Our hearts, spiritually speaking, can be either "clean" or "dirty". In contrast to the external cleansing of the scribes and Pharisees of Jesus' day, we are challenged to "clean" or purify our hearts (Mt 5:8; Rom 1:21). Just as eating unhealthy foods can clog our arteries and weaken our physical health, practicing spiritually unhealthy (sinful) activities allows our spiritual "food" to harden our hearts leaving us spiritually unhealthy, sluggish, and lethargic within the body of Christ.

The point is that we need our hearts to work properly, the way God intended. In order to do this, we must clean out the sin and promote a healthy (godly) lifestyle. We can do this by 1) setting our hearts on doing God's will 2) cleaning sin out of our hearts, and 3) seeking the Lord to create in us clean hearts (Dan 10:12; Ps 103:2; Ps 51:10).

**A healthy heart requires control.** Just as Kryptonite was Superman's weakness, so is apple pie to me. If I want to have a healthy heart, I really need to have control over my diet. I cannot drink all the soda pop I want, eat all the fatty foods I want in the amount that I want. I must have control; control over my diet, portion size, and frequency of meals. *Continued inside...*

*God is calling you. But not on your cell phone.  
Don't forget to silence your phone during worship!*



## Highlight on Missions

**Honduras:** Being a new Christian is not easy. Take a moment to pray for God to strengthen these new Honduran Christians that they may be firmly established in their faith: Sintya, Ricarda, Rosio, and Ramona.

**Vanuatu:** Aaron and Cindy's teammates: The Brandells and Mike Olson, traveled to Southwest Bay, Malekula island for a tent meeting. The meeting was a great encouragement to the 28 locals that attended and saw several visitors. To learn more check out the Brandell's blog at [www.missionvanuatu.blogspot.com](http://www.missionvanuatu.blogspot.com)

The problem in Romans chapters 1 and 2 was that the people there did not want to control their lives in sync with what God wanted. They wanted to exchange the good food for the bad (Rom 1:21), and the result was that their hearts were darkened by the wickedness of sin. Instead of resisting the temptation to sin, they dove headlong into sin and approved of others who did the same (Rom 1:32). What they didn't realize was that God was going to judge them according to the Truth (2:2) and that His patience with them should have made them realize they needed to regain control of their lives and repent (2:4). Lack of control can lead to eating junk food constantly, which can build up to a heart attack. Likewise, a lack of spiritual control results in sinful activities, which is like, "...treasuring up for yourself wrath in the day of wrath" (2:5). God calls us to have control over our own lives and to strive to keep a healthy heart.

- Aaron Baker

### "Be devoted to prayer..." (Romans 12:12)

- \* **Caleb Sams**, one of Ben Jackson's roommates, recently found out that he has a rare form of bone cancer. He is 20 years old. He and his family need our prayers at this time as they deal with this difficult news. Cards can be sent to:
- \* **Judy Wicker** is dealing with a lot of pain. Please remember her this week in your prayers. Encouragement cards can be sent to:
- \* **Sam Kerr**, the new baby of the teacher Sherra Jackson is subbing for, is having acid reflux problems. Please pray that he adjusts to the new formula he is on.
- \* Tammy Smith's co-worker's husband, **Scott Luck**, has had bloodclots in his lungs. He was released from the hospital on Wednesday, but still needs our prayers.

**Please continue to pray for:** Gavin Newhouse (MD), Sarah Waldrop, Larry Morrow (traveling for work), Brenda Spurlock, Tracy Ehlmann, Kay Shephard (health), Harrold Fitzjerrell (health), Carl Wright (health), Brandon Holst (recovering from surgery), Kim Vogelsang (health)

Happy Birthday  
in January to...

20th - Brice Thompson  
27th - Elaine Pierce  
29th - Tony Carter

Congratulations to Larry and Carly Morrow  
on the birth of their new son, Jackson.  
He was born on December 23rd.

A Congregational Baby Shower will be held on  
Sunday, January 27th in his honor.  
It will be a finger food luncheon, so bring a little  
something and plan to stay after services. If you  
would like to contribute to a gift certificate to help  
with some of their needs, see Kat or Cindy B.

**Many thanks to Garrett and Lindsey Jackson for doing the bulletin last year!**

For updates or additions to the announcements or prayer list, you may now  
contact Cindy Baker --- [aaronandcindy@yahoo.com](mailto:aaronandcindy@yahoo.com)

How will you LOVE THE LORD this Sunday...and the next...and the next?

*Engage your HEART during worship.*

*Want from the depths of your SOUL to be there.*

*Decide in your MIND to be at worship every week.*

*Apply all your STRENGTH to do what you have to do to be there.*

*(Mark 12:30; Hebrews 10:25)*

### Take Note!

- \* Men's Prayer Devotional at Denny's in LSL. Friday mornings at 6:30am. Start your morning off right!
- \* Women's Bible Study at the building resumes again on Mondays at 7:00pm. Grow your faith as we journey through an Overview of the Old Testament.
- \* January 20th - Pillow-Fest! Ladies bring some food to share and plan to stay after worship services to help make pillows for the kids at St. Luke's Urgent Care
- \* January 26th - Ladies Day at Collinsville church of Christ. We would like to take the church van and attend. Please sign up on the list in the foyer by Wed. Jan 9th if you would like to come. Ladies, let's take advantage of this time of fellowship!
- \* The 65+ Eagle Days trip has been cancelled.
- \* Ladies, mark your calendar - February 22nd & 23rd is Ladies Retreat! Sign up in the foyer.
- \* Ladies, pick up your copy of the Women's Newsletter in the foyer. Thanks to Sherra for putting it together!
- \* March 1st & 2nd - Youth Rally in Dexter, MO. See Randy Jackson if you would like to go.
- \* We are collecting items to send in a care package to Grady Brewer. If anyone would like to contribute please see Leann Jackson. We want to let him know that we are thinking of him. Cards can also be sent to: Grady Brewer, 379 ECES/CEOIU, APO AE 09309-1205.

Turning Point Women and Children's Shelter Needs: Toilet Paper & Paper Towels