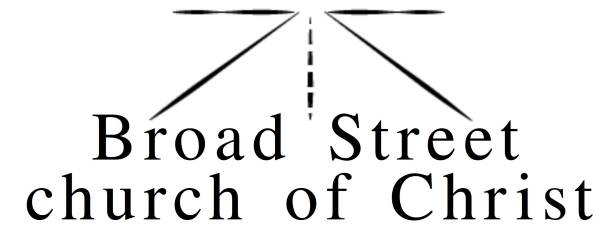


Broad Street Church of Christ
 433 E. Broad St.
 Statesville, NC 28677 | 704.873.4836
 www.broadstreetchurchofchrist.org



January 01, 2017

Spiritual Nutrition

If you've watched the news any time lately, you've probably been aware of the new "epidemic" in our country. This epidemic isn't caused by a virus; it isn't caused by a bacteria; it isn't caused by any "disease" at all. The new epidemic in our country, say the experts, is obesity. We are being told that we have a fat problem and that our society needs to do something about it! Much of our problem, say the experts, stems from poor nutrition: an imbalance in our diet, too much sugar and fat and not enough fiber and healthy foods like fruits and vegetables. Another problem, they say, is that we eat too much and as a result of overeating we multiply pound upon pound.

In contrast to our burgeoning physical waistlines, we are spiritually wasting away. Spiritually, we need to have a balanced diet as well; we need less spiritual sugar and fat; we need more spiritually healthy choices. It isn't easy to give up a diet of sugar and fat, after all, they taste so good! Similarly, it isn't easy to divorce ourselves from spiritual sugar and fat (i.e. the "feel good" approach to spirituality). So, how can we improve our spiritual diet?

First, we need a daily serving of prayer. We begin to grow weak spiritually when we think that we are self-sufficient and have no need to depend upon God. A daily serving of prayer is packed with the daily essential vitamins of humility, selflessness, and thankfulness. We need these to fight off the potential bulge of pride, selfishness, and arrogance. Paul wrote, "Pray without ceasing" (1 Thessalonians 5:17).

Second, we need a heaping portion of God's word. Every day we make decisions in our relationships that affect our family, friends, coworkers and acquaintances. We need nourishment of God's word to guide us in such decisions. We also face temptation of one sort or another and we need the fortification of God's word to help us to overcome. Jesus quoted scripture to Satan when he was tempted and we know that God's word will help us overcome temptation (Psalm 119:11).

What must I do to be saved?
 Hear the Gospel (Acts 15:7); Believe the Gospel (Mark 16:15-16); Repent of Sins (Acts 17:30); Confess Christ (Romans 10:9-10); Be Baptized (Acts 2:38)

Scripture Reading:	Joshua Speer
Song Leader:	Henry Rumble
Opening Prayer (A.M.):	Steve Short
Closing Prayer (A.M.):	Steven Mozer
Opening Prayer (P.M.):	Billy Ellenburg
Closing Prayer (P.M.):	Johnny Smith
Nursery Attendant:	TBA

Building Lockup:	Tommy Smith
Announcements:	Tommy Smith
Door Greeters:	Tommy and Joan Smith
Count Contribution:	Johnny Smith, Guy Byrd
Prepare Lord's Table:	Sandy West
Lord's Supper (A.M.):	Shawn Sharpe, Billy Ellenburg, Johnny Smith, Landon Speer
Lord's Supper (P.M.):	Bradley Speer

Worship Times	
Sunday Bible Study	10:00 A.M.
Sunday A.M. Worship	10:55 A.M.
Sunday P.M. Worship	6:00 P.M.
Wednesday Bible Study	7:00 P.M.
Elders	
John Anderson	704.592.2266
Steve Short	704.872.5440
Tommy Smith	704.872.7966
Bradley Speer	704.876.6986
Preacher	
Dave Wood	704.380.4437

Third, we need a regular dose of service to others. There are many around us who need help. It's not enough for us to sit back and relax and wait for them to come to us. We need to be active in going out and seeing how we can help others. Galatians 5:13 says, "For, brethren, ye have been called unto liberty; only use not liberty for an occasion to the flesh, but by love serve one another." Exercising service in our life will keep us spiritually fit.

Finally, we need to pour ourselves several cups of a good attitude. Attitude makes all the difference in our daily walk with God. Regardless what we may believe, we have complete control over our attitude regardless how things are going in life and we must conform our attitude toward God's will. What must we do? Show love toward our fellow man, exercise patience, practice longsuffering and generously give forgiveness to those around us. Jesus said, "In your patience possess ye your souls" (Luke 21:19). We need constantly drink from the water of life to help our attitudes!

So many in today's spiritual world want to satiate themselves with spiritual soda pop and candy. And while there certainly isn't anything wrong with having soda pop or candy on certain occasions, a regular diet of it will cause sickness and mal-health. Such is also true spiritually; spiritual fast food may taste good at first, but cannot ultimately satisfy. Exercising spiritually healthy choices, however, will maintain a healthy spiritual life and fortify us with the basic essential spiritual nutrients. This will go a long way toward our spiritual health and well being.
By: Kevin Cauley



Welcome to Broad Street Church of Christ

A special welcome is extended to all of our guests. Please let us know if we can assist you. Please fill out a visitor's card which is located on the back of the pew in front of you. Deposit the card in the collection plate when it is passed. If you are looking for a place to worship regularly, we would love to have you here at Broad Street. Please come back and visit with us again.

SHUT-INS:

Ruby Gibson, Bill Proctor and Frances Elam.

PRAYERS:

Johnny Smith Jr., Phyllis Rumble, Stanley Sharpe, Helen Lyerly, Doris Ellenburg, Will Winchester, Betty Smith, Frank Shepherd, Volney Hughes and Wanda Elam.

- Volney Hughes, Janice Allen's father, who had surgery.

- Nealie Kilpatrick has asked for prayers for her sister, Dessie Conolly.

- Clarence Cannon Jr., Nancy Anderson's brother, has been suffering with a foot infection and is slowly getting better.

Sermons:

A.M. - Guest Speaker;

P.M. - The Good Shepherd - John 10:11-13

Upcoming Events:

Jan. 07: Men's breakfast at the RX at 8:30 A.M.

Jan. 09: Ladies' class will meet at 6:30 P.M.

Jan. 12: Book of the month fellowship at 6:30 P.M.

Jan. 14: Ladies' breakfast will meet at the Son Rise Cafe at 8:30 A.M.