

JUST THINKING

Psychiatrists have been offering their solution to help those who struggle with depression, bipolar disorder, emotional dysregulation, and other emotional and mental problems. It doesn't involve anything radical. The only thing that you need to do is to change the way you think. In fact, neurological scientists have discovered those who have depression, changing your pattern of thinking produces the same chemical reactions in the brain as does medications. When you are plagued with negative thinking, overwhelmed with negative emotions, or find yourself going to a dark place, psychiatrists suggest that you just think.

Did you know that the Bible has said this all along? Repeatedly, the Holy Spirit tells us that the way you think controls every aspect of your life. Solomon wrote, "*As a man thinks in his heart, so is he*" (Prov. 23.7). Jesus tells us that the origin of sin is in the heart, the seat of the mental and emotional processes (Matt. 15.19). Just about every decision you make, the very direction of your life begins with the way that you think.

Consider the change that took place among the brethren in Corinth. Paul described their change when he wrote, "*what diligence it produced in you, what clearing of yourselves, what indignation, what fear what vehement desire, what zeal, what vindication!*" (2 Cor. 7.11). What caused such a radical change? If you back up to verse 10, it says that they repented. Repentance is defined as a change in the way you think. The Corinthian brethren changed the way they thought about sin. They went from tolerating sin to addressing the sin in their midst. It was that change in their thinking that caused them to restore their relationship with God.

If you want to overcome negative emotions, it begins with changing the way you think. Spend some time writing down how you feel. Then start writing down the positives in your life. Perhaps begin a gratitude journal. Make an effort to "count your blessings." Give your attention to the Bible and let it shape your thoughts (Ps. 1.2; Rom. 8.5). And watch how effective those efforts can be in eradicating negative emotions.

NORTHSIDE CHURCH OF CHRIST

APRIL 7, 2024

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"Go into all the world and preach the gospel to every creature"
-Mark 16.15

April 7, 2024

MEETING TIMES:

SUNDAY MORNING BIBLE CLASS : 9:00 AM

SUNDAY MORNING WORSHIP: 9:50 AM

SUNDAY EVENING WORSHIP: 6:00 PM

WEDNESDAY EVENING BIBLE CLASS 7:00 PM

LOVE LIKE GOD

Love can sometimes be a complicated and perplexing thing. Relationships are dynamic and often involve conflicting emotions that couples struggle to resolve. However, the Bible portrays love in a very different light. Love is not defined as an emotion, but as an action. As Paul wrote to the Ephesians, he admonished, "*Be imitators of God as dear children, and walk in love...*" (Eph. 5.1,2). How do we imitate the love of God? Verse 2 continues, "*...as Christ also loved us*".

Do we place conditions on our love? Do we only give love to those who we feel deserve it? God's love was unconditional. Even though we were "*without strength*", "*ungodly*", "*sinners*", and "*enemies*" God demonstrated His love by sending forth His Son to die for us (Rom. 5.6-10). In like manner we cannot live our lives by showing love only to those that we deem worthy. God loved us when we did not deserve it. We ought to love others the same.

Christians are not only commanded to love. We are commanded to imitate the love of God. Love is a defining characteristic of God (1 John 4.7-10). Therefore it ought to be what defines us. Jesus said that we are to "*love one another as I have loved you, that you love one another. By this all will know that you are My disciples, if you have love for one another*" (John 13.34,35). CLP

YOU CAN DO IT

Exodus 3:10

INTRODUCTION:

1. When you are faced with a burden too heavy to carry, God will help you carry the load.
2. Think of the reasons why you can obey the will of God?
3. Moses was called by God to do a difficult task. (Ex. 3.7-10)

I. THE HESITATION OF MOSES

- A. **EXODUS 3.11:** *“Who am I that I should go?”*
 1. The division of Moses’ life. (Acts 7.22,27,28,35)
 2. Moses did not feel capable of carrying out the task.
- B. **EXODUS 3.13:** *“What shall I say to them?”*
 1. Moses was concerned about having the answers.
 2. Have you ever shared his concerns?
- C. **EXODUS 4.1:** *“But suppose they won’t believe me?”*
 1. Moses was concerned about failing God.
 2. Have you ever shared his concerns?
- D. **EXODUS 4.10:** *“O my Lord, I am not eloquent”*
 1. Moses was concerned about have the skill.
 2. Have you ever shared his concerns?
- E. **EXODUS 4.13:** *“Please send by the hand of whomever else”*
 1. Moses just didn’t want to do it.
 2. **EXODUS 4.14:** *“So the anger of the Lord was kindled”*

II. THE IRRITATION OF GOD

- A. God promises to be with you.
 1. **EXODUS 3.12:** *“I will certainly be with you”*
 2. God will always be with you. (Matt. 28.19,20; Ps. 139.7)
- B. God promise to work with you.
 1. **EXODUS 3.16-21:** *“I will bring you up”*
 2. God is working with you. (Acts 14.27)
- C. God will give you the tools you need.
 1. **EXODUS 4.2-9:** *“What is that in your hand?”*
 2. The Bible is the tool we need to succeed. (2 Cor. 10.4,5)
- D. God will give you the help you need.
 1. **EXODUS 4.14-16:** *“Is not Aaron...your brother?”*
 2. We are here to help each other. (Luke 10.1; 6.13-16)

CONCLUSION: You are able to become a Christian!

THE HOPE OF HEAVEN

If you are like me, the thought of living eternally in a place that has no sorrow, death, disease, or anything that defiles is very appealing. There are days where it seems that the hope of heaven is the only thing that gets me through the day. The trials of day to day make me long for the day of living in heaven. There is a real place where we can live in a constant state of peace and joy. If you are a member of the Lord’s church having been placed into Christ, you have that hope.

Consider the source of that hope. It was the apostle Paul who referenced the *“hope of eternal life which God who cannot lie promised before time began”* (Titus 1.2). To Timothy, this same writer referred to *“the Lord Jesus Christ, our hope”* (1 Tim. 1.1). And in his second letter to Timothy, he again mentioned *“the promise of eternal life which is in Christ Jesus”* (2 Tim. 1.1).

Paul wrote three letters to preachers. And the Holy Spirit guided the hand of the apostle Paul to begin each of these three letters with words about the hope of eternal life which is found in Christ. It was as if the Holy Spirit wanted these men to know that though they face persecutions for their work in the gospel, it is all worth it. In those three verses, we learn that the hope of eternal life in heaven belongs to those who are in Christ. If you have been placed into Christ through faith and baptism (Mark 16.16; Gal. 3.26,27), then you have this hope of heaven.

Furthermore, this hope is exclusive. The hope of heaven belongs to those who are in Christ, and it only belongs to those who are in Christ. In the word of Peter, *“Nor is there salvation in any other, for there is no other name under heaven given among men by which we must be saved”* (Acts 4.12). Jesus Himself said that, *“no one comes to the Father except through Me”* (John 14.6).

A far majority of people in the world claim to have a relationship with Jesus. But a far majority of people in the world have not done what God requires to have a relationship with Jesus. They are Christians nominally. They might identify themselves as Christians. They may even attend some church on a regular basis. But if they have not believed and have been immersed in water, they are not Christians and have no hope of heaven. Jesus tells us of the day when those will stand at the door of heaven and knock saying to Him, *“We ate and drank in your presence, and you taught in our streets”* (Luke 13.25,26). They thought they had a relationship with Jesus. But in the end, Jesus will say, *“I tell you, I do not know where you come from. Depart from me, all you workers of evil!”* (Luke 13.27).

This world is an awful place. It is filled with trouble (Job 14.1). We are surrounded by the sinful and lawless (2 Pet. 2.8). We suffer the pain of disease with the doctors at a loss of how to help (Luke 8.43). But we have a hope of something better. Make that hope your focus (Phil. 3.13,14) and live with joy knowing what is coming (1 Pet. 1.6-9). CLP