

Yes, Worship is Healthy

By Charles Roney

A national study soon to be published says that worshipping God is healthy. The survey, "Religious Involvement and US Adult Mortality," says weekly churchgoers will live to the age of 82 and those who attend more than once a week will live to the age of 83. On the other hand, non-churchgoers will live an average of 75 years.

Worship is good for us, but more important, it pleases God. God desires our worship and tells how to worship Him acceptably in Scripture (John 4:23-24).

Worshipping God is the right thing to do. It is also the healthy thing to do. We'll save you a seat for Sunday.

August Birthdays

4 Noah Perales	18 Keith Lovelady
6 Gigi Zamarripa	25 Pat Limburg
12 Debbie Hoffman	

August Anniversaries

2 Buddy & Dolly Cashion 12 Barrett & Rhea Hoffman

Regular Meeting Times

Sunday.....9:45 a.m.
Sunday.....10:45 a.m.
Sunday.....6:00 p.m.
Wednesday.....7:00 p.m.

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"Privilege...Worship"

A Very Special Day

By Dalton Key

Just whose day is it anyway? Sunday should be more than another busy, pleasure-filled, weekend play day. It ought to be more than another excuse for sleeping late and lounging about the house. It must be seen as more than another opportunity to water the grass or wash the family car.

Sunday, the first day of the week, is special. It is the Lord's Day - a day for worship.

The apostle Paul tarried seven days in Troas, until "the first day of the week," when he met with the saints of that city in worship (Acts 20:6-7). John, "*the disciple whom Jesus loved,*" wrote, "*I was in the Spirit on the Lord's Day*" (Revelation 1:10).

And is it any wonder why? Our Lord arose from the dead on the first day of the week (Matthew 28:1-6). The church was established on Pentecost Day, the first day of the week (Acts 2). This day, the Lord's Day, is more than ordinary. **It is special.**

Justin Martyr, one of the recognized historians of the early church, wrote near the beginning of the second century. "On Sunday a meeting is held of all who live in the cities and villages . . . They rise together and send up prayers."

Early disciples faced terrible persecution in gathering together for worship on the Lord's Day, yet they assembled and worshipped in spite of their adversities. According to John Fox, in his *Book of Martyrs*, many early Christians were burnt alive, others were dragged by their feet through the streets naked until they expired; many were stoned, and a great number had their brains beaten out with clubs. Nero is said to have dressed Christians in shirts made

stiff with wax, fixed them to axle-trees, and then set them on fire to light up his gardens at night.

And what of us? We have great difficulty convincing more modern saints, with no fear of physical oppression, to drive the new car down a four-lane, paved highway to a comfortable, climate-controlled building.

What will I be doing this Sunday?

“Privilege...Serving Others”

Be an Example in Spirit

By Caleb Colley

Everybody should learn lessons from young people. Paul told his friend, a young preacher named Timothy, to be an example of the believers in spirit (1 Timothy 4:12) so that others could be better Christians because of Timothy's example. What does it mean to have an exemplary spirit?

In our study of Christ-like young people, we have turned to Samuel, who was an example in Spirit. Samuel's spirit was a spirit of service. In 1 Samuel 3, he was focused on doing only what God and Eli (the High Priest and Samuel's mentor) wanted him to do. Samuel knew that while he didn't always know what was best, God did.

Does our spirit say, "God knows what's best for me"? If we have that spirit, we'll serve God in every way, and that means we'll be eager to serve others.

First, a spirit of service will lead us to serve members of our family. In Genesis 39, Jacob and Esau (twin brothers) showed they really cared for each other by serving each other. Do we look for ways to serve our brothers, sisters, and parents? (See Ephesians 6:1, Matthew 7:12)

A spirit of service will also lead us to be hospitable (the doors of your home will be open to others). Romans 12:13 tells us to be hospitable.

A spirit of service will be eager to spiritually serve new Christians who need encouragement (Matthew 18:6, Romans 14:19).

A spirit of service will make us want to serve those who are sick, suffering or sad. Jesus wants to make people who are not feeling well to feel better (Acts 5:16), so while Jesus was human, He healed many people. We do not have the power to perform miracles and heal people (nobody does now, 1 Corinthians 13:8-12), but we do have the power to encourage people who have it rough (Proverbs 17:22).

If we want to be examples of the believers, we'll work to have the spirit of service that was so evident in Samuel (and, we believe, in Timothy).

“She Hath Done What She Could”

By Wade Webster

Ray Pritchard noted the following things that virtually all of us can and should do:

- We've got a telephone. Make a call.
- We've got paper. Write a letter.
- We've got a kitchen. Cook a meal.
- We've got a billfold. Give some money.
- We've got two hands. Serve others.
- We've got two feet. Go make a visit.
- We've got two ears. Listen to the cries of those who are hurting.
- We've got two eyes. Look on the fields that need harvesting.
- We've got two lips. Preach the gospel of peace.

One of the greatest tributes found in the Bible was given to the woman who broke the alabaster box of precious ointment and anointed the head of Jesus. As you recall, some criticized her actions as a great waste (Mark 14:4-5). However, Jesus commended her actions as a *“good work”* (Mark 14:6). Jesus then went on to praise her, declaring simply, *“She hath done what she could”* (Mark 14:8).

What about us? Are we doing what we are capable of doing? Are we making calls and sending letters? Are we cooking meals and giving money? Are we serving others and making visits? Are we listening to the cries of those who are hurting and looking on the fields that need harvesting? Are we preaching the gospel of peace? Will Jesus one day commend us for what we did do or condemn us for what we didn't do? (Matthew 25:34-46).