

Upcoming Events

Meet Up Open Bible Study:

For study subject and location: see church website

Thanks to our Speaker Today

Barrett Hoffman

Scriptures to Remember!

“And Jesus came up and spoke to them, saying, ‘All authority in heaven and on earth has been given to Me. Go, therefore, and make disciples of all the nations, baptizing them in the name of the Father and the Son and the Holy Spirit, teaching them to follow all that I commanded you; and behold, I am with you always, to the end of the age.’”

February Birthdays

8 Zoie Perales

Regular Meeting Times

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

Preacher:
(Vacant)

Church of Christ
81-377 Ave 46
Indio, CA 92201
(760) 342-1859

(Address Service Requested)

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Salvation Comes from God

By David R. Ferguson

In Mark 4:35-41, Jesus and the disciples are in the midst of a great storm. When called upon by His disciples who were in mortal terror for their very lives, Jesus answered their pleas, and out of the raging wind and the roaring waves, the storm was quieted by the Master. Even so, the disciples were amazed and still had no clue Whom this Jesus was (and is).

What about us? How do we respond when we find ourselves in a similar situation, and the storms of life are seen to be raging all around us? Do we expect Jesus to answer us out of the storm raging in the midst of a world that is crashing in all around us? And when Jesus does answer, what do we expect?

We may expect God to calm the storm that is raging all around us, but what God wants to do is calm the storm raging within us. It's the calm that's within us which is what the Apostle Paul says is *“the peace that surpasses all understanding”* (Philippians 4:7). It's this calm and peace which powers us through the storms of life. When Jesus died on the Cross FOR ME and when Jesus rose from the grave FOR ME, Jesus paved the way FOR ME to make it through the storm. Jesus already has won the victory FOR ME when He rose triumphantly from the grave. The storms may seem to be overwhelmingly strong, but they have lost their power, for Jesus is already in the boat with us. So, what do we need to do? We need to truly trust in the Lord.

Why is it that God chooses to heal some people, and not others? The answer is we may not ever know. But we do know that the best course of action for us to take always is to trust that God is the best pathway for us. I am reminded of the powerful passage in the

Book of Job, when God addressed all of the questions Job raised during his own terrible predicament, where nothing made sense. Who am I to think I have control over anything? As a human being, I am weak and fickle; I don't even have control over my own emotions! On one day, I can feel so blessed by God; on the next day, the smallest thing could cause my heart to be weighed down.

Who is like God? He created and rules the whole universe. Life and death are in His Hands. We need to trust in God, for He is the Creator. When we do so, we will realize wholeheartedly that our salvation always comes from our God.

Nutrition and Health

By Larry Pasley

For those of us who watch what we eat, here's the final word on nutrition and health. It's a relief to know the truth after all those conflicting nutritional studies.

1. The Japanese eat very little fat and suffer fewer heart attacks than Americans.
2. The Mexicans eat a lot of fat and suffer fewer heart attacks than Americans.
3. The Chinese drink very little red wine and suffer fewer heart attacks than Americans.
4. The Italians drink a lot of red wine and suffer fewer heart attacks than Americans.
5. The Germans drink a lot of beer and eat lots of sausages and fats and suffer fewer heart attacks than Americans.

CONCLUSION: Eat and drink what you like. Being an American is apparently what kills you.

It does get confusing sometimes to know what is best for our physical health. Thankfully that's not true with our spiritual health. The Bible tells us what to do to grow spiritually.

We start out as Christians in an infant stage and like physical babies, we need milk to grow. 1 Peter 2:2 *“as newborn babes, desire the pure milk of the word, that you may grow thereby”*.

We should grow to the point we are able to eat solid food. 1 Corinthians 3:1-3 *“And I, brethren, could not speak to you as to spiritual people but as to carnal, as to babes in Christ. 2 I fed you with milk and not with solid food; for until now you were not able to receive it, and even now you are still not able; 3 for you are still carnal. For where there are envy, strife, and divisions among you, are you not carnal and behaving like mere men?”*

Sometimes we don't grow as we should and have to go back to a liquid diet. Hebrews 5:12 *“For though by this time you ought to be teachers, you need someone to teach you again the first principles of the oracles of God; and you have come to need milk and not solid food”*.

The purpose of our growing spiritually is so we can recognize right from wrong and choose to do that which is right in the sight of God. Hebrews 5:13-14 *“For everyone who partakes only of milk is unskilled in the word of righteousness, for he is a babe. 14 But solid food belongs to those who are of full age, that is, those who by reason of use have their senses exercised to discern both good and evil.”*

Just as it is difficult to get unhealthy people to eat proper physical food for good health, it is difficult to get worldly people to see the value of spiritual food. 1 Corinthians 2:14-15 *“But the natural man does not receive the things of the Spirit of God, for they are foolishness to him; nor can he know them, because they are spiritually discerned. 15 But he who is spiritual judges all things, yet he himself is rightly judged by no one.”*

May we always strive to learn the Word of God more and more so we can grow more spiritual through our knowledge and practice of His will.