

Attention!
Business meeting, today
December 10 at 2:30 p.m.

Thank you, Nicu (Iota) Cocione
Speaker for today

The Greatest Commandments

“Teacher, which is the great commandment in the Law?” And He said to him, “You shall love the Lord your God with all your heart, and with all your soul, and with all your mind.’ This is the great and foremost commandment. The second is like it, ‘You shall love your neighbor as yourself.’ Upon these two commandments hang the whole Law and the Prophets.”
Matthew 22:36-40

December Birthdays

17 Bill Brown 18 Alexis Brown 31 Bob Pescador

December Anniversaries

18 Jim & Marie Burruss

Regular Meeting Times

Sunday.....9:45 a.m.
Sunday.....10:45 a.m.

Wednesday.....7:00 p.m.

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Care for the Caregiver

By Bruce Evans

“But if anyone does not provide for his own, and especially for those of his household, he had denied the faith, and is worse than an unbeliever.” (1Timothy 5:8) It is beyond beautiful to see the loving care and concern directed by one who is offering compassionate assistance to a loved one in need. The giving of one’s self in order to be of service to another is indeed laudable. However, consideration needs to be taken that the caregiver needs to exercise care of self; in order to be able to offer care. Burnout on the part of the care giver is a stark reality.

Burnout in a caregiver is characterized by a state of physical, emotional, and mental exhaustion. Overwhelmed caregivers at times may experience fatigue, anxiety as well as depression. It is imperative for all concerned that the caregiver take care of self. Jethro, who was the father-in- law of Moses saw the strain and drain caring for the people and how greatly it impacted Moses; and offered him some wise counsel. Jethro said to Moses, *“You will surely wear out, both yourself and these people who are with you, for the task is too heavy for you, you cannot do it alone.”* (Exodus 18:18) Jethro went on to offer ways in which Moses could utilize the help of others to be of service.

It is imperative for caregivers to exercise the utmost of caution in order not to become burned-out. When burnout comes to the forefront it brings about frustration, isolation, and despair. Jesus was well aware of the peril of such as evidence in the following passage. *“And He said to them, ‘Come away by yourselves to a lonely place and rest a while.’ (For there were many people coming and going, and they did not even have time to eat.)”* (Mark 6:31) Notice the parenthetical thought of Mark, explaining the reasoning behind the statement Jesus made.

It is somewhat of a paradox for the child of God to think of self; but self-care is essential IF one is to be of service to others. Remember what flight attendants instruct at the beginning of each flight, “in case of emergency, put your oxygen mask on, then assist others who may need help”. Take some time and read over what Paul penned in Ephesians, chapter four and verses eleven through sixteen, then verses twenty through thirty-two. One looks upward to God, inward to make sure the relationship is where it should be, then to reach out in fullness of strength to be of service to others. Also keep in mind that prior to going to the cross, Jesus went off to be alone and strengthen Himself (see Luke 22:41-46).

Self-care calls for the realization that one needs support. Which means, more often than not, the one carrying the load, needs to speak up and ask for help. It is an honor to be able to help ease the burden of another. *“Bear one another’s burdens; and thus fulfill the law of Christ.”* (Galatians 6:2). Don’t allow pride to get in the way, if you find you need help, reach out. Accept the fact that there will be times when we need to step back and be rejuvenated by others, utilizing their help and encouragement.

As children of God, we have been brought into the body of Christ. Each one of us serving as a part of the body; each one being needed. Just like in our physical body, there are times when one part is “dragging” just a bit. The other parts work to help support that part.; synchronicity. So it is within the framework of the body of Christ, let us look for ways to be of service to those that engage in service to another. Care for the caregiver.

Worship God’s Way, Not Ours By Brad Harrub

Thankfully God has told us—through His inspired Word—exactly what our worship to Him should look like. In the New Testament we find five different acts of worship that God commands us to do. Each one of these is commanded, so again the question remains: Will we humble ourselves enough to do what God instructs? Next, in this series is “The Contribution” as an act of worship:

Giving is also an important part of worship. 1 Corinthians 16:1-2 instructs Christians to lay aside something on the first day of the week. 2 Corinthians 9:7 tells us that God loves a cheerful giver.

We give not because God needs something—because He certainly doesn’t. But rather we give to further His kingdom and give Him glory.

I heard what you said regarding “organized worship.” But have we honestly humbled ourselves enough to consider what God specified about worship? Because again, it’s not about us—it’s about Him.

Guidelines for Generous Giving

Excerpts from article by Edd Sterchi

* Give as much as you want to receive back from the Lord. In Luke 6:38, Jesus told His disciples that they would receive back from God in direct proportion to how much they gave (see also 2 Corinthians 9:6). So look at giving to God as a “down payment” on the blessings you will receive from Him.

* Give as much as you love the Lord and His people. The Macedonian brethren are set forth as an example of generous giving in 2 Corinthians 8:1-5. Even in their poverty, they gave abundantly, because they loved God and knew that their giving was a part of fellowshiping with His people. So look at giving to God as a demonstration of your love and appreciation for Him and what He has done for you.

* Give as much as you want to see the Lord’s church do. In 2 Corinthians 9:8-14, the Corinthian Christians are commended for their generous giving which helped the work of the church, specifically in the spreading of the gospel and in benevolence to the needy. So, look at giving as a declaration of what you would like to see this congregation of the Lord’s church do in His name.

It is also important to note that we can and should give of our time and talents as well as of our treasure to the Lord. But when it comes down to the giving of our means that the Lord has blessed us with, remember that our giving is a down payment on future blessings from God, a demonstration of our passion for Him, and a declaration of how influential we want His church to be.

“So let each one give as he purposes in his heart, not grudgingly or of necessity; for God loves a cheerful giver.”
(2 Corinthians.9:7)