

July 14, 2022

### GIVE YOUR BURDENS UP

Sometimes in the really difficult situations in life, it's hard to want to keep going. It can be tempting to want to give up, quit or check out. So how do you keep going when life gets hard?

I know many times in my life, when facing various struggles, I would try to turn to friends as many do. However, I would sometimes find myself even more discouraged because I did this. Why? Well have you ever been trying to tell a friend something and they were simply not paying attention? Either they kept changing the subject, they were focused on what they were doing and not what you were saying, or they simply wouldn't get off their cell phone. Instead of paying attention to you their attention was focused elsewhere, and they didn't hear a word you said. This trend can be seen throughout our lives in family, friends, and peers. Whether it is a parent ignoring a child who is pulling on their leg yelling "look at me", to a co worker or boss who refuses to listen to a warning given by a fellow employee. We see distracted people everywhere. With so many who don't pay attention to us, it is easy for us to begin to assume that God is the same way. We ask ourselves, "Why would God listen to me? After all He has to listen to everyone else." I am here to tell you that mindset couldn't be further from the truth.

God isn't like people you know that get distracted and don't listen. Instead, He is present and attentive when you face difficulty. He is there ready to be your refuge and strength and to help you through whatever you're facing, no matter how difficult. Psalm 46:1 says, "God is our refuge and strength, a very present help in trouble." This is a great passage and we need to take it seriously, as many of us do. We see from this passage that we need to go to God when we have struggles, but how do we do that? Psalm 55:22 says, "Cast your burden on the Lord, and He will sustain you; He will never permit the righteous to be moved."

This verse gives us some ideas of what we can do when we get discouraged. It tells us to cast our burden on the Lord. When we carry our burdens, we get tired and weary, but if we instead go to God with our burdens, we find strength. Today, regardless of what you're going through, know that you can make it. God will sustain you and help you through it. Go to God with your worries, fears, and troubles and see God come through

for you. As Psalm 37:5 says, "Commit your way to the LORD; trust in Him, and He will act."

Some of you are probably saying that you have gone to God before and it didn't help. You are thinking that there is no hope for you and that no-one will listen. But if that is the case did you really bring your burdens to God and commit your way to Him? When you were struggling with a relationship, a test, a job interview, a death of a dear friend or family member, or mental struggles, did you really just give them to God and not worry about them anymore or did you just pray and then go right back to dwelling on it? If you did the second, then you didn't actually give it to God. One of the most amazing things that I find about God is that what He says is a guarantee. So if you do not get the results that God has promised then that means you didn't do all that He required. If you want to get rid of your burdens, God will listen and He will take them from you, but you have to be willing to give them over. You have to be willing to say that it is no longer in your will but in His. You must be willing to truly let go and let God control your life. 1 Peter 5:6-10 says, "Humble yourselves, therefore, under the mighty hand of God so that at the proper time He may exalt you, casting all your anxieties on Him, because He cares for you. Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour. Resist him, firm in your faith, knowing that the same kinds of suffering are being experienced by your brotherhood throughout the world. And after you have suffered a little while, the God of all grace, who has called you to His eternal glory in Christ, will Himself restore, confirm, strengthen, and establish you."

Have you humbled yourself before God? It is the only way you can truly be restored, confirmed, strengthened, and established. **Andrew Spivey**

### IN GOD WE TRUST

*During the American Civil War years, the U.S. Congress passed an act to include the phrase "In God We Trust" on all newly-minted coins (April 22, 1864). All people would do well to be reminded that "Blessed is the nation whose God is the Lord..."*

*(Psalm 33:12a), and to act accordingly!*

*BulletinDigest.com*

### COORDINATED BIBLE CLASS STUDIES

Sunday Read – 1 Peter 1

Wednesday Read – 1 Peter 2

### BIBLE STUDY



Questions for last week's reading of

**James 4 & 5.**

1. What happens if we resist the devil and draw near to God?
2. What should we say when we make plans?
3. What happens if we know to do good and don't do it?
4. What brings about much good?
5. What happens if a person converts a sinner?

### SENIOR NIGHT

The Senior group will get together with food and games on **Thursday July 21st at 5:00 pm.** Make plans to come and bring finger foods and enjoy the fellowship. **The Senior group will continue to meet every month on the 3rd Thursday of each month at 5:00 pm. The months of December, 2022 and January & February, 2023 the group will not meet.**

### SYMPATHY

Our Love and Sympathy to the family of **Penny Campbell**, who passed on Friday, July 8<sup>th</sup>. Funeral services were held Tuesday, July 12<sup>th</sup> in Hendersonville.

Our Love and Sympathy to the family of **Curtis Chaffin** who passed away last week. funeral service was held on July 8<sup>th</sup>. Please keep his wife Jean and family in your prayers.

*Humble yourselves in the sight of the Lord and He shall lift you up.*

*James 4:10*

### ORDER OF SERVICES

SUNDAY

July 17, 2022

9:00 AM

BIBLE STUDY

(Classes for Nursery – High School upstairs)

Song.....Jerry Watson  
 Opening Prayer.....Matt Ellis  
 Auditorium Lesson.....Tim Strickland

### 10:00 AM SERVICE

Welcome.....David Thompson  
 Song Leader.....Jerry Watson  
 Opening Prayer.....Carl Newby  
 Sermon.....Tim Strickland  
 Lord's Supper.....Jim Cherry  
 Closing Prayer.....Tim Cummins

### 5:00 PM SERVICE

Welcome.....David Thompson  
 Song Leader.....Jerry Watson  
 Opening Prayer.....Bob Sever  
 Sermon.....Garrett Rowlett  
 Lord's Supper.....David Johnson  
 Closing Prayer.....Brent Smith

### WEDNESDAY

July 20, 2022

7:00 PM

Welcome.....David Thompson  
 Song Leader.....Jerry Watson  
 Opening Prayer.....Rick Gallagher  
 Lesson.....Andrew Spivey  
 Closing Prayer.....Tim Strickland

Visitor's Desk Volunteer.....Lynett Young

### IF YOU CANNOT SERVE, PLEASE CALL

Alex Sherrill.....615-289-9935  
 Church Office.....615-452-3431

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 1883 Nashville Pike  
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## SCHEDULE OF SERVICES

Sunday Bible Study 9:00 a.m. - Sunday Morning Worship 10:00 a.m.  
 Sunday Evening Worship 5:00 p.m. - Wednesday Evening Worship 7:00 p.m.

### SICK LIST

**Vetrus Mee** has been having some health issues. **Allyn Hosman** is recovering from hip replacement surgery at home and doing well. **Bill Johnson** will be seeing a new ENT doctor soon. **Rachel Goode**, friend of Carl & Pam Newby has been diagnosed with breast cancer. **Ronald Milliken**, husband of Helen Milliken, received good news, his cancer has shrunk and now will only have a shot every 3 months for 2 years. **Steven Simmons**, son of Charles and Fay Simmons, continues to recover from back surgery. **Vycki Puckett**, daughter of Jack & Anita Cato has recovered from hip surgery but continues with health issues. **Ty Tyler**, son of Ann Tyler, continues with serious health issues. **Craig Sweeney**, son of Doris Sweeney, hopes to qualify for a new treatment. **John Arnold**, father of Brenda Veale is homebound and dealing with serious health issues.



### PRAYER LIST

**Shelby Ross**; **Sandi Jones**; **Maxine Cothron**; **Gerald Miles**, The Waters of Gallatin, 555 E. Bledsoe Drive, Room 305; **Frances Catron**; **Jean Deaton**; **Charlie Cliburn**; **Ricky Cantrell**; **Wade & Wanda Kennedy** parents of Diana Stephenson; **Paul Bouchard**, uncle of Amy Williamspon, **Ricky Cross**, friend of Betty Buttrey; **Ida Lou Sherrill**, mother of Alex Sherrill; **Lawrence Redding**, son-in-law of Betty Melcher; **Taylor Lackford**, niece of Brenda Veale; **Dustin Lackford**, nephew of Brenda Veale; **Janice Haskins**, sister of Jim Cherry; **Larry Conley**, friend of Wanda Proctor; **John Gregory**, brother of Bob Gregory; **Harold Cole**, friend of Lena Baggett; **Bobbie Carter**, sister of Janice Johnson; **Betty Billingsley**, sister of Wanda Proctor; **Walter Wooten**, brother of Wanda Sherrill.

### SHUT-INS

**Marilee Frederick**, Gallatin Rehab, Room 309A; **Joyce Savage**, NHC Place Sumner, room 322; **Jane Hughes**, 126 Seabury Dr., Greenville, SC 29615; **Melba Hill**; **Dorothy Sullivan**, Front Porch Senior Living 115 Sunset Pl. Portland TN, 37148.

We depend on families and friends to help us update this list. Please notify us of any changes

### OUR RECORD THIS WEEK

Bible Study.....	91
Morning Worship.....	138
Sunday Evening.....	68
Wednesday Evening.....	77
Contribution.....	\$7,788.00
Youth Group Account.....	\$2,851.00

### Elders

Tony Butler.....	615-452-0560
Jim Cherry.....	615-479-2149
David Johnson.....	615-300-9084
Alex Sherrill.....	615-289-9935
David Thompson.....	615-598-6621
Jerry Watson.....	615-461-8137

### Deacons

Carl Newby Brent Smith  
 Ken Veale Adam Williamson



# Nashville Road CHURCH OF CHRIST

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Email: [nashvilleroadcoc@comcast.net](mailto:nashvilleroadcoc@comcast.net)

**ANDREW SPIVEY**, Pulpit and Family Minister  
**TIM STRICKLAND**, Associate Minister  
**GARRETT ROWLETT**, Youth Minister