

BUILDING MUSCLE

Working out your muscles, in many cases, is easier said than done. Sure you can have a gym membership or even an exercise machine at home, but in the end the couch seems to be the one that calls your name. It just seems so difficult to find clarity, enjoyment, and satisfaction in exercise. That is, at least, until you begin to understand some basic guidelines. Things like spending 15-30 minutes each day exercising, keeping a notebook to chart your progress, and sticking with the basics instead making it complicated. What is more amazing is that this doesn't only apply to our physical muscles.

We should gain understanding, enjoyment, satisfaction when we read the Bible, however we tend to struggle in developing that daily physical exercise. Paul said in **1 Timothy 4:13**, "Until I come, devote yourself to the public reading of Scripture, to exhortation, to teaching." Sure you know that you should read the Bible, and maybe you even want to read it. But actually reading it and enjoying it seems as likely as putting your family in the car, tying a rope around your waist, and pulling it to church. Getting into the habit of Bible study is just like getting physically fit though. It doesn't get any easier but God's Word regularly produces great results and results that show. Also, after a while you won't want to stop.

One reason people who want to develop good Bible study habits but find it so difficult is that they have never learned simple guidelines for personal study. Much like physical exercise, they quickly become intimidated by all the specialty stuff and "equipment" that they want to quit before they ever start. However if you follow these few simple guidelines, you can quickly see some spiritual muscles begin to grow.

The first thing to do is start with the clear and basic parts. You don't have you plow straight into genealogies and prophecies, You can begin with books like Mark, John, or Romans. The next thing you can do is time yourself. Spend 15-20 minutes a day in Bible study and work your way up. If that seems too tough to begin with, you can start with 5 minutes and you will usually find that you are more willing to read more. Third, keep a notebook and pencil close by. Just like charting physical exercise can help keep track, writing notes of your Bible study can be a great advantage. Ask questions like " what is the main point of this section? What does it teach me about God? What does it tell me about myself? What can I apply in my life from this?" These questions can

truly help aid in spiritual growth. Finally, make sure to thank God each time for what you have learned when you are finished with your study. By using these simple tips, you too can begin to see quick spiritual growth. **2 Timothy 3:16-17** "All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, that the man of God may be competent, equipped for every good work."
Andrew Spivey

FALL SERIES
Nashville Road Church of Christ
1883 Nashville Road
Gallatin, TN

Sunday, October 17- Wednesday, October 19, 2021

Theme: Step Out of the Crowd.
Speakers: Mike Tidwell and Hugh Fulford.

Sunday services: 10:00 AM –
Mike Tidwell - Dare to Be Different

Sunday services: 5:00 PM –
Mike Tidwell - Seize the Day

Monday night: 7:00 PM –
Hugh Fulford - A Peculiar People

Tuesday night: 7:00 PM –
Hugh Fulford - The Voices That Call

Wednesday night: 7:00 PM –
Mike Tidwell - Let God Do A New Thing in Your Life

Therefore, my dear brothers and sisters, stand firm. Let nothing move you. Always give yourselves fully to the work of the Lord, because you know that your labor in the Lord is not in vain.
1 Corinthians 15:58

COORDINATED BIBLE CLASS STUDIES

Sunday Read – **Matthew 28:1-15;**
Mark 16:1,7; Luke 24:1-10; John 20:1-18
Wednesday Read – **Luke 24: 13-43**

BIBLE STUDY

Questions for last week's reading of **Mark 15:1-20;**
Matthew 27:3-10; John 19:23-24; Matthew 27:32-66.

1. How did Peter react to his denial of Jesus and how did Judas react to his betrayal of Jesus?
2. What did Pilate and the soldiers do to Jesus?
3. Who was crucified with Jesus?
4. What happened when Jesus died?
5. What did the chief priests and Pharisees ask Pilate to do at Jesus' burial and why?

SENIOR GROUP

Senior Group will not meet again until the Spring of 2022.

THANK YOU NOTES

To my brothers and sisters at Nashville Road Church of Christ, I want to thank each of you for the many, many cards I have received during my illness. Especially the prayers that has been said on my behalf, and also the many phone calls I received. May God continue to bless each of you as you serve Him. Thank you Tim for the bread. In Christian Love,
James Spivey

Dear Church Family, It is so wonderful to see your faces on the Facebook services. We pray with you and for you in all areas of the ministry and your amazing and wonderful work at Nashville Road. We join you in prayer for all those battling illnesses and disease every day. We thank you with all our heart for keeping Jim & Craig in your prayers. Jim is stable and we are blessed with palliative care. Craig is in a battle, as are others, with cancer. But we Believe, we have Faith and we Pray without ceasing and know that God Heals and answers our Fervent Prayers with His Healing and miraculous blessings. We Love You All,
Jim & Doris Sweeney

ORDER OF SERVICES

SUNDAY

September 19, 2021

9:00 AM

BIBLE STUDY

(Classes for Nursery – High School upstairs)

Song.....Matt Ellis
Opening Prayer.....Brent Smith
Auditorium Lesson.....Andrew Spivey

10:00 AM SERVICE

Welcome.....Tim Strickland
Song Leader.....Matt Ellis
Opening Prayer.....Adam Williamson
Sermon.....Andrew Spivey
Lord's Supper.....Tony Butler
Closing Prayer.....Lee Boone
Ushers.....D. Fitts/C. Suddarth

5:00 PM SERVICE

Welcome.....Tim Strickland
Song Leader.....Matt Ellis
Opening Prayer.....David Thompson
Sermon.....Andrew Spivey
Lord's Supper.....Jim Cherry
Closing Prayer.....Jim Huffman

WEDNESDAY

September 22, 2021

7:00 PM

Welcome.....Tim Strickland
Song Leader.....Matt Ellis
Opening Prayer.....Tim Cummins
Lesson.....Andrew Spivey
Closing Prayer.....Bob Sever
Visitor's Desk Volunteer.....Anita Turner

IF YOU CANNOT SERVE, PLEASE CALL

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

Nashville Road Church of Christ
 1883 Nashville Pike
 Gallatin, TN 37066
 Web Site: nashvilleroad.org
 E-mail: nashvilleroadcoc@comcast.net

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

Tammy Johnson is home now and doing some better. **Bob & Wanda Gregory** are both having health issues. **Vicky Puckett**, daughter of Jack & Anita Cato is now in Centennial, has improved some. **Art Vernon**, nephew of JoAnn Williamson, is home but not doing well. **Randy Hawkins**, brother of Julie Cummins is on a ventilator. **Laura Irwin** sister of Julie Cummins is doing some better. **Ben & Lou Mayberry**, Ben is at NHC with covid and Lou has covid at home also their daughter **Louanne Kemper** has covid. **Ann Beska**, neighbor of Mattie Carter & Betty Buttrey, has been diagnosed with cancer. **Ty Tyler**, son of Ann Tyler, continues with serious health issues. **Ron Kloes** step son of Sue Kloes, stage 4 lung cancer. **Allen Plunk**, cousin of Donna Jennings, colon cancer that has spread to his liver. **Ronnie Love**, cousin of Pam Newby, bone cancer. **Donny Pedigo**, friend of Tim Cummins, stage 4 cancer. **Jerry Ladd, Sr.** CLL Leukemia. **Craig Sweeney**, son of James & Doris Sweeney, continues cancer treatments. **John Arnold**, father of Brenda Veale is homebound and dealing with serious health issues.



PRAYER LIST

Demar Elam; Ricky Cantrell; Linda Wesbrooks; Maxine Cothron; Gerald Miles, The Waters of Gallatin, 555 E. Bledsoe Drive, Room 100; **Jim Sweeney; J.H & Frances Catron; Melba Hill; William Dunn; Presley Fitts; Jean Deaton; Ben Mayberry**, brother-in-law to Frances, Bernice, Jean, Kenneth & Mary Ann; **Ricky Cross**, friend of Betty Buttrey; **Ida Lou Sherrill**, mother of Alex Sherrill; **Will Flowers**, brother-in-law of Grace Bracey; **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; **Wayne Holt**, nephew of Grace Bracey; **John Gregory**, brother of Bob Gregory; **Pam Flory**, friend of Sherry Sever; **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

Ilene Kinney; Marilee Frederick, Gallatin Rehab, Room 309A; **Jane Hughes**, 126 Seabury Dr., Greenville, SC 29615; **Cathy Henderson; Penny Campbell**, The Village of Bellevue, Room 417, 8118 B Sawyer Brown Road, Nashville, TN 37221; **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.....	72
Morning Worship.....	96
Sunday Evening.....	50
Wednesday Evening.....	53
Contributions.....	\$8,288.81
Youth Group Account.....	\$7,585.00

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

1883 Nashville Road
 Gallatin, TN 37066

Phone (615) 452-3431

Office Hours: Monday – Friday 8:30 a.m. to 2:30. p.m.

Web Site: www.nashvilleroad.org

Email: nashvilleroadcoc@comcast.net

ANDREW SPIVEY, Pulpit and Family Minister
 TIM STRICKLAND, Associate Minister