

### LIFE ALERT EMERGENCY

Some fifteen years ago I wrote a weekly column for the local newspaper, *The News Examiner*. One of the articles had the title, “**Help! I’ve Fallen and I Can’t Get Up!**” It was taken from a television commercial presented by the Life Alert Emergency Service Company. The popular phrase has a spiritual application. There are a number of reasons why people fall; weakness, trip over something, dizziness, and so on. Often, it’s our own fault; we weren’t looking where we were going; we left some object on the stairs; or we overreached our ability. I have updated my thoughts on the subject in this article.

The worst “fall” in history took place in the very beginning of the human race. Eve and then Adam disobeyed God, and their whole world changed. As a result, **they felt guilty and then attempted to hide from the truth** rather than acknowledging their need for help. We can also be guilty of trying to hide from our sins, ourselves, and God. Adam blamed God for making “that woman” and the woman for offering him the fruit to eat. Eve blamed the serpent. They felt guilty but didn’t know what to do about their fall.

We all need to ask, “Am I guilty of trying to cover up my fall (sin), by blaming someone or something else or by saying, “At least I’m not as bad as \_\_\_\_\_.” You can fill in the name. A couple was eating in a Nashville restaurant and decided to order fried ice cream. The desert is made with several scoops of Purity Dairies Rich Vanilla Ice Cream, rolled in cookie crumbs, and then set into a fresh sugary pastry shell which is quickly deep fried. While still hot, it is sprinkled with chopped pralines and covered with real whipped cream. **WOW!** When the waitress brought the scrumptious desert, the wife of the couple ordered a diet cola to drink with it. That’s kind of like drinking water while consuming a Snickers candy bar so you won’t feel too guilty. I have to confess I have often had a diet cola or unsweet tea while eating a sumptuous meal. Guilty or not guilty?

Some wrongly say in our Postmodern era, “The only thing sinful in our society today is to feel guilty.” Many years ago I called a counseling center for addicts, located west of Nashville, and asked permission, as an observer, to sit in on the group therapy and family counseling sessions. It was a good learning experience, but one emphasis to the clients was, “Don’t feel guilty. It’s not your fault.” In one of the counselor’s office there hung a sign which read, “**HANG GUILT.**” **Could**

**we describe our society as having morally fallen but will not admit to it?** Look again at Adam and Eve. They had everything required for an ideal marriage and home. Adam didn’t have to hear about all the “men” she could have married, and she didn’t have to hear about the way his “mother” cooked. There were no anxieties about food, clothing, politics, budgets, etc. God walked in the garden with them. All they had to do was tend the garden, have children, take a walk with God, and not eat the forbidden fruit. After they disobeyed God, they tried to cover their shame and then blame someone else.

Thanks be to God **there is help. We can be picked up, lifted up, and helped up, BUT HOW? (1) We must admit we have fallen.** We have to be honest with ourselves that we are sinners and in need of help (Romans 3:23). **2) We must put aside foolish pride** and look honestly into God’s mirror for the soul in order for us to see ourselves as God sees us (James 1:21-25). **(3) We must turn to the right source for help.** It is Jesus who can lift us up, cleanse us from our sins, and give us the strength to walk with Him in the light of His fellowship (1 John 1:7-2:2). **(4) We must follow His plan of grace and faith for forgiveness:** admitting we have sinned and repent, confessing that He is the Christ, being buried into His death by baptism for the remission of sins, and remaining faithful to our Lord (**Mark 16:16; Acts 2:38, 42; Romans 6:1-17**). It’s a LIFE ALERT EMERGENCY!

Have you fallen and can’t get up? With God’s love and grace and your obedience, you can get up and start again.

**Charles R. Williams**

### COMMUNION CARE

The Communion Care List for 2019 has been posted on the bulletin board at the back of the auditorium. If you would like to help care for the communion trays, please sign your name by the month you would like. **We still have a few months open for sign up. A special thanks to all who helped with the communion trays in 2018.**

### SYMPATHY

Our love and sympathy to **Bernice Hall** and **Cristy Suddarth** and families on the passing of **Clyde Hall**. Clyde is the brother-in-law to Bernice and uncle to Cristy. Funeral services were held on February 5<sup>th</sup> in Portland TN.

### COORDINATED BIBLE CLASS STUDIES

Sun.: JESUS; His Death, Luke 23

Wed.: PAUL: His Conversion; Acts 9

### OUTREACH TEAM

Outreach Team #2, led by **Harold Autry**, will meet Sunday immediately following the evening worship services in front of the auditorium.

### LADIES BIBLE CLASS & LUNCHEON

Ladies Bible Class will have a luncheon after class on **Tuesday February 12<sup>th</sup>**. Please bring your favorite dish and enjoy the fellowship.

### BABY SHOWER

**Colby & Montana Elliott** are expecting their baby March 1<sup>st</sup>. The ladies of the church would like to give them a diaper shower. A basket will be in the Fellowship Room until **February 10<sup>th</sup>**. Please fill the basket with diapers, wipes, etc... See **Pam Newby** for more details.

### THANK YOU NOTES

Dear Friends, What a blessing this has been to be remembered and lifted up in prayer during this difficult time of loss. David, "Dr. Jones", was a wonderful man, husband, and father. He was a Christian who sought daily to achieve God's blessing of heaven in his eternal life. Although his passing remains bittersweet, I am comforted by my Christian friends at NRCOC. Thank you for the prayers, the kind thoughts and the cards sent. Thank you for your Christian love, understanding and helpfulness which encourages my spirit.

**Sandra Parker-Jones**

Carl and I want to give thanks to you, our Christian family and friends here at Nashville Road. Since Jan 5<sup>th</sup>, we have been blessed to experience God's will for Carl, because Carl is in Christ Jesus, your prayers, love and support have been a blessing to our family and friends. Thank You, Love you all **Carl & Mary Rushing**

Dear Brothers & Sisters in Christ, John and I would like to thank you all for the prayers and cards of encouragement. John is still fighting his health battles each day. I will be with him as well, till death do us part. In sickness and in health. These were our vows before God. He has enriched my life more than words can say. Please continue to lift Brenda Veale, also in your prayers. In Christian Love, **John and Karen Arnold**

### ORDER OF SERVICES

### SUNDAY

February 10, 2019

BIBLE STUDY 9:00 A.M.

CLASSES FOR ALL AGES

Prayer.....Jonathan Senn  
Nursery.....Peggy Buck

### WORSHIP 10:00 A.M.

Welcome.....Tim Edmison  
Song Leader.....Matt Ellis  
Scripture Reading.....Scott Richardson  
Opening Prayer.....Jerry Watson  
Table.....Charlie Seals  
Serve.....D. Vincent, R. Turner, B Elliott  
A. Pernell, R. Buck, C. Rowlett

Sermon.....Andrew Spivey  
Closing Prayer.....Eric Stephenson  
Ushers.....C. Embry, J. Huffman, T. Cummins  
Nursery.....June Thompson  
Greeters.....(W. D)C/P Newby(E. D)R/S Pinckley  
(Those serving should be downstairs 5 minutes early)

### WORSHIP 5:00 P.M.

Welcome.....Tim Edmison  
Song Leader.....Matt Ellis  
Scripture Reading.....Scott Richardson  
Opening Prayer.....Tim Strickland  
Sermon.....Andrew Spivey  
Table.....K. Veale/T. Butler  
Closing Prayer.....Chuck Norton  
Nursery.....June Thompson

### WEDNESDAY February 13, 7:00 P.M.

CLASSES FOR ALL AGES

Welcome.....Tim Edmison  
Song Leader.....Matt Ellis  
Opening Prayer.....David Johnson  
Closing Prayer.....Harold Autry  
Closing Building February.....Brent Smith  
Treasurer/Assist February.....R. Pinckley/D. Johnson  
Visitor Desk Volunteer.....Jo Ann Williamson

### IF YOU CANNOT SERVE, PLEASE CALL

Alex Sherrill.....615-289-9935

Church Office.....615-452-3431

### ZONE # 3

Your zone is responsible for picking up the communion cups and straightening the songbooks during the month of February.

Nashville Road Church of Christ  
 1883 Nashville Pike  
 Gallatin, TN 37066  
 Web Site: [nashvilleroad.org](http://nashvilleroad.org)  
 E-mail: [nashvilleroadcoc@comcast.net](mailto:nashvilleroadcoc@comcast.net)

## SCHEDULE OF SERVICES

Sun. Bible Study 9:00 a.m. • Sun. Morning Worship 10:00 a.m. • Sun. Evening Worship 5:00 p.m. •  
 Wed. Evening Bible Class 7:00 • Tues. Ladies Bible Class 10:00 a.m. September-May

### SICK LIST

**Dorothy Sullivan** is recovering from cataract surgery. **Ann Tyler** has a cracked vertebra. **Cathy Henderson** fell and broke her hip. She is now at NHC for rehab. **Carl Rushing** had surgery on Jan 21<sup>st</sup>. The surgery went well. **Jim Huffman** is recovering from eye surgery. **Dock Campbell** is at the VA hospital in Murfreesboro. **Marilee Frederick** is recovering from knee replacement surgery. **Jane Hughes** is staying with her daughter in Alabama. **Jon Crump** is now at The Waters in Gallatin. **Donna Holmes**, daughter of Eva Petty, has been very sick. **Mike Martin**, family friend of Terry & Donna Jennings, will have a shunt put in on Feb. 11<sup>th</sup>. **Joe Kane**, father of Kenny Yarbrough, has leukemia. **Harvey Victory**, great uncle of Olivia Ellis, has pancreatic cancer which has spread through his body. **Craig Sweeney**, son of James & Doris Sweeney, is at the Georgetown Hospital & Cancer Research Center. **Lester Sparks**, father of Rachael Mayes, is waiting on additional treatment options. **Elizabeth Jones**, mother to Wanda Mathewson is on hospice. **John Arnold**, father of Brenda Arnold is homebound and dealing with serious health issues. **Bob Crusco**, brother-in-law to Ken & Brenda Veale, is home now and will continue with therapy.

**CARE LINE: 615-452-2464**



### PRAYER LIST

**Chris Tyler**; **Joe Adams**; **William Dunn**; **Jean Deaton**; **Jon Crump**; **Kylie Pruitt**, cousin to Bob Sever; **Ida Lou Sherrill**, mother of Alex Sherrill; **Zachery Simmons**, grandson of Charles & Fay Simmons; **Elias Benjamin Simmons**, great grandson of Charles & Fay Simmons; **Jane Huffard**, friend to Carl & Pam Newby; **Lester Sparks**, father of Rachel Mayes; **Debbie Sparks**, sister of Rachel Mayes; **Randell Wallace**, friend of Jim Huffman; **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; **Delaney Bruce**, friend of Betty Johnson; **Harold Cole**, friend of Lena Baggett; **Bobbie Carter**, sister of Janice Johnson;

(cont)

**Ted Lawrence**, brother of Wanda Proctor; **Betty Billingsley**, sister of Wanda Proctor; **Walter Wooten**, brother of Wanda Sherrill. **We depend on families and friends to help us update this list. Please notify us of any changes.**

### SHUT-INS

**Ron & Anna Radish**, **Bill & Jane Dunn**, **Cathy Henderson**, **Penny Campbell**, Brookdale Bellevue, Room 417, 8118 B Sawyer Brown Road, Nashville, TN 37221, **Lillie Sisco**, **Dorothy Sullivan**, **Dock Campbell**, Brookdale Assisted Living, Room 404, 2025 Caldwell Drive, Goodlettsville; **Emogine Williams**, Richland Place Health Center, 500 Elmington Ave, Room 327, Nashville TN 37205; **Thelma Ambrose**, mother of Helen Milliken, Room 123 at Elmcroft at Rivergate; **Jean Thurman**, mother-in-law of Myra Rasnick, Brookdale, Hendersonville.

### OUR RECORD THIS WEEK

Bible Study.....	150
Morning Worship.....	207
Sunday Evening.....	96
Wednesday.....	61
Contribution.....	\$8,427.55
Youth Group Account.....	\$4,981.23

### Elders

Tony Butler.....	615-452-0560
Jim Cherry.....	615-479-2149
David Johnson.....	615-300-9084
Alex Sherrill.....	615-289-9935
James Spivey.....	615-451-0776
David Thompson.....	615-598-6621
Jerry Watson.....	615-461-8137

### Deacons

Carl Newby Winford Sheppard Brent Smith  
 Ken Veale Adam Williamson Robert Williamson



# Nashville Road CHURCH OF CHRIST

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ANDREW SPIVEY, Pulpit and Family Minister

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