

July 3, 2024

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 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** (from the July 16, 2020 bulletin)

Cast your cares on the Lord and He will sustain you; He will never let the righteous fall.
Psalm 55:22

COORDINATED BIBLE CLASS STUDIES

Sunday Read – 2 Kings 16-17
Wednesday Read – 2 Kings 18-20

Questions for last week's reading of;

Jonah 3-4 & Amos & Hosea

Questions:

1. Why was Jonah angry, and how did God respond to Jonah's anger?
2. What was God trying to teach Jonah with the vine that grew and then withered?
3. Why would the Israelites be taken into exile?
4. How was Hosea's life like the relationship between God and the Israelites?
5. Why would the Israelites be destroyed?

HOLY SPIRIT

David Johnson's Sunday morning adult class that meets downstairs started a new study on the Holy Spirit, on **Sunday, June 30th**.

TUESDAY NIGHT TOGETHER

The next TNT will be held Tuesday **July 9th** beginning at 6:00 PM in the Fellowship Room. The youth of all ages are encouraged to attend.

LADIES BIBLE CLASS

Ladies Bible Class will meet next on **Tuesday, July 9th at 6:30 pm**. All Ladies are invited to attend.

A PSALM OF SUMMER

Now it came to pass that spring turned to summer again. God's people raised their voices and said: "Recreation is my shepherd, I shall not stay at home; he maketh me to lie down in a sleeping bag; he leadeth me down the interstate each weekend. He restoreth my suntan; he leadeth me to state parks for comfort's sake. Even though I stray on the Lord's Day, I will fear no reprimand, for thou art with me. I anointest my skin with oil, my gas tank runneth dry; surely my trailer shall follow me all the weekends this summer, and I shall return to the house of the Lord this fall."

"But then it is hunting season and that's another psalm."

Bulletin Digest

ORDER OF SERVICES

SUNDAY

July 7, 2024

9:00 AM

BIBLE STUDY

(Classes for Nursery – High School upstairs)

Song.....Matt Ellis
Opening Prayer.....Brent Smith
Auditorium Lesson.....Tim Strickland

10:00 AM SERVICE

Welcome.....Bob Brown
Scripture Reading.....Ben Hutson
Song Leader.....Matt Ellis
Opening Prayer.....Rick Gallagher
Lord's Supper.....Jim Cherry
Servers.....C. Nelsen, M. Lyle, R. Buck
A. Williamson, C. Newby, D. Johnson

Sermon.....Tim Strickland
Closing Prayer.....Josh Johnson

5:00 PM SERVICE

Welcome.....Bob Brown
Song Leader.....Matt Ellis
Opening Prayer.....Bob Sever
Sermon.....Tim Strickland
Lord's Supper.....Tony Butler
Closing Prayer.....Ken Veale

WEDNESDAY

July 10, 2024

7:00 PM

Welcome.....Bob Brown
Song Leader.....Matt Ellis
Opening Prayer.....Garrett Rowlett
Lesson.....Tim Strickland
Closing Prayer.....Tim Cummins

Ushers for July.....Eric Stephenson/Zach Tooley
Communion Care for August...Bob & Tarina Brown

Door Greeters – West Door.....B/M Smith
East Door.....E/D Stephenson
Visitor's Desk Volunteer.....Syble Johnson

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: nashvilleroadcoc.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

Faye Britt had knee replacement surgery on Monday, July 1st. Shirley Ralph will have a colon resection done on July 11. Donna Jennings will have right hip replacement on Thursday, July 18 at Hendersonville Hospital. Ann Tyler is home now. Charles & Jackie Williams, Charles is improving, Jackie had shots instead of the ablation last week. Virginia Long, sister of Gary Stallcup, has a parathyroid illness and is bedridden. Paul Gruber neighbor of Bob & Sherry Sever has been diagnosed with bladder cancer. He is now undergoing a new drug therapy for the next few months. Larry Bailey, son of Tina Bailey a former member, has been diagnosed with liver cancer. Surgery for the removal of tumors has been postponed.



PRAYER LIST

James & Mary Spivey; Charlie Cliburn; Ottis Cothron; Sara Hosman; Anita Cato; Shauna Lockett; Tony Perry; Jean Knowles; Zach Tooley; Mary Ann Reinhart; Faye Hart; Shelby Ross; Sandi Jones; Lena Baggett; Maxine Cothron; Pat Watson; Frances Catron; Pat Crump; Heather Lemley daughter of Michael & Cathy Lemley. Elaine Reynolds, friend of Christie Coleman; Alan Greene, nephew of Carl & Pam Newby; Bethany Shoulders, granddaughter of Evelyn Harris; Samantha Hager, friend of June Thompson; Bryan Grissom cousin to Joyce Clark & Robbie Glover; Vycki Puckett, daughter of Jack & Anita Cato; Ty Tyler son of Ann Tyler; Wade Kennedy father of Diana Stephenson; Ida Lou Sherrill, mother of Alex Sherrill; Taylor Lackford, niece of Brenda Veale; Dustin Lackford, nephew of Brenda Veale; Larry Conley, friend of Wanda Proctor; Harold Cole, friend of Lena Baggett; Bobbie Carter, sister of Janice Johnson; Walter Wooten, brother of Wanda Sherrill; Aza Topik, grandson of Charlie & Wanda Seals.

SHUT-INS

Jean Deaton;
 Melba Hill; NHC 140 Throne Blvd. Gallatin rm 2010
 Jane Hughes, 126 Seabury Dr., Greenville, SC 29615.
 James Spivey.

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

OUR RECORD THIS WEEK

Bible Study.....	97
Morning Worship.....	145
Sunday Evening.....	74
Wednesday Evening.....	N/A
Contribution.....	\$8,272.00
Youth Group Account.....	\$3,006.00

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

Deacons

Carl Newby	Jonathan Senn	Brent Smith
Eric Stephenson	Adam Williamson	

Nashville Road CHURCH OF CHRIST

1883 Nashville Pike
 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
 GARRETT ROWLETT, Youth Minister