

The Bulletin

Meeks St. Church of Christ

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October 26, 2025

“Remember The Lord's Supper”

By Dudley Ross Spears

When we meet on the first day of the week, our purpose is to worship God “in spirit and in truth.” (John 4:24). A very special part of that worship is the observance of the “Lord’s Supper.”

The “Lord’s Supper” is called “breaking bread” and “communion with the body and the blood.” (1 Corinthians 10:16-20; Acts 2:42).

It is a feast of memorial (1 Corinthians 11:23-25) and we do “proclaim the Lord’s death until He comes again.” It is to refresh our minds each time we take the bread and drink the cup that Jesus died for each of us, manifesting the greatest love possible. (John 15:13).

It is a feast that is to be observed with meticulous regularity for the Scriptures say, “*As often as you...*” partake of the supper. This indicates that it is to be done often. What greater reminder could we want than this sacred feast when all week long we have been involved in many things so far removed from His death and suffering?

The expression, “the first day of the week” is found in Acts 20:7. It indicates that this was done EVERY first day of the week. Inasmuch as each week has a “first day” and the early disciples met on the first day, the inescapable conclusion is that they met every first day! DO YOU?

The next time you will have opportunity to observe the “Lord’s Supper” will be next Sunday. We urge you to assemble with us for this occasion.

“SEASONS OF DEPRESSION”

By Roger Shouse

Mark 4:37-38: *“And there arose a fierce gale of wind, and the waves were breaking over the boat so much that the boat was already filling up. Jesus Himself was in the stern, asleep on the cushion; and they woke Him and said to Him, ‘Teacher, do You not care that we are perishing?’”*

This section of Mark takes us to a very scary scene. A violent storm was filling the boat with water and the disciple’s hearts with fear. I used this passage recently in teaching a class about “Seasons of Depression.” I was asked to teach this. There are times when a person struggles to attend worship services. Reading the Bible is hard to do. Fear and doubt fills our hearts. We know that this is not where God wants us to be, but here we are. What to do?

For those who have never journeyed down those dark valleys of discouragement and depression, it’s hard to understand. We tell those who are struggling, “Snap out of it.” They’d love to, but it’s not that easy. We hand them a verse, like a prescription that is supposed to cure all and fix all. But it doesn’t. There are many layers and levels of discouragement and depression. One must understand that they are

not a bad person because of this. Paul was depressed (2 Corinthians 7:5-6). There are times when medicine is necessary. But medicine doesn't cure all nor fix all. Medicine doesn't take care of the causes of discouragement and depression. We need faith.

There are many, many reasons why discouragement and depression comes. Some are internal and others are external. For some, this dark valley is a long, long journey. And what we have to do sometimes is push ourselves through it. Sometimes you lay down when you are not sleepy because you know you need rest. Sometimes a person has to eat even though they aren't very hungry because they know they need to eat. And there are times when we must work through things when we don't feel like it.

Our passage from Mark four reveals seven truths that help us navigate the storms of life. Interestingly, the disciples ask Jesus, "Do you not CARE?" They didn't ask Him to stop the storm. They didn't ask if He'd ever seen anything like this. CARE - and that's at the core of where discouragement and depression lie. No one seems to care. Alone, isolated and empty, the discouraged can leave church services hurting and needing help.

The Seven Steps through the Storms:

1. Storms come. They always do. God tests our faith (James 1:2-4).
2. Storms can last a long time. For some, a lifetime.
3. Great men get scared. Peter thought they were going to die.
4. Faith makes all the difference. Worry sees the storm. Faith sees the Lord.
5. Jesus is there even when we can't see Him. Never does He leave us alone.
6. God is greater than the storm. He has proven this over and over.
7. The storm eventually ends.

From this, here are some thoughts that we need to keep before us:

First, attend when you don't feel like it. You need the Lord and you need God's people.

Second, know that God has not given up on you. Others may have, but the Lord hasn't.

Third, believe the sun will shine again. It's hard to understand that in the midst of a storm.

Fourth, take care of yourself. Depressed Elijah was told to eat and get about the work of God.

Fifth, allow yourself to be encouraged by others. Don't shut people out of your life. When Paul was depressed, God did not take away the problems. Instead, He sent Titus. Titus was Heaven's help.

Sixth, believe what the Scriptures teach. You know the verses. Trust them. Believe them.

Seventh, Heaven won't be like this. There will be no storms in Heaven.

I'd recommend you print this lesson and keep it in a safe place. There may be a day that you need this. There may be a person right now that could use this. Satan wants you to give up. Satan wants you to believe that the problems are too great for you. He wants you to think that you'll never see the sunshine of life again.

We need to stop listening to Satan, the world and those who don't know our God. Sometimes brethren can be impatient, judgmental and critical. Don't let that stop you. The storm ended for those disciples in that boat with Jesus. I expect that experience allowed them to face prison doors, loud accusations and the threats of death.

Blessed are the Barnabas' in our lives who are encouragers. Pitch your tent near those people. You need them.

Seasons of depression - tough and hard. But greater is our God.

Those Who Need Our Prayers & Encouragement:

Tim Harris Sr, Tim Harris Jr, Chad Harris, Daniel Holloway, Robbie, Sheila, Sherry Doles, Sandi Poole, LuAnne Parrish, Billy Grisham, Burt Ward, George Hutto, B.J. Graves, Chandler McCain (Cancer), Michelle Hopper (Dan Cottrell's sister) has been diagnosed with cancer, Stacy & Annette Meeks, Anita Harris' mother, Hillard Switcher, Kiefer Norman (Robbie Doles' relative), Evelyn Trimble, & Danny Briggs (cancer), Kelcy Whittemore, and Cameron Hutchins.

Updates: Tim Harris Sr. is dealing with some infection in his leg and will be clearing that up before his scheduled surgery on his arm for this Friday. Evelyn Trimble had a fall and is recovering.

Those Who Serve:

Sunday Morning 9:00 A.M. Service:

Opening Prayer:	Dan Cottrell
Preaching:	Brian Meade
Sermon #1:	<i>"Just Who Are You, Anyway?"</i>

Auditorium Bible Class: 9:35am:

Workbook:	Fred Johnson
Author:	1, 2, & 3 John
Starting Page & Question:	By Michael Hardin <i>Page 58, Question #1</i>

Sunday Morning 10:30 A.M. Service:

Announcements:	Jerry Kennemur
Opening Prayer & Scripture Reading:	Blake Briggs
Scripture Reading:	<i>1 Corinthians 9:7-10</i>
Song Leader:	Lee Busby
Lord's Supper:	Brian Meade
Assisting:	—
Preaching:	Brian Meade
Sermon #2:	<i>"Plowing In Hope"</i>
Closing Prayer:	Paul Busby

Wednesday Evening: 7:00 P.M.

October 29, 2023

Auditorium Bible Class:	Paul Busby
Workbook:	Great Bible Characters: Abraham
Author:	By Mike Willis
Starting Page & Question:	<i>Page #8, Question #13</i>
Invitation:	Russell Briggs
Song Leader:	Tim Harris Sr.
Closing Prayer:	Brian Meade



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Meeks Street Church of Christ https://www.youtube.com/channel/UCgiXJxZC1oraOugO9qlfBtw?view_as=subscriber
And Our Facebook Page.
For sermon videos, articles, and announcements.

“Just Who Are You, Anyway?”

Lesson Text: **Acts 19:11-17.** What Is Your True Identity? In Christ Or The World?

I. Our Search For Identity In This Life.

- When We Grow Up, We Look For Our Identity— Just Who Are We Going To Be?
 - **Exodus 2:2; Luke 1:66.**
- Identity Is Rooted In Our: Occupation, Character, Choices, Economic Status, Social Status, Cultural Identity & Activities We Are Always Doing.
- What The Bible Says:
 - Identity Tied To Occupations In The New Testament:
 - * John The Baptist- **Matthew 3:1-6.**
 - * Centurions- **Luke 7:2; Acts 10:1.**
 - * Simon The Tanner- **Acts 10:5-6.**
 - * Simon The Sorcerer- **Acts 8:9.**
 - Identity Tied To Character:
 - * What Character In **Luke 7:39?** _____.
 - * What Character In **1 Samuel 2:12?** _____.
 - * What Character In **Matthew 10:41?** _____.
 - * What Character In **2 Corinthians 6:15?** _____.
 - Identity Tied To Choices Wise Or Foolish:
 - * What Two Identities Are In **Proverbs 14:16?** _____.

II. The Choice To Identify With The World.

- **Ephesians 2:1-3.** Paul Speaks About Their Former Identity In The World.
- **1 Corinthians 6:9-11.** Their Past Connection To These Sins Became Their Identity.
- In **Revelation 21:8**, God Will Punish Those Who Are Identified With These Sins.
- **Matthew 23:28**, Hypocrites Have A Double Identity— Of The World And In Christ!
- False Teachers Try To Hide Their Real Identity. **Matthew 7:15-20; 2 Cor. 11:13-15.**
- Example: **Acts 13:6-11.**
- If We Choose To Follow The World, We Lose Christ- **John 8:21-24; James 4:4.**

III. The Choice To Identify With Christ.

- Our Obedience To The Gospel Changes Our Identity- **Romans 6:4-6; 17-18.**
- From Sinners To _____ **1 Corinthians 1:2.**
- From Unbelievers To _____ **Acts 5:14.**
- From “*Sons Of Disobedience*” (**Col. 3:6**) To _____ **1 John 3:1.**
- From The “*Old Self*” (**Rom. 6:4 NASB, ESV**) To _____ **Ephesians 4:24.**
- From Walking In Darkness (**John 12:35**) To _____ **Ephesians 5:8.**
- From Being Carnally Minded, **Romans 8:6**, To Being _____.
- From Living For The World (**1 John 2:15-17**) To Living For _____ **Phil. 1:21.**

Conclusion: **Revelation 3:12; Acts 26:28.**

“Plowing In Hope”

Lesson Text: **1 Corinthians 9:7-10.** Not Just For Preachers To Plow In Hope.

I. Plowing Has Motivation.

- Hope = Desire + Confident Expectation.
- “favorable and confident expectation”It has to do with the unseen and the future, Rom. 8:24, 25. “Hope” describes (a) the happy anticipation of good (the most frequent significance), e.g., Titus 1:2;” (Vine’s Complete Expository Dictionary of Old and New Testament Words Vol. 2, p. 311).
- No One Plows A Field:
 - Just To Be Doing Something, For Entertainment, Exercise, Or Just Killing Time....
- We Do It For A Purpose:
 - We Expect A Crop!
 - Otherwise It’s A Fruitless Endeavor.
- Our True Hope Is Going To Heaven, & Helping Others Too- **Colossians 1:5; Ephesians 1:18.**
- We Should Want To Save Others- **Matthew 9:37-38.**

II. Plowing Is Work!

- It Is Hard Work- **2 Timothy 2:6.**
- Slow & Patient Work- **James 5:7-8.**
- We Must Not Stop- **Galatians 6:9.**
- We Must Not Look Back- **Luke 9:62.**
- It Involves Breaking Up The Ground- **Hosea 10:12.**
- It Involves Planting Seed- **Luke 8:11; James 1:21; 1 Corinthians 3:6-7.**
- Several Parables Of Jesus Related To Farming:
 - The Parable Of The Sower— Soils In **Matthew 13:3-9.**
 - The Parable Of The Wheat & Tares- **Matthew 13:24-30.**
 - The Parable Of The Mustard Seed- **Matthew 13:31-32.**
 - The Parable Of The Growing Seed- **Mark 4:26-29.**
 - The Parable Of The Laborers- **Matthew 20:1-16.**

III. Plowing Requires Regular Maintenance.

- **Matthew 28:19-20.** Just Like A Field Left Alone Will Ruin, So Will Our Crop.
- Paul Understood This About His Brethren- **Acts 15:36.**
- Paul Was Concerned About The Thessalonians- **1 Thessalonians 3:6-10.**
- **Colossians 1:28.**

IV. The Harvest Has Great Reward!

- **Matthew 13:24-30.**
- We Cannot Sow To The Flesh And Reap Good- **Galatians 6:7-8.**
- We Must Sow Spiritual Things In God’s Work- **Galatians 6:8.**
- We Must Plow In Hope Of Eternal Life- **Titus 1:2.**