

# The Bulletin

## Meeks St. Church of Christ

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May 16, 2021

### **“7 Techniques for Breaking Sinful Habits”**

By Matt Hennecke

Are there sinful habits you'd like to break? Here are seven Bible-based techniques for breaking sinful habits:

#### **Technique #1: Pray.**

Don't overlook the power of prayer. James tells us that the "effectual fervent prayer of a righteous man availeth much" (Jas 5:16). The word "effectual" comes from the word "energeo" from which we get the word "energy." James is telling us to pray actively and with energy. The first and perhaps most potent technique for overcoming sinful habits is to ask God for help.

#### **Technique #2: Overcome Evil with Good.**

Paul says in Romans 12:21 to "*overcome evil with good.*" When you feel the urge to give in to an evil habit, do something good instead. Write a letter of hope to a friend, call and encourage a brother, or visit someone who is sick. In other words, replace your sinful habit with a good work.

#### **Technique #3: Surround Yourself with Good People.**

We're told "bad company corrupts good morals" (1 Cor. 15:33). The opposite is also true: "good company corrects bad morals. If you have a sinful habit you're trying to break, then seek out the company of good people. Let their "goodness" rub off on you.

#### **Technique #4: Confess Your Faults.**

James 5:15 says, "*confess your sins to one another.*" Admittedly, confessing your faults and sinful habits will be difficult. You may be embarrassed by the prospect of others "finding out" about your weakness. But when you confess your failings to others, then they can help look out for you. They can counsel and comfort you as you work to overcome your bad habit.

#### **Technique #5: Make Habits Impossible.**

You may fall back into your sinful habit simply because sin is so accessible! Overcome sinful habits by eliminating or reducing your access to sin. Matthew 18:9 says, "*And if thine eye offend thee, pluck it out, and cast it from thee...*" If you've got a bad habit, make it harder to feed the habit! Look for ways to make sinning inconvenient rather than easy.

#### **Technique #6: Think Good Thoughts.**

The urge to feed a bad habit starts in the mind. Fill your mind with righteous thoughts and you'll reduce the chance that evil thoughts will blossom into sin. Follow Paul's advice: "*whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things*" (Phil. 4:8).

#### **Technique #7: Take One Day at a Time.**

It takes only two weeks to develop a habit, but it takes months to break one. Don't despair! Rather than thinking how long it will take and how hard it will be to break the habit, learn to take one day at a time. Don't worry about tomorrow. Work to stop your bad habit today for "*each day has enough trouble of its own*" (Matt. 6:34).

## ***“Neither to the Right nor to the Left”***

- By Greg Gwin

In referring to various congregations it is common to hear someone say “they’re liberal” or “that church is very conservative.” While those statements can be quite vague, most of us have an idea as to what is meant.

If ‘liberal’ means ignoring and openly violating the rules of Bible authority, then we definitely should stand against that. And, though we are far more inclined toward a ‘conservative’ approach to things, if this suggests the idea of binding what God’s law does not bind, we also should oppose that.

In truth, what we really need to be striving for is full and complete compliance with the pattern of work, worship, and organization for the church as is described in the Word of God. Most are quick to condemn those who are too ‘liberal,’ but the scriptures would also condemn those who demand things that the Bible does not demand – even if done in the name of ‘conservatism.’

The proper balance is that which Moses urged for Israel of old . . .  
*“Then Moses summoned all Israel and said to them: Hear, O Israel, the statutes and the ordinances which I am speaking today in your hearing, that you may learn them and observe them carefully. . . you shall observe to do just as the Lord your God has commanded you; you shall not turn aside to the right or to the left.”* (Deut. 5:1,32 – NASV)

Jesus said that the correct way is “strait and narrow” (Matt. 7:13,14). That being the case, we must exercise great caution – not deviating to the right or to the left. Think!

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## ***“Are We Friends of the World or Friends of God?”***

By Lynn Headrick

*“Do you not know that friendship with the world is enmity with God? Whoever therefore wants to be a friend of the world makes himself an enemy of God,”* (James 4:4).

What Does it Mean to be a Friend of the World? (James 4:4)

I once asked a group of teenagers to write down what they thought it meant to be a friend of the world. I was surprised and gratified that they knew what this meant. A composite of their answers is as follows:

1. Hide the fact that you are a Christian. Let people believe that you are not a Christian. Remember Peter (Matt. 26:69-74).
2. Go along with your friends that do evil (Exodus 23:2; I Cor. 15:33).
3. Cursing, Drinking alcoholic beverages, smoking (Ephesians 4:29; Proverbs 23; I Cor. 6:19-20).
4. Listening to dirty jokes; going to sinful movies (Phil. 4:8).
5. Wearing immodest clothing (I Tim. 2:9).
6. Putting things before the church (eg. Ball games, Matt. 6:33).
7. Finding something to do on Sunday besides worship (Heb. 10:24,25; Acts 20:7; I Cor. 16:2)
8. Conforming to the world (Rom. 12:1,2; I John 2:15; Jam. 4:4)
9. Slowly begin accepting what the world does as if it were all right (Heb. 2:1).

What Does it Mean to be a Friend of God, as was Abraham? (James 2:23)

**1.** Believe God. Abraham did so (James 2:23). We like to have friends whom we can trust. It is impossible for God to lie and Abraham knew it. Therefore, he put his trust in God and did what He said, regardless of what God asked him to do. God called him His friend.

**2.** Obey God. *“By faith, Abraham, when he was called, obeyed”* (Heb 11:8). It is impossible to be a friend of God without obeying what he says. Have you repented and been baptized for the remission of sins? If not, do you think you can be a friend of God?

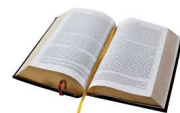
**3.** Worship God. Over and over, it is said in Genesis 12-15 that he *“builted an altar unto Jehovah.”* What a privilege it is to worship Jehovah! Abraham did so and he was called the friend of God.

**4.** Be assured that God can fulfill His promises. Abraham was fully assured that what God had promised, he was able also to perform (Rom. 4:21). Just as God fulfilled the promise of a son to Abraham, so God has promised eternal life to all who obey Him. God is able!

Conclusion: Choose to be a friend of God and not a friend of the world!

Memory Verse of the Week:

**James 1:12 (NKJB)** *“Blessed is the man who endures temptation; for when he has been approved, he will receive the crown of life which the Lord has promised to those who love Him.”*



**News and Notes:** Sick and recovering: Tim Harris Sr, Tim Harris Jr, Chad Harris, June Lawson (Lisa Busby's Mom), Debbie Keplinger, Janis Johnson, Daniel Holloway, Betty Hurst, Peggy Harville (cancer), Clois Wright, Linda Hunt, Mollie Harris, David Taylor, Randy Beaty, Sam Johnson, Sherry Doles, Steve Switcher, Roy Robinson, Danny Cottrell (Dan's Dad). Special prayers for all the Harris family to recover from the Covid.

**Those Who Serve:**

**Sunday Morning 9:00 A.M. Service:**

**Opening Prayer:** TBA  
**Preaching:** Brian Meade  
**Sermon #1:** "Are We Honest & Sincere?"  
**Auditorium Bible Class: 9:35am:** Paul Johnson  
1 Corinthians (Mike Willis)  
Page 20, Question #24

**Sunday Morning 10:30 A.M. Service:**

**Announcements:** Russell Briggs  
**Opening Prayer & Scripture Reading:** Lee Busby  
Hebrews 11:24-26  
**Song Leader:** Paul Busby  
**Lord's Supper:** Fred Johnson  
**Assisting:** — —  
**Preaching:** Brian Meade  
**Sermon #2:** "What We Choose & Refuse"  
**Closing Prayer:** Tim Harris Sr.

**Wednesday Evening: 7:00 P.M.**

**May 19th:**

**Auditorium Bible Class:** Russell Briggs  
The Book of Proverbs (Mike Willis)  
Page 25, Question #1  
**Invitation:** Brian Meade  
**Song Leader:** Dan Cottrell (fill in needed)  
**Closing Prayer:** Tim Harris Jr.

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# ***“Are We Honest And Sincere?”***

**Sincere:** 1. “guileless, pure,” is translated “sincere” in 1 Pet. 2:2, kjv, “without guile,” 2. “true, genuine, sincere,” (Vine’s Complete Expository Dictionary (Vol. 2, p. 577).

**The Old Folk Story-** *“Sine Cera”* —Without Wax.

## **I. Sincerity Joined to Other Qualities of Our Spiritual Life:**

- How We Have Faith In God- **1 Timothy 1:5; 2 Timothy 1:5.**
- How We Are To Live The Truth- **1 Corinthians 5:8; Phil. 1:9-10.**
- How We Draw Near To God- **Hebrews 10:22.**
- How We Are To Obey- **Ephesians 6:5; Colossians 3:22.**
- How We Are To Speak- **2 Corinthians 2:17; 4:13-14; Acts 4:18-20.**
- How We Can Have A Good Conscience- **2 Cor. 1:12; Acts 23:1.**
- How We Are To Worship God- **2 Timothy 1:3; 1 Corinthians 14:15.**
- How We Ask Our Requests Of God- **1 John 3:18-22.**
- How We Are To Love Our Brethren- **1 Peter 1:22; 2 Cor. 6:6; 8:8.**
- How We Are To Think And Reason- **2 Peter 3:1.**

## **II. What Hurts Our Honesty & Sincerity?**

- Pretended Service- **Luke 20:19-20; Philippians 2:15-18; Matt. 15:8.**
- Flattery and Lying Lips- **Proverbs 29:5; Jude 1:16; Prov. 10:18.**
- Trying To Hide Sin- **Proverbs 28:13; Acts 5:1-10.**

**Conclusion: Ephesians 6:24,** *“Grace be with all those who love our Lord Jesus Christ in sincerity. Amen.”*

# ***“What We Choose And Refuse”***

Lesson Text: **Hebrews 11:24-26**. Many decisions in life about what we want and don't want; What we include and exclude; What we discard and cling to.

## **I. What Do We Choose?**

- To Serve God- **Joshua 24:14-18; Acts 17:27-34.**
- To Fear Him- **Proverbs 1:29— 1:7; 8:13; 10:26-27.**
- God's People- **Hebrews 11:25; 1 John 3:23; John 13:34; 15:12 & 17.**
- The Way Of Truth- **Psalm 119:29-30; 2 Timothy 2:15; 2 Peter 2:2.**
- Life- **Deuteronomy 30:19-20; Mark 8:34-37; Mark 9:43; John 5:39-40.**

## **II. What Do We Refuse?**

- Not God- **Jeremiah 9:6; Jeremiah 11:10; Romans 1:28.**
- Not Jesus- **Hebrews 12:25.**
- Not Reproof- **Proverbs 10:17; Psalm 141:5.**
- Shamefully Ways- **2 Corinthians 4:2.**
- To Do Wickedness- **Genesis 39:7-9; Ephesians 5:10-11.**
- Fables- **1 Timothy 4:7; 2 Timothy 4:4.**
- False Doctrines- **2 Timothy 2:16-18.**
- False Teachers- **Romans 16:17; 2 John 9-11.**
- Worldly Honors- **Hebrews 11:24; Luke 16:14-15.**
- The Devil- **James 4:7-8; Matthew 16:23.**
- Death- **Deuteronomy 30:19-20; Romans 6:23.**