

Visual Reminders

by Mike Riley via gewatkins.net

There is a growing number of health-conscious folks who are discovering that wearing a pedometer helps them increase their level of daily exercise. This step-counting device is both a recorder and a motivator for them. Knowing how many steps they take per outing, encourages them to walk more.

One woman's goal was ten thousand steps a day. To accomplish her goal, she began parking farther away from her workplace, walking up the stairs instead of taking the elevator, and doing more active tasks around her office. Her visible pedometer reminded her of her daily need to produce a healthy lifestyle change.

Visible reminders have a place in our Christian walk as well. When God instructed the Israelites to keep His commands in their hearts (Deuteronomy 6:6, He also told them to make visible reminders of His Word:

"You shall bind them as a sign on your hand, and they shall be as frontlets between your eyes. You shall write them on the doorposts of your house and on your gates" (Deuteronomy 6:8-9).

The purpose was not for mere physical decoration but for spiritual deliverance:

"Beware, lest you forget the Lord who brought you out of the land of Egypt, from the house of bondage" (Deuteronomy 6:12).

Writing the words of Scripture on a sticky note, a memory card, or a calendar can turn our focus toward the Lord throughout the day. These visible reminders will encourage our steps of obedience to Him (Romans 6:17).

Let's memorize a verse of Scripture as we go to work this week by writing it on a card, taping it where it is visible, and meditating on that verse during the day. Habitually placing verses of Scripture into our subconscious mind will produce not only an increase in Bible knowledge (Deuteronomy 6:6; Proverbs 2:1-6; Proverbs 4:20-21), but will keep us from sin and sinful habits (Psalm 119:11; Psalm 119:98; cf. Psalm 37:31; Psalm 40:8; Hebrews 5:14).

Singing the words of Scripture-based psalms, hymns of praise, and spiritual songs while commuting to work, will also help us in keeping the holy Scriptures fresh in our mind (Colossians 3:16; Ephesians 5:19).

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LEACHVILLE CHURCH OF CHRIST



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Sunday, August 27, 2017

<p>Prayer List Updates</p> <p>Kenny McLeod – Kimberly Vires’ dad; still improving; may have started rehab last week</p> <p>Vires family – new baby Canaan home and doing well</p> <p>Kaitlynn Ingram – leaving Friday for a semester in London</p> <p>Nola Young – Ed Young’s sister; leukemia; in Barnes Jewish hospital in St. Louis</p> <p>Krystyna Penix – carpal tunnel surgery September 13; also recently had eye surgery</p> <p>Paul Cagle – Kimzey Cagle’s dad; had heart cath recently; needs a heart transplant</p>	<p>Upcoming Events</p> <p>Tuesdays ladies’ Bible 10 am classes resume Sept. 12; children welcome</p>	<p>Correspondence Course Ministry</p> <p>week of August 21-26: 11 lessons graded</p>
	<p>September Service Assignments</p> <p>Announcements: Larry Towell Scripture Reading: Matthew Sills</p>	<p>August Haiti Needs</p> <p>erasers rulers powdered milk</p>
	<p>Birthdays</p> <p>Tena McCoy August 27 Matthew Huckabee August 29 Carroll Towell September 1</p> <p>Anniversary</p> <p>Matthew and Sara Sills September 2</p>	<p>Last Week’s Attendance</p> <p>Sunday morning: 61 Sunday evening: 37 Wednesday evening: 42</p>

Weekly Service Assignments

Sunday Morning		Bible class: 9:45 am	Sunday Evening		6:00 pm
		worship: 10:45 am			
First Prayer	Joel Ingram		First Prayer	Josh Vires	
Announcements	Joel Ingram		Closing Prayer	Joel Ingram	
Second Prayer	Ken Beach		Lord’s Supper	Raymond Lasley Joel Ingram	
Scripture Reading	Ken Beach		Wednesday Evening		7:00 pm
Lord’s Supper	1. Larry Brooks 2. Raymond Lasley	3. Matt Greer 4. Jerry Bolar	First Prayer	Raymond Lasley	
Closing Prayer	Matthew Sills		Closing Prayer	Matthew Sills	