

**ELDERS**

Nathan Adkins  
937-798-3267  
Greg Conley 923-8238  
Greg Hall 571-1977  
Mark Parks 831-3081  
Chris Scott 356-4368

**MINISTER**

Mark Day  
606-831-1975

**DEACONS**

J.C. Hughes  
Brad Morris  
Nathan Parks  
Jeremiah Smith  
Matthew Vonderheide

**SERVICES**

Sunday Bible Study 9:45am  
Morning Worship 10:45 am  
Evening Worship 6:00 pm  
Wed. Bible Study 7:00 pm

**WEB PAGE**

[www.flatwoodschurch-  
ofchrist.org](http://www.flatwoodschurch-ofchrist.org)

**MISSIONS**

-Jerry Sturgill  
**Tri-state area**  
-Daniel Goshom  
**Peru, SA**  
-Dustin Bolks  
**Sioux Center, Ia.**  
-Dahn Ramkelawan  
**Suriname, SA**  
-Michael Mayo  
**Thailand, SE Asia**  
-Herman Joseph  
**Guyana, SA**  
-Mohamed Ally  
**Guyana, SA**  
-D.J. Hatfield  
**WVSOP support**  
-*"In Search of the Lord's  
Way"* TV broadcast

**SEARCH TV**

Sundays 7:30 am (on Fox)

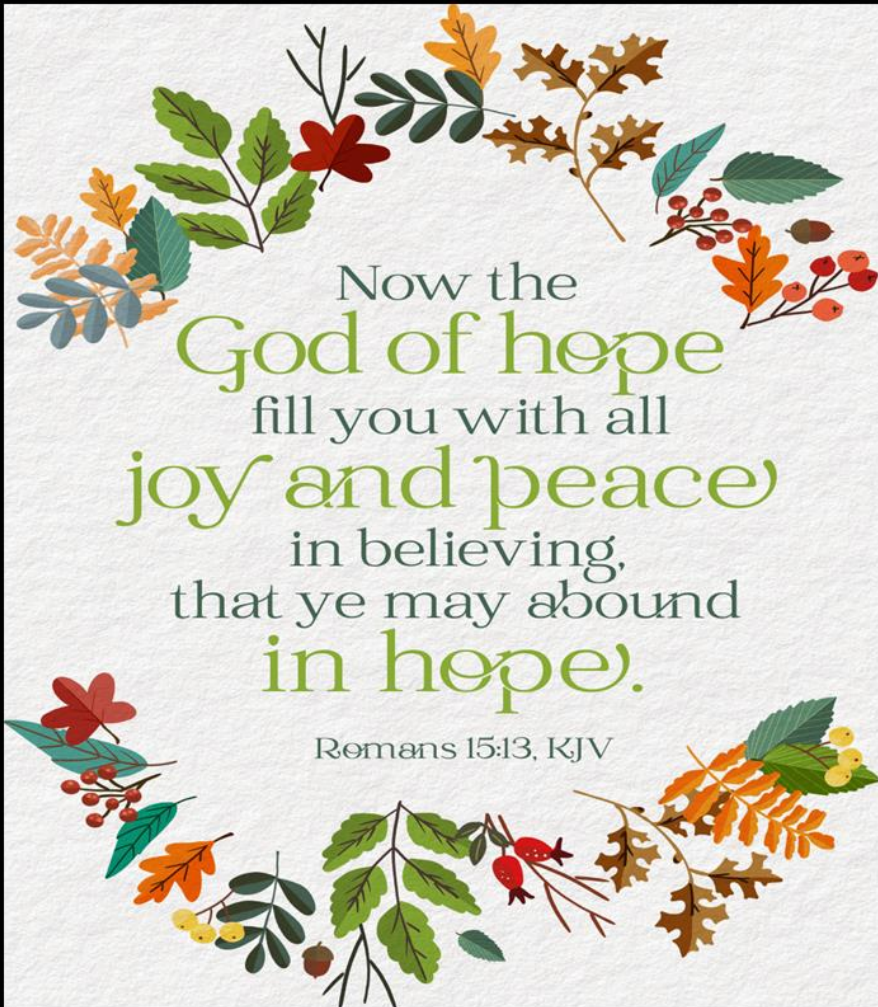
FLATWOODS CHURCH OF CHRIST  
**HERALD**

PO Box 871, 2100 Argillite Rd, Flatwoods, KY 41139  
(606) 836-4207

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**We offer FREE: 4 Bible correspondence course series by mail:**  
an 8 lesson series by Hurt, a 6 lesson series "Acts Of The Apostles"  
by Pharr, the "Studies In The Bible" 30 lesson series, and the  
20 lesson series "Getting To Know Jesus" by Pharr. Let everyone know!

## Self-Control

Just as a serious athlete exercises self-control in all things, Paul disciplined his body so that he would not be disqualified in the endurance race that leads to eternal life (1 Cor. 9:25-27). We choose whether we will indulge the flesh or give priority to spiritual aspect of our lives. The last in the list of the fruit of the Spirit is temperance or self-control (Gal. 5:23). The fruit of the Spirit comes on the heels of a list of vices known as the works of the flesh (Gal. 5:19-21). From the list it is obvious that Christians must keep their desires in check to avoid envy, pride, violence against others, sexual sins, and drunkenness. Paul makes sure that his readers know that the “liberty” of Christ he mentioned in Galatians 5:1 is not to be interpreted as an antinomian “freedom” to pursue our passions. Paul said the Christian walk involves “bringing every thought into captivity to the obedience of Christ” (2 Cor. 10:5). Our thoughts, motives, tongues, and bodies must be brought under control to follow the will of God. If I am a follower of Christ, then I deny myself, take up my cross daily, and follow Him (Lk. 9:23). Christians need to realize how much self-mastery is crucial in the many areas of our lives; we must add this to our Christian walk to make our calling and election sure (2 Pet. 1:6, 10).

When I see something that I want to buy, I must exercise self-control to determine if it is right to purchase it or if it is covetousness, which is idolatry (Col. 3:5). If someone is ill-mannered and petty in their remarks towards me, I must exercise self-control to bridle my tongue (James 3:1-12). When I see something on TV or the internet that stirs up lustful desire in my heart, I must exercise self-control to not dwell on it nor pursue it (Mt. 5:28; Col. 3:5; James 1:14, 15). When things go well for me and I have reached an achievement, I must exercise self-control to not be proud and conceited (Rom. 12:3; Gal. 5:26; Phil. 2:3). When I am in poor circumstances, I must exercise self-control to not envy the way of the wicked (Prov. 23:17), but instead to continue to trust in the Lord (Prov. 3:5-6).

Remember the commands in Romans 6:12-13: “Let not sin therefore reign in your mortal body, that ye should obey it in the lusts thereof. Neither yield ye your members *as* instruments of unrighteousness unto sin: but yield yourselves unto God, as those that are alive from the dead, and your members *as* instruments of righteousness unto God.” Because Christians are dead to sin—having buried the man of sin in baptism to be raised to walk in newness of life (Rom. 6:3-7)—they are free from sin; their obedience has been transferred from sin to righteousness. God is our master now, not sin. Though we have died in relationship to sin, we are still alive and render the rest of our days to God as living sacrifices (Rom. 12:1-2).

We cannot be what God has called us to be if we lack self-control. We live in an age where lack of self-control is not only excused but is in many cases viewed as an entitlement—and even lauded. As Christians, we must be different as the salt of the earth (Mt. 5:13).

-Mark Day

# News & Notes

## **PM Scripture Reading:** **1 John 5:18-20**

**18-** We know that whoever is born of God does not sin; but he who has been born of God keeps himself, and the wicked one does not touch him.

**19-** We know that we are of God, and the whole world lies under the sway of the wicked one.

**20-** And we know that the Son of God has come and has given us an understanding, that we may know Him who is true; and we are in Him who is true, in His Son Jesus Christ. This is the true God and eternal life.

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**Dates to Remember**

**Jul 28-** Ladies Luncheon- El Colonial- 11:30a

**Sep 15-17-** Evangelism seminar with Allen Webster

**Oct 13-15-** Gospel Meeting w/ Michael Mayo

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*Now this is the confidence that we have in Him, that if we ask anything according to His will, He hears us.*

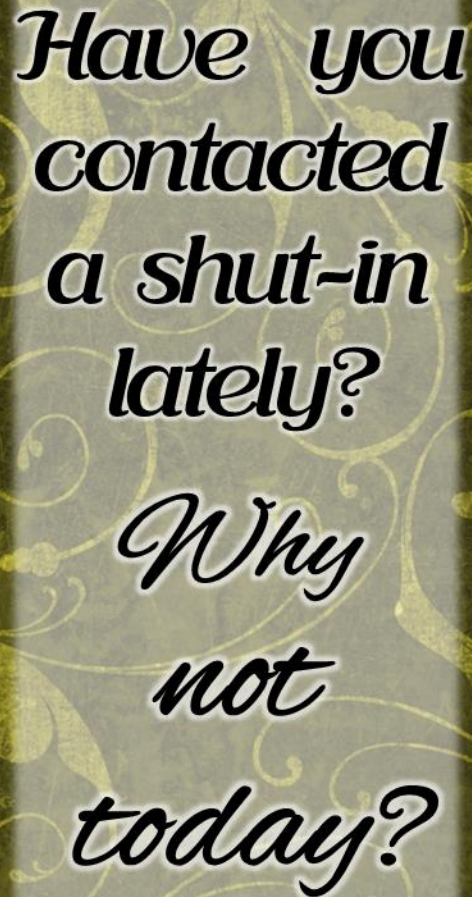
**1 John 5:14**

### **Attendance & Contribution Goals**

	<u>07/16/23</u>	<u>Goal</u>	<u>07/17/22</u>
<b>Bible Study</b>	78	90	65
<b>AM Worship</b>	119	130	115
<b>PM Worship</b>	68	90	76
<b>Mid Week</b>	68	90	81
<b>Contribution:</b>	\$8944.27	\$6000.00	\$5394.45

## **Gratitude Expressed**

Many thanks to everyone who worked so hard on this year's Vacation Bible School. Your efforts are appreciated and made the 2023 VBS a success.



*Have you  
contacted  
a shut-in  
lately?  
Why  
not  
today?*

## ☞ Today's Servants ☜

**WELCOME:**

**AM/PM:** Chris Scott

**SONG LEADER:**

**AM:** Jeremiah Smith

**PM:** Nathan Adkins

**FIRST PRAYER:**

**AM:** Brad Morris

**PM:** Mark Parks

**LORD'S TABLE\*:**

**Presiding AM:** Jordan Conley

**Assisting:** John Gambill,  
Jacob Brown, Matt Vonderheide,  
Bobby Edmonds, Jackson Morris,  
Terry Fouts, Emie Perry

**Presiding PM:** Jeremiah Smith

**Assisting:** Blake Hern  
\*gluten-free bread

**CLOSING PRAYER:**

**AM:** George Wallace

**PM:** Tanner Adkins

**SCRIPTURE READING:**

**PM:** Mason Morris

## ☞ Wednesday Servants ☜

**WELCOME:** Greg Hall

**SONG LEADER:** Mark Day

**PRAYER:** Jackson Morris

**DEVOTION:** Nathan Parks

## ☞ Weekly Servants ☜

**LIVE STREAM:** Luke Wallace

**POWER POINT:** Jesse Legg

**BLDG. ATT.:** Greg Conley

**COORDINATOR:** Matt Vonderheide

**ATTENDANCE:** John Gambill

## \*\*\*\* Youth Notes \*\*\*\*

\*\*\*\* Sundays \*\*\*\*

# Pew Packers

## 5:45pm

in front of the  
auditorium-  
geared to age  
12 & under  
but everyone  
is welcome.



## Welcome, Visitor!

We are so pleased to have you as our guest today.

If you are a first-time visitor with us, please, fill out a 'visitor card' that you will find on the back of the pew. You may put it in the collection plate or give it to one of the men at the auditorium doors as you exit.

We have tract racks on the wall in the foyer with free tracts and literature. We also have Bible correspondence courses you can sign up to receive by mail at no cost to you. Let our preacher know if you would like to set up an in-home Bible study. Thank you for attending.