

Southside
Church of Christ

Ministering Evangelist
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May 2007

Volume 9 Issue 5

Heart-To-Heart

HEART-TO-HEART

Travel The Road That's In Front Of You "For We Walk By Faith Not By Sight"

Have you ever had a tendency to look back on your life and fret over what you would have, should have, and could have done? Then you quickly come to realize that you cannot change the past, you just have to move on to the next phase in your life. Or perhaps you have gotten so focused on whether or not you will achieve a particular goal in life that you became overwhelmed because it seemed that you were not progressing forward.

God has made us where we can only know what has happened to us in the past.

Yet he does allow us to envision our future. If we are to arrive where God wants us to be we must not be bogged down in speculation about the ultimate outcome. What we must do instead is get started now and do the things we have to do today.

As a congregation we are truly blessed to have a Minister, Leadership and so many faithful members who have bought into the vision of the future for the Southside Church of Christ. We have others who are getting closer to buying into that vision. Then there are those would remain just kind of standing, watching and waiting to see what will happen next.

It truly does not matter where you might be at the moment. It does not matter that some members seem to be supporting the current efforts more or less than. What we do know is that God is on our side; the

bible says in Ephesians 3:20, *Now unto him that is able to do exceeding abundantly above all that we ask or think, according to the power that worketh in us.*

The road that is in front of the Church today requires each member to: spread the word of God and bring more lost souls to Christ; remain strong in the doctrine and fight apostasy; make personal sacrifices and commitments in our giving and give from our hearts of our time and money; and enlarge the capability of the Church to serve the needs in the community.

As we all have all experienced, the best way to figure out how to do something is to do it. I read a quote recently that said, *"If you want something you have never had, you will have to do something you have never done."* When you make the commitment to make it happen, then you'll start working your way through the details. Put your energy into reminding yourself why God has chosen you to play the role you are playing in his Kingdom. Then proceed to do whatever it takes along the way to make things happen that you have been gifted to make happen.

As God's children, let us have the faith

(Continued on page 4)



Brother Otis Gambrell

"You Are God's Love Bank" - Curriculum Dr. Tony E. Roach, Sr.

Week I	Luke 2:41-52
Week II	Mark 1:1-8
Week III	II Kings 20:1-11
Week IV	I Samuel 10:1-26
Week V	Acts 9:1-19

New Self-Purpose John 12:23-28

The purpose God had in mind when He created me for His good, which gives me the capacity to find purpose and good in everything in my life, including my problems; knowing that all things work together for good when I love God and obey the Holy Spirit's calling in my daily life.

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Our Purpose & Mission

The purpose of the Heart-To-Heart Newsletter is to motivate, inform, enhance, uplift and spiritually encourage everyone who reads it.

Our mission is to achieve our responsibility of equipping the saints to do God's work and to build up His church, the body of Christ, until we come to such a unity in our faith and knowledge of God's Son that we will be mature and full grown in the Lord, measuring up to the full stature of Christ (Ephesians 4:12-13).

Praise Be To God. . . Amen.

Content Submission

Southside members, if you are interested in using your God-given talent to support this ministry through writing, drawing, photography, etc. then please speak with any Heart-To-Heart staff member for more information. Content may be submitted to the following e-mail address or any Heart-To-Heart staff member.

Heart-To-Heart

c/o Kristi Davis, or Georgette Washington
heart2heart@southsidecofc.org

Please contact us for a copy of our content guidelines. Only content that adheres to these guidelines will be considered for publishing in this magazine.

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Soul Food Daily Bible Readings

May 2007

New Self-Purpose - "The purpose God had in mind when He created me for His good, which gives me the capacity to find purpose and good in everything in my life, including my problems; knowing that all things work together for good when I love God and obey the Holy Spirit's calling in my daily life." -- Dr. Tony Roach

SUN	MON	TUE	WED	THU	FRI	SAT
		1 Genesis 50:20 Things are much better than they seem. God has His purpose.	2 Deuteronomy 8:2-20 Can you see God's purpose in your life's experiences?	3 Psalm 46 God's infinite wisdom and love are with you always. Trust Him	4 Romans 5:1-10 If you were baptized into Christ, you are saved by His sacrifice. Hallelujah!	5 Romans 8:28 God designs everything in your life to work together for good!
6 Romans 8:35-39 His purpose for you is to conquer this world and its evil influences	7 II Corinthians 4:15-18 Hold on. God is purposefully working things out	8 II Corinthians 5:1 When you are done with this world, you have an eternal home waiting for	9 I Thessalonians 5:9-11 Saved through Christ, purpose to comfort others	10 II Thessalonians 2:13-17 Always thank God for siblings in Christ. Stay with His	11 I Peter 5:6-11 After it all, He will perfect, establish, strengthen and settle you for His purpose!	12 II Timothy 1:7-9 You are called according to God's purpose and grace
13 Titus 3:4-7 By the grace of God you are an heir to His kingdom	14 Luke 10:21-22 Do you know Him?	15 Ephesians 1:3-12 You are blessed, chosen, adopted, redeemed, forgiven, and heir	16 Romans 8:30 You are predestined, called, justified, glorified. Live it!	17 I Thessalonians 4:7 Living holy is a high purpose for you	18 Hebrews 3:1 Always consider Jesus Christ	19 I Peter 1:15-16 He lived holy, so you live holy too.
20 John 12:23-32 Lift Jesus Christ up, He will draw people to Himself	21 John 3:14-17 Believe in Him. Tell others about Him so they can be saved too	22 John 8:28-29 Speak the Word of God, and please Him	23 Galatians 3:13-14 Christ redeemed you from the law's curse and blessed you with His Spirit	24 I Peter 2:24-25 Through His faith live for righteousness and be healed in your mind	25 I Peter 3:18 Christ brought you into the presence of God and alive by the Spirit. Know it!	26 Romans 12:21 Overcome evil with good every time it rears its ugly head
27 Proverbs 16:32 Be slow to anger and rule (control) your spirit. You will overcome!	28 Luke 6:27-30 Overcoming includes praying, loving, doing good, giving etc.	29 I Peter 3:8-11 A high purpose for you is to overcome evil by Christ's example	30 Ephesians 4:32-5:2 Imitate God because you are made in His image!			

“Trust Not In Yourself”

by Brother Melvin Brown

The children of Israel, in case after case, believed in God but did not trust in Him. They saw too many miracles to doubt His existence, but they did not trust in His power to deliver them. This is an obvious fact of the Old Testament writings. What a difference it would have made if they had trusted in Him. In every case God would have been their deliverer, but in every effort that failed, it was man who trusted in himself and wished to take the credit. The incident of Moses striking the rock has application here. What was so horrible about this simple sin? What was so horrible about it that Moses was so severely punished? The horrible thing about it was that Moses did not give God the credit for delivering them from thirst. He would have had them believe that it was by his power that water came from the rock. Pride is a weakness in men and a snare of the devil.

And so it is today. Men have not learned their lessons. They wish to take the credit and trust in themselves. Some credit their salvation to their compliance with laws. Others to belonging to the right church. And yet others lay claim to salvation because of their

hard work. Paul spoke of a people who sought salvation through law-keeping, saying that they had 'fallen from grace' and that 'Christ would be of no value to them' (Galatians 5:2-4). They trusted in the law instead of God's mercy. If we are to be saved, it will not be because we have complied with law. It will be because the perfect Lamb of God shed His blood for us. It is trusting in the power of that blood and believing in the name of Jesus that will save us. This is the righteousness that comes from God (Philippians 3:9). This is how we are made right with God (Galatians 5:5). Trusting in ourselves for salvation instead of trusting in God leads to destruction.

Men would have us believe that salvation can be achieved. It can be achieved by complying with a five-step procedure. When men impose a step by step formula for "gaining" salvation, trust in Jesus is undermined. Trust for salvation is placed in man's efforts instead of God's effort. Christ is made of non-effect. If any man complies with a five-step formula in order to gain (earn, merit) salvation, he is "fallen from grace". Response to these five principles, and to all of God's precepts, should be motivated by a contrite heart and not by a

legalistic intention to earn salvation. Salvation is by the act of God, and not by the act of man. Salvation is not an item to be bargained for, nor is it a commodity that can be earned. The blood of Jesus is the ONLY thing that earns salvation. We must trust in it. We must trust in Him (Romans 10:12-13). We must let Jesus live in our hearts by faith (Ephesians 3:17). We must sprinkle our hearts with the blood of Jesus (Hebrews 10:22). We must put on a new personality (Ephesians 4:24) and a renewed mind (Romans 12:2). This is the essence of the new birth that Jesus described to Nicodemus. It is like the wind, not a visible action. It is a Spiritual rebirth, unlike the natural birth of a baby which can be seen. When we are spiritually born again we will approach all of God's precepts with a wonderful new attitude of heart. We will trust in Him from Whom all blessings flow. We must not trust in ourselves for salvation. We must give God the credit. He deserves it. He earned it.



Brother Melvin Brown

*(Travel The Road That's In Front Of You,
Continued from page 1)*

and the vision to not doubt that the Southside Church of Christ will move to a new sanctuary in 2009. Will there be challenges along the way? Will there be setbacks? The answer is yes! Let's not put our energy into worrying about every

possible obstacle that will confront us. If we worry too much we won't even get started. Let us, with the help of God, just keep praying and traveling along the road that is in front of us now. Let each of us just do the things that need to be done **today.**

Remember that nothing will stop God's Church and that we are Christ

in the world today. **1 John 4:4** says, *Ye are of God, little children, and have overcome them: because greater is he that is in you, than he that is in the world. Let us travel the road in front of us together and now, "for we walk by faith, not by sight", (2 Corinthians 5:7).*

Elder Otis Gambrell

"Where Has All The "S.A.D."ness Gone?"

By Sister Gabrielle L. Harris

In one of our recent Health Support Ministry sessions, we talked about being motivated to exercise and being active even when we don't feel like it. During the fall and winter, especially for those who live a lifestyle that includes exercise, people usually resort to indoor activities like going to the gym or our living rooms with a video tape to guide us or television or music to keep us company and take our minds off of what we are doing for that 30 minutes or more. But let's be real. Even for the avid health conscience individual, most of us generally slack off our routines for the most part when it gets cold. I know I do. The clothing gets heavier and they hide more of the imperfections anyway, so we get lazy and pick up about the time the weather breaks and

the lighter weight, less concealing clothes become popular again. Like many people, you may experience cabin fever during the winter months. Or, you may tend to eat more or sleep more when the temperature drops. However, did you know that there are people who are affected by a type of seasonal depression that occurs mostly in the when the days get shorter during the fall and winter? These sufferers not only find it difficult to exercise or maintain any decent level of physical activity during the fall and winter, they find it difficult just to get up in the morning or maintain any normal daily activities. It is called Seasonal Affective Disorder (S.A.D.).

Topics of depression have recently become near and dear to me as a sufferer of Post Partum Depression where I had to pursue treatment for

over a year and a half after the birth of my younger son, Alex. Seasonal Affective Disorder (S.A.D.) goes well beyond the symptoms of feeling blue or having the winter blahs. Seasonal affective disorder is also sometimes called winter depression, winter blues, or the hibernation reaction. Characteristic symptoms of S.A.D. are those of depression, which include feeling extremely low, decreased energy and activity, increased irritability, concentration difficulties, anxiety, decreased libido and social withdrawal. Most S.A.D. sufferers develop symptoms of increased fatigue, increased sleep duration and increased



(Continued on page 8)



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Designed With You in Mind.

"Life Estates"

By Moses Bethea, Jr.

This is a topic that doesn't fit neatly anywhere, but many people ask about it. When a person has a "life estate" in a piece of property (most commonly, a house and the contents within it), he/she enjoys almost the same rights in that property as would an "absolute" owner - but only for his/her life. The idea is best illustrated with a typical example, the "subsequent marriage" situation.

Assume that a widow who owns a home wishes to remarry later in life. It is decided that her new husband will sell his own house, and the couple will live in the wife's home. The new bride wants to ensure that her children, not the new husband or his family, ultimately inherit her property. BUT she also wants to be sure that her husband will still have a place to live, if she dies before he does. So the newlyweds agree that the husband will have a life estate in the house. He can live there until he dies, then the property goes to the woman's children (or to whomever she specifies). As a "life tenant", the husband could do pretty much as he

pleased with the house, but would be responsible for maintaining the property in good condition. Of course, he could not sell it.

A life estate can be created in a property deed, a will, a trust, or a pre-nuptial agreement. The best choice depends on the individual situation. But the devil is in the details, and this general explanation leaves many unanswered questions. So if you have a life estate and want to know your rights, or, especially, if you want to give somebody a life estate in property you own, please see a lawyer. There is obviously a lot at stake in seeing that this arrangement works as planned, and it is very easy to foul things up badly trying to "do-it-yourself."



The information contained in this article is provided in the spirit of public education. This information is not, nor is it intended to be legal advice. For any questions or concerns you may have regarding any legal issues, please call your Attorney.

"The 3R's of Wellness: Rest, Recovery and Renewal"

By Sister Kim Fuqua

"Eat well and exercise!!" This is the oversimplified formula for optimal health and wellness that many of my colleagues in the fitness industry use to encourage their clients. I agree that these two factors - quality nutrition and consistent and challenging physical conditioning - are two of the basic building blocks for health and wellness, but they are not the ONLY two. Any fitness expert will tell you that REST is actually when your body gets stronger as it rebuilds the muscles that exercise wears down. Your body must spend quality time in the state of rest, recovery and renewal to stay healthy and strong.

Several studies have confirmed that we are a nation of sleep deprived, work-a-holics. We work hard, play even harder and we don't sleep well.

Eventually, this lack of rest will begin to manifest itself in the form of disease. Pharmaceutical companies are well aware of American's lack of rest and recovery

and have produced several chemicals that will provide some short term relief - if you are actually able to overcome all of the side effects and if you are willing to risk your long-term health.



Sister Kim Fuqua, Professional Fitness Trainer

Photo by Melvin Brown, SSCOC Living Word Media Ministry

Instead of reaching for that bottle of sleeping pills to secure the rest your body requires, I recommend the following - stop, study, and soothe your spirit.

Stop - take time (at least 15 minutes) to STOP all of the busy work you are doing and sit still or lay down and even if you do not go to sleep, allow your mind to rest.

Study - turn off the "noise" (TV, radio, computer, etc.) and meditate on God's word - go to your favorite passage of scripture (or a section you have not read in awhile) and

ponder how you can apply God's word to your life that day to improve your quality of spiritual and mental health.

(Continued on page 7)

"Designed For And By Him"

By Sister LaTonya Robinson

It gives me the greatest pleasure to know God made me FOR Him. When He created me, He said, "This is good." I rejoice in the fact that I'm not an accident.

This month's core value is New Self Purpose. Purpose can be defined as reason, intention, use, aim, objective, goal, target, function and tenacity. I love that word tenacity. It implies one being resolve, having insistence, firmness and steadfastness.

Most of my life, I've felt like a mistake; an accident. I remember trying to fit in and please others. I allowed people to put me and keep me in this box. If they said I wasn't smart, I believed it. If I was told I wasn't going to be anything, then I agreed I wasn't. Let's not forget my favorite, "you preacher's girls are fast and no good." I digested and consumed this doctrine. I realized I began to change who I was to satisfy the people around me. If you needed me to be one way, I'd conform. If someone else needed a different Tonya, I changed to meet their criteria. I became confused after awhile on whom I truly was meant to be.

I did like most of us do, I let people DEFINE ME; THEREFORE THEY BEGAN TO CONFINE ME. Anything or anyone that gives your life definition will soon confine you. You will become a slave to that source. I was everyone's puppet; as though they were my creator.

GOD IS MY CREATOR. I was created FOR and BY Him. Recently, I adopted this philosophy for my life. I had to dig deep and ask Him what He desired from me. I knew He wanted obedience. However, I wanted to know what my job was specifically. God, GIVE ME MY ASSIGNMENT! I cried out. I began to study Psalms 139 like there was no tomorrow. In verse 1 it states: "O Lord, you have examined my heart and know everything about me." In verse 14 it states: "I will praise thee; for I am fearfully and wonderfully made." Verse 16 states: "You saw me before I was born. Every day of my life was recorded in your book".

In Philippians 4:6 the bible eloquently states: "Be careful for nothing: but in every thing by prayer and supplication with thanksgiving let your request be made known unto God." I wanted my job!!! I studied and I prayed. I had people pray for me that I'll be

able to hear God when He speaks to me. I am a witness that God speaks and answers prayer. My assignment was to be an ENCOURAGER. My specific task was to help the fallen get back up. I was to use my experiences, my downfalls, my trials and tribulations to show God has redemption power. I took the task on with God's power and His permission.

We all have a purpose in life. In Romans 8:28 it states: "And we Know that ALL things work together for good to them that love God, to them that are called according to His purpose." Whatever storms in life that have come your way, they were designed to show the Glory of God. They are testimonies for others to see the deliverance and power of God.

So I encourage you to align yourself with God's will for your life. He is the one who created you for Him. We were not created for the glorification of ourselves and others. We are here to make God look good.

Stop letting people or things define you! Be defined by God and what His purpose is in your life. I promise your life will produce a peace beyond your understanding. Some people I let go because they were toxic; some people left voluntarily because they no longer had control over my life. Don't be surprised that others will not rejoice in your walking in the path God has set for you. However, God will always make sure you have Christians in your life to take the glorious journey with you. God has so much in store for you. You have to turn your life completely over to Him.

Remember YOU ARE GOD'S DESIGN!!! He has the blueprint of your life. Be the model you were meant to be. God has fabricated every thread of your life to make sure you can finish your course successfully.

Sister LaTonya Robinson

"The 3R's of Wellness: Rest, Recovery and Renewal", (Continued from page 6)

Soothe your spirit - drink a hot cup of chamomile tea and relax - use this time to remember and thank God for the many blessings He has given you (and continues to provide). Ask Him to give you His peace - the peace that "passeth all understanding".

Sister Kim Fuqua



appetite and weight. S.A.D. sufferers not only crave carbohydrates, but they also report actually eating more carbohydrate-rich foods in the winter than any other season.

We should understand that from a biblical view, our present day afflictions were also common to the great Bible characters. David was overwhelmed by his emotions and suffered with extreme sadness, his heart was grieving and desolate, and he cried all night long (Psalms 61:2, 77:2-3, 142:4, and 143:4). Jonah, Elijah (I Kings 19), Jeremiah (Jeremiah 15) and Job are other examples of those who suffered from what we could consider to be depression. Depression is a universal problem, it really does not specifically say in the bible that these great Biblical characters had what we call depression. Certainly, they suffered emotionally, but it is appropriate to say that whenever characters express rejection, loneliness, self-pity, hopelessness, overwhelming grief, and wish they had not been born, it seems they are expressing more than temporary sadness, but classic symptoms of major depression. Paul had classic symptoms: his flesh had no rest, he was troubled on all sides, he was cast down, he had fears within, and he despaired of life (II Corinthians 1:8 & 7:5-6). Hannah (I Samuel 1) had many of the symptoms of depression

and her spiritual leader instantly and incorrectly accused her of having a spiritual problem rather than an emotional, physical or mental one.

So how do you treat S.A.D? Untreated, S.A.D. episodes generally resolve by springtime, although some do not fully recover before the early summer. However, if you are experiencing difficulty with any type of chronic depression that is having a severe impact on your daily life, this is a serious issue and you should speak with your health care professional about diagnosis and treatment options. But there are things we can do as well. Oftentimes, an initiating discouragement leads to sadness, which leads to prolonged grief, and then into a downhill spiral to depression. Regular spiritual exercise such as reading, studying and meditating on the Word along with prayer requires and emphasizes communion with God. When we are one with Him, we are now thinking His thoughts, sensing His presence, and knowing His will. God's Word is rich with encouraging support that can help us to replace the negative thoughts the very second they occur with the truth and with empowering positive thoughts and beliefs. Sometime, fellowship with positive and loving Christians can help, too. Laughter can truly be the best medicine. Proverbs 15:13 says, "A merry heart maketh a cheerful countenance; but by sorrow of the heart the spirit is broken." Keep in

memory that, "A merry heart doeth good like a medicine; but a broken spirit drieth the bones." (Proverbs 17:21).

Don't be fooled into thinking that God has promised us that our lives will be perfect and peaceful at all times; that will come to those in the Kingdom (Isaiah 26:1-3). But the instruction and blessing of Philippians 4:6 & 7 are applicable for today. We are not to worry or be careful for anything: "Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God." And Verse 7 says, "And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus." If there were never any circumstances or situations that would tempt us or challenge us, God would have never had to ask us to trust him during those tempting and challenging times. Always understand these verses in light of Paul, who had plenty of struggles and afflictions. But God brought him through and kept his heart and mind in the process. God's love for him and us are so powerfully and profoundly reaffirmed from cover to cover in the pages of inspiration. "In spite of the sorrow, disappointments and feelings I experience, the Lord will help me carry on." God Bless.

Sister Gabrielle L. Harris

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