

Mental Health and the Gospel (Part 3 of 3)

The gospel provides a sound priority order. Many are experiencing problems because of the priority confusion they undergo. They make a decision and it often turns out to be the wrong discussion, creating many undesirable consequences and conflicts with more important matters. Such clutters people's lives and minds, sometimes to such a serious degree that there are debilitating mental conflicts. God's simple priority order is as follows:

- “But seek ye first the kingdom of God, and his righteousness: and all these things shall be added unto you” (Matt. 6:33).

What we eat, drink and wear to cover and protect our bodies are matters of importance. However, Jesus is teaching that there are issues of more seriousness than these (Matt. 6: 25ff). The lesson is to take the most important, one's relationship with God, and then allow the other matters their proper descending place. Being a Christian greatly simplifies life and the decisions that must be made on a daily basis.

The gospel prevents personal hatred. The two often influential factors or conditions involved in mental illness are guilt and harbored hatred. There are some things the Christian is taught to hate. For instance, error and every false way are to be hated by the Christian (Rom. 12: 9, Ps. 119: 104). However, hatred of others is always and unconditionally wrong and dissuaded. Jesus unmistakably taught and challenged as follows:

- “43: Ye have heard that it hath been said, Thou shalt love thy neighbour, and hate thine enemy. 44: But I say unto you, Love your enemies, bless them that curse you, do good to them that hate you, and pray for them which despitefully use you, and persecute you; 45: That ye may be the children of your Father which is in heaven: for he maketh his sun to rise on the evil and on the good, and sendeth rain on the just and on the unjust.

CONTINUED ON THE INSERT

Order of Worship

Reminder: Prayer Requests can be submitted via the "chat" feature on Zoom during the service.

Songleader -Jeremiah D.
Welcome & Announcements

Opening Prayer

Song # 23 - Our God, He Is Alive

Song # 383 -
Jesus, Keep Me Near The Cross

Lord's Supper

Kids 4 Kids
Children Dismissed for Bible Hour
(3 yrs. old thru the 3rd grade)

Prayer Requests

Song # 852 -
When the Roll Is Called Up Yonder

Scripture Reading -
Ephesians 4:29-32

Sermon by:
Darryl Darden

"Be Careful Little Tongue
What You Say"

Song of Invitation # 753 -
Farther Along

Song # 881 -
Mansion over the Hilltop

Closing & Contribution Prayer

This Week's Schedule of Events

**(In person & Zoom)

TODAY

****9:00 a.m. - Bible Class**

****10:00 a.m. - Sunday Worship**

****10:00 a.m. - En Linea Servicio de
Adoracion (via Facebook Live)**

Area Wide Singing

Today at the

**Gayhead
Church of Christ**

2:30 -4:00 p.m.

21998 Gayhead Rd.
Apple Valley, CA
92307

Monday, January 30, 2023

7:00 p.m. - Spanish Night of Prayer (Zoom)

Tuesday, January 31, 2023

4:30 p.m. - Ladies Bible Class (Zoom)

Wednesday, February 1, 2023

**7:00 p.m. - Adult Bible Study
(Zoom)**

"Life of Christ in Stereo"

**7:00 p.m. - En Linea Clase
Biblica (Zoom)**

**8:00 p.m. - Youth Bible Study
(Zoom)**

VVCOC Members

Thank you to all of our **volunteers** who will be teaching and assisting in our classrooms, and helping with VBS.

We will begin our **background checks** beginning the first week of **February**.

If you are given a background check please **return asap**. Please see Tony Rose with any questions.

Mental Health and the Gospel (Part 3 of 3)

continued..

46: For if ye love them which love you, what reward have ye? do not even the publicans the same? 47: And if ye salute your brethren only, what do ye more than others? do not even the publicans so? 48: Be ye therefore perfect, even as your Father which is in heaven is perfect” (Matt. 5).

Notwithstanding Jesus' plain teaching, not a few are living miserable lives because they have allowed hate to enter and find lodging in their minds. A percentage of these people suffer from various stages and forms of mental sickness.

The gospel provides worthy goals. It has aptly been said that man is a goal-seeking creature. It has even been remarked that man in order to succeed, must have goals toward which to work. The gospel offers the greatest goal man could ever attempt to attain. The goal is two-fold. It involves emulating God in this life and ultimately making heaven an eternal and blissful home of the soul (Matt. 5:48; Eph. 4:4, Matt. 5:11, 12).

Conclusion. While the gospel is not social in its essential nature and focus, the gospel certainly does address social issues. Involved in spiritual health is good mental health. The foregoing briefly considered matters are all essential to a good healthy state of mind in general. As we have seen, the gospel provides all these essentials. Not only are they resident in the gospel, but they are taught on a higher and fuller level than in any secular source. It is true that some religionists have a host of mental aberrations. However, these people either have a false religion or they have not correctly applied the teaching from God. The gospel, I submit, results in greater mental hygiene than any philosophic or psychiatric system known to man. Alas, so many are not taking advantage of the preventive and curative nature of the gospel.

This Week's Birthday's

30th - Conner Richardson



This Week's Birthday's

1st - Isaac Orrala

2nd - Joy Hadnot

2nd - Jackie Johnson

2nd - Kaya Peterson

2nd - Coleen White

4th - Kathi Ahumada

4th - Cyndi Reddington



Anniversaries

3rd - Mark & Renee Gruwell



PRAY FOR OUR MILITARY

**Brandon Applegate;
Matison Brown; Andre Canady;
Zack Cantu; Danny Eickmeyer;
Robert Farrell; Alexis Flanagan;
Anthony Guess; Raymond
Holguin; Jaehyeong Park; and
Robert Rygoza**

Calling all
Savior's Kids!

Please join us on
Sunday, February 5th,
immediately following morning
services. We will meet in the
Youth Modular, for a short
activity.

Please see Jake or Danelle
Tess with any questions.

Prayer Requests

Please pray for our church leaders; our congregation; the homeless, and the veterans. Also for our country's leaders, our troops; and the future of our country.

Shut-Ins

Barbara Tidwell; Ida Crawford;
Shawn Weeks; and Sandy Wooten.

Continual Prayers

The Ahumada family; Anthony Avalos;
Anthony Hale Jr.; Bette Henderson;
Bonnie Klockenteger; Charlie & LaVonne
Powell; Chris Lopez; Christina Wityczak;
Don Vencill; Dorothy Condos; Dudley
Brewster; Gennie Lorenz; Hosia Ford;
Marie Guess; Marilyn Heil; Marvin Mason
Sr.; Marvin Mason Jr.; Raymond Holguin;
Shirley Fales; Tyson Crawford; and
Yvonne McClinton.

General

Adelle Sanchez; Betty Thomas; Cydney &
Barbara Holliday; Dan & Jan Hook;
Dorothy Condos; Eddie & Betty Smith;
Jerry Owens; John & Gina; Kathy Alsup;
Melaine Gammage and her family; Meliny
Pond; Rick Vorse; Ronald Patton; Trisha
Cantu; the Turner family; and Vicki Brown.

Health

Anthony Zuniga; Bette Henderson's son;
Billy; Bob Tutton; Drew Courtney Guess;
the Garza's daughter; Mel Richardson;
Melaine Gammage's sister, Felicia; Liz
Basnight; Mike Pelissier; Steve Campos;
Tom Baxter; the victims of the Monterey
Park shootings; and all who are ill.

Traveling

Bette Henderson's daughter, Dense, and
grandson, Lee; and Leisa Pond.

For Their Losses

Cindy Graybill for the loss of
her brother Monte E. The Hadnot's for the
loss of niece Linda Bendy.

Victor Valley Church of Christ

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Victor Valley Church of Christ

Follow us on  **YouTube**

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Darryl Darden Tony Rose Jake Tess

Ministers - eric.cimuchowski@vvchurchofchrist.org

Eric Cimuchowski - Involvement Minister

Darryl Darden - Pulpit Minister

Carlos Orrala - Spanish Minister

Deacons

Benjamin Lopez - Spanish Ministry

Craig Beck

Gerald Thomas - Benevolence

Mark White - Greeters & Ushers

Chris Schow - Interior Bldg. Maint.

Dan Hook - Men's Ministry, Disaster Relief

Mark Gruwell - Teens

Steve Bliss - Song Leading, Singing

Ministries and Coordinators

Audio Visual

Jake Tess

AVPAC/Lucerne Valley

Johnny Latham

Building Décor

Tianna Smith & Tammy
Turner

Calling Ministry

C. Richardson &
E. Wityczak

Call Out Ministry

M. Basnight; E. Cimuchowski;
T. Rose; & S. Suba

Children's Bible Hour

Garret & Stephanie
White

Greif Support

Strech Suba

Historian

Kasie Schow

Kitchen

Pauletta Hobson

Ladies' Ministry

Kim Cimuchowski

Military

Pauletta Hobson & Leisa
Pond

Bulletin Mailouts

Marilyn Owens

Worship Coordinator

Jeff Najera

Savior's Kids

Jake & Danelle Tess

Teacher's Workroom

Nina Sutton

Youth Group

Mark & Renee Gruwell

Last Week's Statistics

Financial

Contribution 1/22/23 \$ 2,752.42

Contribution 1/15/23 \$ 5,070.91

Special Contributions \$ 273.00

Y.T.D. Contribution \$ 110,949.33

Teen Fund \$ 5,106.96

Mission Fund \$ 1,821.55

Scholarship Fund \$ 1,521.09

Kids 4 Kids \$ 103.00

Attendance

A.M. Bible Class N/A

A.M. Worship

In Person 147

Via Zoom 33

Wed. P.M.

Bible Class N/A

Mid Week

Bible Studies N/A