

Mental Health and the Gospel (Part 2 of 3)

The gospel imparts a remedy for guilt. Guilt plays an important role in many instances of mental illness. People know they are wrong and this knowledge affects their mental state. Some cannot forgive themselves for acts that they have performed that have adversely affected others. Hence, over time they develop a problem. The gospel informs man how he can achieve God's forgiveness and acquire the perfect peace of the Bible (Acts 2: 38, 22: 16). When the Christian sins, there is no need to carry around guilt (1 Jn. 1: 7-9).

A forgiven person should be a person with a healthy mental state. The gospel even teaches how to make peace with others against whom we have sinned (Matt. 5: 23-26, cp. 18: 15-17). Rather than allow anger to grow, the Christian is taught to, "Be ye angry and sin not, let not the sun go down upon your wrath, neither give place to the devil" (Eph. 4: 26, 27).

The gospel is a system that promotes regular self-examination. The chief role of psychoanalysts is simply that of attempting to assist and encourage the patient to examine himself. Paul wrote thus to the Christians at Corinth:

- "Examine yourselves, whether ye be in the faith; prove your own selves. Know ye, not your own selves, how that Jesus Christ is in you, except ye be reprobates? But I trust that ye shall know that we are not reprobates" (2 Cor. 13: 5, 6).

The faithful Christian is one who makes time for healthy introspection. They spend time examining their attitudes, motives, goals, and life in general. In areas that are on course, they practice reinforcement, but when they find themselves getting off course, they make the necessary adjustments. The gospel is the standard that they use to determine needed adjustment or continuance in the same (cp. Gal. 2: 14).

Life lived one day at a time. Ancient and modern psychologists have stressed the must of living life one day at a time. Many project all the problems of the future and attempt to battle them all at once, we are told. Such a task is self-defeating and destroying. However, we can tackle and manage the problems introduced with each new day. Even perennial problems can be incrementally addressed each day. This is precisely the teaching of the gospel. Hear Jesus:

- "But seek ye first the kingdom of God, and his righteousness; and all these things (material needs, dm) shall be added unto you. Take therefore no thought (worry, dm) for the morrow; for the morrow shall take thought for the things of itself. Sufficient unto the day is the evil thereof" (Matt. 6: 33, 34).

Involved in this matter of life lived one day at a time, there is a relief mechanism if you will provided in the gospel: prayer. The Christian is not to worry, but express his cares and concerns to God (Phili. 4: 6). As a result of petitioning God and leaving with him the concerns that we have, "And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus" (vs. 7).

Order of Worship

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

Songleader - Duane M./Johnny H.
Welcome & Announcements

Opening Prayer

Song # 968 -
Oh, They Tell Me of a Home (DM)

Song # 382 -
Why Did My Savior Come to Earth?
(DM)

Lord's Supper

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

Prayer Requests

Song # 957 -
This World Is Not My Home (DM)

Scripture Reading -
James 5:13-16

Sermon by:
Darryl Darden

"Don't Forget to Pray"

Song of Invitation # 915 -
(vss 1,2 & 5) Trust and Obey (JH)

Song # 851 - I'll Fly Away (JH)

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)**

Savior's Kids Lunch



Today following this morning service.

Monday, January 23, 2023

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

Tuesday, January 24, 2023

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

Wednesday, January 25, 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)

Harding University



Spring Break Missions

If you want to help

Hannah Cimuchowski on her **Mission Trip** please mark your

contributions for her
no later than **Feb. 12th.**

This Week's Birthday's

23rd - James Gruwell
24th - Scarlet Gruwell



Anniversaries

25th - Mark & Coleen White

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**

Area Wide Singing

JANUARY 29TH
2:30 TO 4:00.



**Gayhead
Church of Christ**
21998 Gayhead Rd.
Apple Valley, CA 92307



**Please check our Community Board
for any upcoming events from our
Sister, Churches of Christ.**

BIBLE HOUR



**ARE YOU INTERESTED IN BECOMING A BIBLE
HOUR CO-TEACHER?**

**WE WOULD LIKE TO BEGIN OUR MONTHLY
ROTATIONS AND WE NEED ADDITIONAL
CO-TEACHERS TO FILL OUR CALENDAR
SCHEDULE FOR THE YEAR. BIBLE HOUR IS FOR
KIDS 3 YEARS OLD TO 3RD GRADE.
IF YOU ARE INTERESTED PLEASE CONTACT
GARRET & STEPHANIE WHITE
OR ONE OF OUR ELDERS.**

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

Betty Thomas; Dan & Jan Hook; Don &
Melinda Vencill; Dorinda Greene; Dorothy
Condos; Duane Owens; Eddie & Betty
Smith; the Excelsior Girls' basketball
team; Jerry Owens; Melaine Gammage
and her family; Remmington; Rita Greene;
Shirley Fales; and Vicki Brown.

Health

Cherry Wadley's sister, Anne; Kim
Cimuchowski; Melaine Gammage's sister,
Felicia, and friend Stacy; Mike Pelissier;
Steve Reeves; Teddy Jordan's son, Rick;
Tom Baxter; and prayers to all who are ill.

Thanksgiving
The White's

Traveling
Cherry Wadley



**Start the
New Year**

with prayer!



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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 Sutfon

Youth Group

Mark & Renee Gruwell

Last Week's Statistics

Financial

Contribution	1/15/23	\$	5,070.91
Contribution	1/8/23	\$	3,525.32
Special Contributions		\$	549.00
Y.T.D. Contribution		\$	108,196.91
Teen Fund		\$	5,106.96
Mission Fund		\$	2,906.51
Scholarship Fund		\$	1,521.09
Kids 4 Kids		\$	119.00

Attendance

A.M. Bible Class	N/A
A.M. Worship	
In Person	114
Via Zoom	32
Wed. P.M. Bible Class	N/A
Mid Week Bible Studies	8