



THE MESSENGER

AUGUST 30, 2020

NEWS AND NOTES

Congregational Meeting
September 13 at 5 pm

Weekly Bible Studies
All temporarily being conducted via Zoom. Check our “friends” page on Facebook for more information.

Times of Service
Sunday

Bible study: 9:45 AM
Worship: 10:45 AM; 6 PM

Wednesday

Bible study: 7:30 PM
(Immediately followed by a short worship service)

First Friday of Month
Singing
7:30 PM

Address and Contact

University Heights Church of Christ
445 Columbia Ave., Lexington,
KY 40508
(859) 255-6257
www.uheightschurch.com

A SLEEPLESS NIGHT

How do you handle sleepless nights? Do you count sheep, hoping that boredom will wear you out and sleep will overtake you? Do you put on relaxing music or another peaceful sound? Do you toss and turn until frustration forces you out of bed?

Might there be more productive ways to get through sleepless nights? I have many nights when sleep is late arriving, and sometimes fails to show up at all. I find it to be a time when I get a lot done. Ephesians 5:15-17 states a principle that has application to sleepless nights. *Look carefully then how you walk, not as unwise but as wise, making the best use of the time, because the days are evil. Therefore, do not be foolish, but understand what the will of the Lord is.*

If you are going to be up and about on a sleepless night anyway, you might as well engage in some spiritual activity. I must admit that I don't always do this when wide awake at night. I should more often, though. What better use can there be? In the Ephesian passage two spiritual reasons are given for making the best use of one's time, even if that time occurs during a sleepless night. The first reason is because the days are evil. It behooves us to look carefully how we walk. Second, we must understand what the will of the Lord is. Need something to do when you can't sleep? Open your Bible for a better understanding of the will of the Lord.

Those who experience sleepless nights find themselves in very good company. Paul had been there. There is a good chance his sleepless nights began with his conversion. In Acts 9 it is recorded that he spent three days without sight and neither ate or drank. During this time, he was repenting of his

Members Needing Our Prayers

John Thompson, Mary Weatherholt, Alexa Lake, Bennie Poynter, Jill Harrison, Joyce Bolton, Karen Spivey, Jeff Howerton, Rhonda Boyd, Cindy Bradbury, Paul Atkisson, Whitney Crouch

Others Needing Prayers

Glen Perkins, Ethan Shelton, Demetrius Booker, Jen Victoria Poynter, Andy Kincaid, Chassey Seabolt, Terry Daniels, Harvey Baker, Leroy Weatherholt, Robert Brundige, Valerie and Barry Boyd, John Blessing, William Roberts, Paul and Marrian Lyda, Cindi's niece, Dana, and her children, Shane (a relative of Cindi), Mark (Carol's son), Ron Harmon

To Our Guests

Interested in a Bible study? Either let one of us know or mark it on your visitor card.

Type in our name on Facebook, YouTube, or our website if you'd like to watch or just listen to our sermons.

opposition to God. Surely his regret over persecuting Jesus kept him awake day and night. In Philippi he and Silas were beaten with rods and thrown into prison. It is recorded in Acts 16 that at midnight they were singing hymns to God and praying while the other prisoners listened on.

Paul informs us of his typical activities during sleepless nights. *For you remember, brothers, our labor and toil: we worked **night** and day, that we might not be a burden to any of you, while we proclaimed to you the gospel of God. (1 Thessalonians 2:9) as we pray most earnestly **night** and day that we may see you face to face and supply what is lacking in your faith? (1 Thessalonians 3:10) I thank God whom I serve, as did my ancestors, with a clear conscience, as I remember you constantly in my prayer's **night** and day. (2 Timothy 1:3)*

Sleepless nights do not have to be a burden. Make the best use of them. You'll be glad you did. John Thompson

Elders	Deacons	Evangelist
Troy Antle	Richard Brundige	Adam Litmer
David Collins	Adam Daniels	
John Thompson	Adam Litmer	
	Frank Patton	
	Jamie Powell	
	Pat Seabolt	
	Matt Thompson	
	James Weatherholt	

