



THE MESSENGER

OCTOBER 11, 2020

NEWS AND NOTES

Congregational Meeting
TBA

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

5 THINGS TO DO DURING TROUBLING TIMES

Trouble. It's a word that stops us in our tracks. Gets our attention. And causes us to listen. There are all kinds of trouble. Car trouble. Financial trouble. Relational trouble. Legal trouble. Marital trouble. Some troubles are physical. Others are mental. Emotional. Or even spiritual. We encounter trouble in our jobs. At home. In our neighborhoods. And even at church.

Sometimes, we sing a hymn by Bill Gaither that begins like this. *“Troublesome times are here, filling men's hearts with fear Freedom we all hold dear now is at stake Humbling your hearts to God saves from the chastening rod Seek the way pilgrims trod, Christians awake.”* Whatever trouble you're facing right now, here are 5 suggestions from Scripture that will help you deal with trouble.

#1 Realize your troubles are not unique or unusual.

The patriarch Job affirmed, “Man who is born of woman is of few days and full of trouble” (Job 14:1). Some troubles are the result of others' misdeeds or mistreatment. Some are self-inflicted. Others are the result of time and chance (Eccl. 9:11). Also, God may use trouble as a means of discipline (Heb 12:3-11).

The advice columnist Ann Landers was once asked what is the single piece of advice she would offer humanity. She replied, “Expect trouble as an inevitable part of life, and when it comes, hold your head high, look it squarely in the eye and say, ‘I will be bigger than you. You cannot defeat me.’”

#2 Call on the Lord.

The Psalms often speak of the trial of trouble. David's often repeated answer was, “I will call upon God (Ps. 55:16). Asaph said, In the day of trouble I sought the Lord (Ps. 77:2). The Bible teaches that God knows about our troubles, cares, hears our cry, and answers fervent prayers.

#3 Remember past blessings.

When Asaph faced trouble, he said, “I will remember the works of the Lord.” He recalled the Lord's works of old. His greatness. His goodness. His grace. And the blessings he received through the years (Ps. 77:10-15).

When we're in the midst of some troubling situation, it's easy to forget about all the good things we've enjoyed. How God has blessed us. And the Divine promise to never leave us or forsake us.

Members Needing Our Prayers

Janet Brundige, Jackie Litmer, John Thompson, Mary and Emmett Weatherholt, Alexa and Charlie Lake, Bennie Poynter, Joyce Bolton, Karen Spivey, Rhonda Boyd, Cindy Bradbury, Paul Atkisson, Whitney Crouch, Rhonda Boyd (and family)

Others Needing Prayers

Rachel Knollman, Michael Hogan, Glen Perkins, Ethan Shelton, Demetrius Booker, Jen Victoria Poynter, Andy Kincaid, 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.

#4 Meditate on the Word.

In our hectic, fast-paced culture, meditation is a lost virtue. Unfortunately, when trouble comes, we may waste time wringing our hands and worrying, instead of meditating on God's Word, works, and will for our lives. In the face of trouble, Asaph resolved to meditate on God's mighty deeds. David provides for us the right focus when he wrote in Ps 119:15-16," I will meditate on Your precepts, and contemplate Your ways. I will delight myself in Your statutes; I will not forget Your word."

"Meditation is vital to spiritual development," opined Dee Bowman. And it's vital to look at our troubles with the right perspective and moving forward.

#5 Declare God's goodness.

As Asaph worked his way through trouble, he realized that God is great, works wonders, and offers redemption. He exclaimed, "I will declare your strength among the peoples" (Ps 77:13-15). Often we grumble against God when facing trouble. Or worse yet, we blame God.

You will feel better and your troubles will be easier to face and resolve when you enlist God's help. Praise Him. And verbally proclaim His presence, providence and power working in your life.

Finally, it's well to remember the advice of William Arthur Ward. "Wise are they who have learned these truths: Trouble is temporary. Time is tonic. Tribulation is a test tube." Ken Weliever

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	

