



# THE MESSENGER

## JANUARY 29, 2023

### NEWS AND NOTES

**Congregational Meeting**  
February 12  
**Our Next Gospel Meeting**

**Weekly Bible Studies**  
Thursday at 1 on Zoom  
Friday at 1 on Zoom  
**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**

February 3, 7:30

**Address and Contact**

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

### JUST SAY “NO”

In our last Thursday Zoom study we spent our time in Luke 9. In that chapter Jesus says, “If anyone would come after me, let him deny himself and take up his cross daily and follow me.” (verse 23)

Over the years I have often heard how important it is to be willing to say “no” to other people. If your schedule is already full or you’d rather allocate your time somewhere else, it is good to learn how to simply tell people “No.” We are told that learning to say “No” is liberating, empowering, and healthy. Occasionally I’ll see someone on social media announcing that they’ve learned the ability to do this and have found it beneficial.

Interestingly, I rarely hear people discussing the importance of telling themselves “No.” Doing so is *at least* as important as saying it to others. I am convinced that one of the most difficult things for Christians to do is say “No” to themselves as it relates to personal ambitions. There are things we may wish to do and accomplish that will simply require too much of our time, attention, focus, and loyalty. Saying “No” to ourselves in such situations is a soul preserving action.

In verse 25 Jesus asks, “For what does it profit a man if he gains the whole world and loses or forfeits himself?” That’s a really good question, isn’t it? I’m afraid we can live our lives as if, in judgment, Jesus is going to say, “Well done, good and successful servant”, or “Well done, good and academically accomplished servant”, or “Well done, good and multi-interested servant.” Of course, we know that he did not say any of these things. The only one who will be commended by him at judgement is the “good and faithful servant.” (Matthew 25:21) But faithful to what? To *him*.

**Members    Needing    Our  
Prayers**

Marcus        Lake,        Mary  
Weatherholt, Joyce Bolton,  
Julie Patton, Rick Small,  
Benny Poynter, Richard and  
Janet Brundige, Rhonda Boyd,  
Cindy        Bradbury,        Paul  
Atkisson

**Others Needing Prayer**

Charlie Hoy, Marc Nations,  
Janice Parsons, Veronica  
Bowman, Charles Bishop,  
Brian Mason, Allison Walker,  
Mark Nickles, Dwayne  
Harrod, William Roberts, Paul  
and Marrian Lyda, Dana and  
her children, Shane (a relative  
of Cindi), Ron Harmon, Patty  
Hill

**To Our Guests**

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

Visit us on Facebook,  
YouTube, or our website to  
watch or listen to sermons.

We should correctly point out that one can be faithful to Jesus in the midst of their career, academic, and other pursuits. They must be. But one is not being faithful to Jesus when all he gets is leftovers. Some have said that it’s really hard to balance being a Christian with their career and other pursuits. I have no doubt, but take it further than that. It’s impossible! Being a Christian is not a balancing act. It is what we are and everything else, *everything else*, is subordinate to it and informed by it. If my desires, goals, and ambitions are crowding out my walk with Christ than it’s time to start telling myself “No.” If that means that I cannot fulfill every ambition than so be it. Anything that conflicts with my dedication to Christ is not an ambition worth having.

Don’t hesitate to tell someone “No” if that is what is needed in a given situation. Hesitate even less when the one who needs to be told is staring you back in the mirror. Otherwise, we may find to our hurt that the one to whom we’ve been saying “No” most often is God.                      Adam Litmer

<b>Elders</b>	<b>Deacons</b>	<b>Evangelist</b>
Troy Antle	Richard Brundige	Adam Litmer
David Collins	Adam Daniels	
	Marcus Lake	
	Adam Litmer	
	Frank Patton	
	Jamie Powell	
	Pat Seabolt	
	Matt Thompson	
	James Weatherholt	

