



Schedule of Services

Sunday

Bible Study 9:30 AM

Worship 10:30 AM

Worship 6:00 PM

Wednesday

Bible Study 1:30 PM

7:00 PM

www.collinsvillecoc.org

For from you the word of the Lord has sounded forth... in every place. (1 Thessalonians 1:8)

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The Top Five Resolutions from Last Year

According to a local news report, the top five resolutions for 2016 were, *losing weight, getting organized, spending less and saving more, enjoying life to the fullest, and staying fit and healthy*. As the calendar rolls ahead into the year 2017, how can we take the top resolutions from last year and make spiritual resolutions for the upcoming year?

1. *Losing weight* - It should be the resolve of every Christian to lose and put away any sin that negatively affects our lives. The Hebrew's writer penned, "...let us lay aside every weight, and the sin which doth easily beset us..." (Heb. 12:1). Our Christian journey will certainly become a little easier without carrying heavy sins.

2. *Getting organized* - Organization is a matter of setting proper priorities. The Lord preached about priority setting as He presented the discourse in the *Sermon on the Mount*.

Jesus said, "*But seek ye first the kingdom of God, and his righteousness: and all of these things will be added unto you*" (Matt. 6:33). When we prioritize to place spiritual things first, we will be surprised how much more organized our lives will become.

3. *Spend less, save more* - Of course this resolution is dealing with money, but from a spiritual standpoint what if each Christian resolved to spend less time for themselves and save more time for the cause of Jesus? Would you be willing to spend less time in a personal activity and give that time to equipping yourself for the work of ministry (Eph. 4:11-12)?

4. *Enjoy life to the fullest* - Christians should be the most joyous people because we are reconciled to God. We should possess a calm delight knowing there is peace and tranquility between us and God. "*To wit, that God was in Christ, reconciling the world unto himself, not imputing their trespasses unto them...*" (2 Cor. 5:19).

5. *Staying fit and healthy* - As Christians, we need to be concerned with our spiritual health. In many cases, we put more time into staying fit physically as we do being

spiritually fit. Paul said, "*But I keep under my body, and bring it unto subjection...*" (1 Cor. 9:27). Discipline and sacrifice is needed to maintain a good, spiritual health.

I hope each of us will strive to implement these all important resolutions.

-K.A. Pugh

The holidays are very difficult when it comes to our eating habits. I understand the average person will gain one to three pounds during the holidays from Thanksgiving through New Years. There are dinners and luncheons and exchanges. There are cookies and candies and desserts along with grazing at the appetizers with big meals sandwiched in between. Most of that is bad for the physical health.

Just as we struggle with diet during the holidays, we struggle daily with the choices around us. Sin presents itself in tempting ways, just as foods do. The difference is that poor physical health affects the quality of and shortens our life, where poor spiritual health damns us to hell. As we must discipline ourselves when it comes to diet, we must discipline ourselves when it comes to the choices of life.

Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we an imperishable. So I do not run aimlessly; I do not box as one beating the air. But I discipline my body and keep it under control...1 Cor 9:25-27 ESV

I understand the benefits of self-control when it comes to diet. I, also, understand the benefits of self-control when it comes to my spiritual life. Exercise self-control today. Look to God for help and guidance.

TLM

Collinsville Church of Christ
1400 Troy Road
Collinsville, IL 62234
Phone: (618) 667-6708
Email: collinsvillecoc@att.net