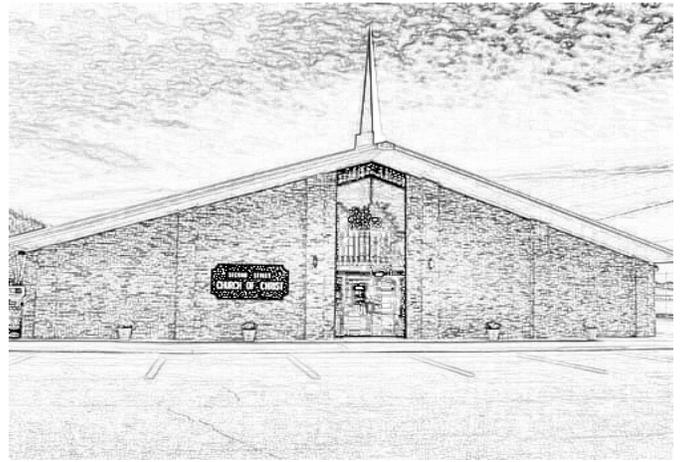


Second Street Church of Christ



March 20, 2016

They're Your Buttons

MINISTER

Adam Cozort

662-663-0231

Office

662-454-9429

P.O. Box 126
Belmont, Ms. 38827

SERVICE TIMES

Sunday Bible Class....9:00am
Sun. Morn. Worship.10:00am
Sunday Evening.....5:00pm
Wed. Evening.....7:00pm

***Endeavoring to keep
the unity of the Spirit
in the bond of peace.
Ephesians 4:3***

In one of my graduate classes last week my professor made this comment: "Don't blame others for pushing your buttons. They are your buttons."

If we're not careful we have a tendency to blame others for our thoughts and actions. "Well _____ just made me so angry that I couldn't control myself", we might say. Or, "I just had to give him a piece of my mind. He had it coming after all."

While the decision to become angry and to negatively react to someone who mistreats us (or in general just rubs us the wrong way) is solely ours, it could be the case that we have stressors in our life that contribute to making it easier for those buttons to be pushed. If you find yourself becoming easily agitated, then here are some things to consider.

Try not to set unrealistic expectations of yourself relative to your time. Self-imposed stress makes it easier for those buttons to be pushed.

Let yourself off the hook. It's okay to do something other than work--like have a hobby, play with the kids, or work in the yard. Too much time in the office is likely to make it easier for those buttons to be pushed.

Get to know yourself. You know what makes you tick. You, better than anyone, know what allows your buttons to be pushed.

Be flexible. Life around you is always changing. Learn when and where it's okay to make adjustments. You don't always have to be so rigid with your schedule. A failure to adapt at times can make it easier for those buttons to be pushed.

"Take heed to yourself . " (Acts 20:28).

". . . Come ye yourselves apart into a desert place, and rest awhile . . . " (Mark 6:31).

"Be careful for nothing; but in everything by prayer and supplication with thanksgiving let your requests be made known unto God" (Philippians 4:6).

"Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself . . . " (Matthew 6:34).

We all experience stress to some extent. Choose not to let stress make a mess out of you. Remember, they're your buttons!

*Neil Richey
Piedmont Road church of Christ
Marietta, GA*

Bulletin Digest

Announcements

Welcome Visitors!! You are our honored guest, and we are glad you came our way! We invite you back to our evening services at 5:00 and Wednesday Bible study at 7:00 pm.

The sign-up sheet to host a singing and fellowship night is posted on the board in the foyer.

Trays for March

Michelle Holcomb

Welcome!



We are Glad
You are Here!



Name: _____ Date: _____

Songs We Sang:

No.	No.
No.	No.
No.	No.

My favorite song we sang is:

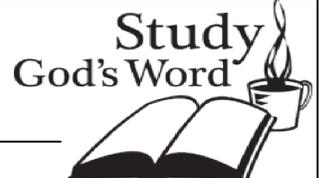
Count How Many Times You Hear These Words:

Zacchaews

Jesus

Draw a picture from today's lesson.

Bible Verses or Notes:



Worrying and Precious Time

Time is a precious blessing not to be wasted. With each tick of the clock, the brief span of time we have in this world is passing. This is why Paul exhorts us to use our time wisely: “Redeeming the time, because the days are evil” (Ephesians 5:16). We should “number our days,” making the most of each moment, living life to the fullest (Psalm 90:12).

Perhaps, nothing hinders a proper use of time more than the futile exercise of worry. To worry is to “to afflict with mental distress or agitation: make anxious” (Webster’s). Worry goes far beyond reasonable concern. To worry is to be anxious and fretful.

Everyone, at some point, will have to deal with the temptation to worry. Many cares and concerns burden our minds. We may worry about our children, finances, health, marriage, and a thousand other things. But worrying wastes time and accomplishes nothing!

In His Sermon on the Mount, Jesus gave some powerful principles regarding worry. He asked, “Which of you by taking thought can add one cubit unto his stature?” (Matthew 6:27). The “cubit” of Scripture was roughly 22 inches, from the elbow to the end of the middle finger. It is apparent that one cannot increase his or her height by worrying about it. God, by the process of biology, determines the “cubits” each person’s height. This is out of our control. In this same way, the vast majority of our worries are beyond our control. Worrying will never improve one’s finances, health, or marriage. Worry will never help your children or grand-children make wise choices. In fact, worry will never do one thing positive for you. But it will waste your time!

Jesus teaches us to “take no thought” for our lives or for tomorrow (Matthew 6:25, 34). Since God knows our needs, He will provide. He takes care of the birds and the lilies, surely, He can and will take care of all who seek Him (Matthew 6:26, 28, 30). Rather than spending our time worrying, we should spend our time seeking first the kingdom of God and His righteousness (Matthew 6:33).

If worry has become a problem in your life, break the cycle today. Realize that time is quickly passing. Begin looking to God. Seek Him through a study of His Word, the Bible. Put Him first in your life. Trust His promises, obey His will, and He will take care of you! He promised: “I will never leave thee, nor forsake thee” (Hebrews 13:5).

Mark Lindley

Chapman church of Christ

Ripley, MS

Bulletin Digest

SERVICE TIMES

Sunday

Bible Study **9:00am**
Worship **10:00am**
Evening **5:00pm**

Wednesday

Bible Study **7:00pm**

*I was glad when they said unto me, Let
us go into the house of the LORD.*

Psalms 122:1

The process for becoming a Christian
is the same as it was over 2000 years
ago! To become a Christian, one must:

Hear the Gospel - Rom. 10:17

Believe the Gospel - Heb. 11:6

Repent of Sins - Luke 13:3

Confess Christ - Rom. 10:10

Be Immersed Into Christ - Acts 2:38

Live a Faithful Life - Rev. 2:10

None of these alone will make you a
Christian. These commands are from
God and must be obeyed from the
heart to become a Christian.

Prayer List



Paula Wanner	Matthew Horton
Joey Pierce	Barbara Livingston
Troy Yarbrough	Phillip Pharr
Pete Wooten	Brenda Leatherwood
Becky Raper	Barbara Blackman
Cathy Alexander	Marilyn Pharr
Gerald Nunley	Lauren Chase
John Tate	Lou Dodson
Mary Gilley	Jeanie Ivy
Cathy Harrison	Rex Crossan



March Birthdays

Jimmy Higginbottom 3/15

Lene Hammett 3/15

Shawn Robinson 3/15

Ann Martin 3/23

Michelle Holcomb 3/26

March Anniversaries

Jerry & Janey 3/2

Barry & Debra 3/17

Sympathy

Norma Taylor Family