

**Today's Sermon:** Are you ready for Resurrection? (part 1)

### **Make Your Bed**

Admiral William H. McRaven, a 36-year Navy SEAL, gave the commencement address to the Class of 2014 at the University of Texas in Austin. He entitled his talk, "10 Lessons to Change the World." Here's his first lesson about how to change the world:

"Every morning in basic SEAL training, my instructors would show up in my barracks, and the first thing they would inspect was your bed. If you did it right, the corners would be square, the covers pulled tight, the pillow centered just under the headboard and the extra blanket folded neatly at the foot of the rack (that's Navy talk for bed).

"It was a simple task—mundane at best. But every morning we were required to make our bed to perfection. It seemed a little ridiculous at the time...but the wisdom of this simple act has been proven to me many times over.

"If you make your bed every morning you will have accomplished the first task of the day. By the end of the day, that one task completed will have turned into many tasks completed. Making your bed will also reinforce the fact that little things in life matter. If you can't do the little things right, you will never do the big things right. And, if by chance you have a miserable day, you will come home to a bed that is made—that you made—and a made bed gives you encouragement that tomorrow will be better. If you want to change the world, start off by making your bed."

Isn't it amazing that all of the people, who are successful in whatever field they've chosen, give credit to the attention to details (the small things)? I believe that is what Paul was saying in Ephesians 5:15-16. Do your best every day, every minute, every second and in every circumstance. In this way God will be honored by your life! So, make your bed! Take care.

**Scripture Reading:** Matthew 5:1-12



**Songs:** 464 Because He Lives, 989 Soon and Very Soon, 344 Low in the Grave, 176 Lamb of God, 346 He Lives



That meets at 215 South Thomas Ave, Sayre, PA 18840

Arthur Barry, evangelist- (607) 280-1732

Mar 22, 2015

**WELCOME!**

Sunday Bible Class- 9:30 a.m.

Worship- 10:30 a.m.

Wednesday Bible Class- 6:30 p.m.



- Sermons are recorded and are available for listening on the church website.
- Bulletins are archived on the website.

[valleycitieschurchofchrist.org](http://valleycitieschurchofchrist.org)

[aicoc.org](http://aicoc.org)

**Bible class series continuing today:**

*The Book of Ephesians*    **“Sit    -    Walk    -    Stand”**

## UPCOMING EVENTS...

- **Regional Singing will again be hosted by us on March 29<sup>th</sup>. Next week!**  
The singing starts at 4:30pm, and we will be offering coffee and other drinks and savory and sweet finger foods (veggies and dip, cookies, etc.)
- The 1<sup>st</sup> annual **Men’s Revival** will take place here on Saturday, May 2<sup>nd</sup>. The theme is **It’s Time to Quit Worrying and Start Trembling**. See the flyer on the bulletin board.
- The Kittanning, PA church will be sending a team up here to conduct a **VBS on Friday, Saturday and Sunday, August 14<sup>th</sup>, 15<sup>th</sup> and 16<sup>th</sup>**. The theme will be announced later.
- **Ladies Class**, Tuesday, March 24<sup>th</sup>. Vicky will lead the discussion on pages 36-42, and Sandy will bring the snack.
- **Men’s Breakfast**, Saturday, April 4<sup>th</sup>.
- **Next Potluck**...April 19<sup>th</sup>...And every 3<sup>rd</sup> Sunday of the month. Mark it on your calendars and plan to be in fellowship with us.
- The **Antioch Initiative** will be gathering a group of mission-minded Christians to **visit with us here June 8<sup>th</sup>- 16<sup>th</sup> to plan church plantings** in one of the three counties of Susquehanna, Wyoming or Sullivan, PA. They are seeking church leaders to join us then.



**JESUS IS LORD!**

## PRAYERS...

- Pray for Rhonda’s brother and Jerry’s son, Matthew Lowe, who has MS.
- Brian Ford has had an MRI, and is waiting for results to see whether he has had a seizure.
- Emily Barry is awaiting results of one test to see if she has Celiac disease. The results of the lab tests from the scope procedure she had a couple weeks ago confirm that she has Eosinophilic Esophagitis, which causes her esophagus to constrict and backs her food up so she can’t swallow. She will have to alter her diet and take medication to help relieve this condition, as there is no cure.
- Darlene Elsbree asks for prayers for her two doctors appointments this week. She has bilateral renal cysts, among other things.
- Herm and Maxine Shiel’s daughter, Sara, had an appointment with a back specialist on Monday, and she is very hopeful that he can help her. Pray that she can get relief from her back pain.
- Continue to pray for comfort for the family and friends of Nick Smith, the young Christian man who was killed in an auto accident last week.
- Patty and Ruthie Albro’s cousin Barbara needs prayer for ill health.
- Also, Patty’s daughter, Jen, and her son, Daniel, have been quite sick with the flu.
- Ruthie visited the foot surgeon Monday concerning a foot problem that she had an operation for a couple years ago.

If you have any prayers or news that you would like included in the bulletin, please contact Sandy Barry **barncat7237@gmail.com** or text or call (607) 261-0911.