The Attitude Factor

By Joe Chesser

This is the time of year when the wind chill factor is important. Most of the time wind chills are merely a nuisance. We have to hold our coats tighter. We put scarves around our faces. We dart more quickly into and out of cars and houses and stores. But there are times, especially in the northern states, when knowing the wind chill factor can be a matter of survival. The cold and the wind can be deadly.

In the summertime it's just the opposite. We welcome the effects of the wind blowing in the summer heat. Without even a gentle breeze, the summer heat, especially in the southern states, can be stifling. How pleasant it is when you are hot and sweaty from working outside in the summer to feel the coolness on your skin that a gentle breeze brings.

In both cases, what the wind does is to take what is naturally present, the temperature, and turn it into something either helpful or harmful. The temperatures don't change; just the way the temperatures feel changes. In the winter, the temperature feels worse; in the summer the temperature feels better.

Our attitudes work in a very similar way on the natural circumstances surrounding us. Our attitudes can make any situation feel better or feel worse. The circumstances may be unchangeable, but the way we view them or react to them is entirely dependent on us. A good attitude "blowing" on bad circumstances can make them much better, while a bad attitude "blowing" on the same set of circumstances can make them seem much worse.

"A cheerful heart is good medicine, but a crushed spirit dries up the bones" (Prov. 17:22). We all know how much our attitudes affect our physical health. In a much greater way, our attitudes affect our spiritual health. In fact, our attitudes affect everything in our lives. How much more pleasant would driving be without road rage? How much happier would our homes be if there were no griping and complaining? How much more Christ-like would our churches be if we didn't take every opportunity to be offended? How much better could we handle disasters and setbacks if we had the attitude of Christ?

Jesus came to earth to make it possible for our sins to be forgiven. He also came to show us how to live transformed lives. He didn't come to make the world a better place to live, but to help us live better in the world around us. A part of His plan included changing our attitudes for the better.

Here are some scriptures that can help you have a better attitude: Rom. 12:2; Phil.1:27-28; 2:3-5, 14; 4:4, 6-7, 8-9, 13; Col. 3:17, 23; Hab. 3:17-18.



That meets at 215 South Thomas Ave, Sayre, PA 18840 (570) 886-1838 Arthur Barry, Evangelist- (607) 280-1732 November 19, 2017

WELCOME!

<u>Sunday</u>	Bible Class- 9:30 a.m.
	Worship- 10:30 a.m.
<u>Tuesday</u>	Ladies Bible Class- 10:00 a.m.
<u>Thursday</u>	Home Bible study-7:00pm

All the churches of Christ greet you.

ROMANS 16:16

Today's Sermon: Overcoming Faith

Sermons are recorded and are available for listening on the church website. Bulletins are archived on the website. valleycitieschurchofchrist.org aicoc.org (Antioch Initiative) Find us on Face Book www.facebook.com/valleycitiescoc Scripture: Mark 5:35-43

ANNOUNCEMENTS / UPCOMING EVENTS…

- Ladies Class: Tuesday, November 21st, 10am. We will be studying Days 3 and 4 of the first chapter.
- > Midweek Bible study Thursday nights at 7pm.
- **>** Next Potluck: December 17th.
- Moving Day! November 29th.



- NEW CHURCH BUILDING! The papers have been signed by both parties and notice of intent to vacate has been given to our landlord of the past 3 years. The closing is scheduled to take place on November 29th. The new church building address will be 701 S. Wilbur St., Sayre, PA 18840
- ✓ Darlene will be traveling to Philadelphia in December for several days of GI testing, then returning for a couple days for treatment. After this she will be heading to FL for some R&R. Doug will be donating a kidney to someone, and, in return, his brother Mark will receive a kidney from someone who is a match for him.
- There will be a card to sign for Robin and Pat Gutherie in appreciation of the fabulous Thanksgiving dinner they cooked and served us last Saturday.

POTLUCK TODAY! PLEASE STAY AND EAT WITH US!

PRAYERS...

- Pray all goes well with **Doug Elsbree** and his brother **Mark**.
- **Emily Barry** is planning thyroid surgery in December here in Sayre.
- Please remember Kiley and Thomas in prayer.
- Pray for **Darlene** as she has tests in Philadelphia December 18-22 and returns there the 27th and 28th.
- Darlene's workmate at Epiphany School, Andrea Lentz, who is the secretary, has developed a mass on her lung after a long bout with pneumonia and difficulty breathing.
- Pray for **Kevan Barry's** safety during his deployment in Kuwait, and for his family as they carry on at home.
- Pat Gutherie is recovering from skin cancer surgery on his forearm and is preparing for open heart surgery next month to repair or replace two valves. Pray that surgeons are successful in repairing them.
- Kelly asked for prayer for her friend Sarah with her marriage.
- Pray for **Joshua Dunn**, who is suffering from stage 4 lung cancer. He seems to be responding well to experimental treatment. Pray this continues to help him.
- Pray for Vicki Joice as she continues Herceptin treatments for breast cancer. Pray for relief from lymphedema.
- **Ruthie** has been trying to reconnect with two former neighbors, and her former workmate, Art, for possible **Bible study**. She has found Frankie, for which she is thankful. Her former workmate, **Nancy**, is suffering from pain in her foot due to diabetes.
- Ruthie and Patty's **Uncle Walt**, age 98, had a stroke recently. Also, their cousin **Wilda**, age 95, is recovering from a bad cold.
- Sandy and Arthur's neighbor, **Erin Beiber** (wife of Darlene's cousin Chris), mother of two young boys, has metastatic breast cancer. Pray for pain relief for her.
- Hannah Barry had an MRI to rule out breast cancer after having cellulitis a week ago. She is awaiting results.
- Remember to pray for sunshine!

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.