

## LET'S NOT WASTE OUR BREATH

Mike Riley

When God created man out of the dust of the earth, He created a living, breathing being capable of thinking, feeling, dreaming, loving, and living forever (Genesis 2:7; Genesis 37:5; Genesis 29:18; 1 Corinthians 15:35-53).

It's also important to note that when God breathed into Adam, He gave more than the breath of life — He gave him an important reason to live, and that is to **worship and praise Him**. As the Psalmist declares:

*"Let everything that has breath praise the Lord" (Psalm 150:6).*

This means that we waste our breath when we use it for something that doesn't honor the Lord in whom "we live and move and have our being" (Acts 17:28).

Although we cannot blow life into a handful of dirt as God did, we can use our breath to speak words of encouragement to the discouraged, help the sick (Matthew 25:36), and console those who grieve (John 11:14-19).

When we use our breath to honor our Creator with the unique combination of talents, abilities, and opportunities that He has given us, we will never be wasting it.

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Time is more valuable than money,  
because time is irreplaceable.

*...making the best use of the time, because  
the days are evil. Ephesians 5:16*



That meets at 701 South Wilbur, Sayre, PA 18840  
(570) 886-1838

Arthur Barry, Evangelist- (607) 280-1732

January 19, 2020

### WELCOME!

Sunday

Bible Class- 9:30 a.m.

Worship- 10:30 a.m.

Tuesday

Ladies Bible Study- 10:00 a.m.

Wednesday

Bible Study-6:30 p.m.

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**All the churches of Christ greet you.**

Romans 16:16

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**Today's Sermon: Hold Fast!**

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) (Antioch Initiative)

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**Scripture: Matthew 9:10-17**

## ANNOUNCEMENTS / UPCOMING EVENTS...

- **Wednesday Evening Bible Class:** January 22<sup>nd</sup>, 6:30pm. Paul is leading a study of Colossians.
- **Next Potluck:** February 16<sup>th</sup>. Something green?
- **Next Regional Singing: March 29<sup>th</sup>, 2020, @ Horseheads 4:30pm**
- **Sojourners-** July 27<sup>th</sup>- August 6<sup>th</sup>



### NEWS

- Last Sunday we held our annual meeting. **Paul Cowles** was elected as a one-year trustee, and **Jerry Lowe** was re-elected as a two-year trustee. **Ted Chacona** is currently serving his final year as a three-year trustee.
- Please stay after worship today and join us for a **potluck meal**.
- **Arthur and Paul** attended the monthly preacher's meeting at Wetzel Rd. Church of Christ in Liverpool, NY on Monday.
- **The church at Horseheads is looking for a preacher.**
- **Arthur** was able to have two very positive interactions during his regular overnight chaplain duty at the hospital. One of them resulted in a short impromptu Bible study to answer questions asked.

## PRAYERS

- **Arthur and Sandy's grandson, Aidan, was baptized into Christ yesterday at the church in Pittsfield, ME! Praise the Lord!**
- **Please pray for Arthur and Paul**, as they are still deciding how to divide up the ministry work and secure support income for Paul.

Continue to pray for **Todd** that he will make good decisions about his relationship with God and with his fiancée, Michelle in the Philippines.

- Pray for **Ted** as he is waiting to have surgery on his Eustachian tubes to restore his hearing. Nothing will be happening until at least May.
- Pray for **Chris Henson and Devon Wolcott** and their little son, **Jace**, who has brain trauma after suffering a seizure. Pray that they will visit our assembly and learn the gospel.
- Pray for **Andrea Lentz**, who has lung cancer.
- **Please pray for Mark Elsbree**, who needs a kidney donor. **Pray for his daughter, Emily, who is a match for him and is making plans for her surgery.**
- **Pray for Lori Kashorek**, who has lung cancer. She is currently undergoing natural treatments in Kansas.
- **Pray for Erin Beiber**, who has metastatic breast cancer. **Continue to pray that she can learn and grow in the Lord as a new babe in Christ. She has been having a hard time lately with her illness and has not yet become connected with a church group.**

- **Pray for Larry Krause**, minister at Kittanning, who had prostate cancer. Pray that he remains cancer free.
- **Pat Gutherie** from Kittanning was told that he has a recurrence of lung cancer following his all clear last summer. Pray for healing and encouragement.
- **Darlene's** tests on her esophagus for cancer and for an infection in her stomach both had negative results! We are thankful!

If you have any **PRAYERS** or **NEWS** that you would like included in the bulletin, please contact Sandy at [barncat7237@gmail.com](mailto:barncat7237@gmail.com) or text or call (607) 261-0911.