

## We Can Overcome

By Jared Green

Claustrophobia, the fear of enclosed spaces, is one of the most well-known phobias in the world. Those who deal with claustrophobia report physical symptoms such as shortness of breath, ringing in ears, and confusion when in a small, enclosed space. While only a small part of the human population deal with claustrophobia, most of us know the feeling of the metaphorical walls closing in. When a school deadline is approaching and there is still work to be done on the big paper, it may feel as though the walls are closing in. When a person is under financial stress and his car breaks down, it may feel as though the walls are closing in. For Christians, that feeling often comes as the result of temptation.

We feel this because, frankly, temptation is difficult to overcome. On the one hand, temptation is difficult because it is fun to sin! That sentence may seem surprising, but James tells us, “But each person is tempted when he is lured and enticed by his own desire. Then desire when it has conceived gives birth to sin, and sin when it is fully grown brings forth death” (James 1:14-15). Temptation is also difficult because it is all around us. John sums up temptation this way: “For all that is in the world—the desires of the flesh and the desires of the eyes and the pride of life—is not from the Father but is from the world” (1 John 2:16). From social media, to television, to the actions of people around us, we encounter temptation daily. Temptation is difficult to overcome!

Scripture teaches us, however, that Christians do not have to suffer from spiritual claustrophobia. John teaches us that we can overcome the world. As difficult as it may seem to overcome the “world” (John’s word to describe temptation in 1 John 2:16), it is possible through our faith in Jesus. John says, “For everyone who has been born of God overcomes the world. And this is the victory that has overcome the world—our faith” (1 John 5:4).

Our faith in Jesus means that we believe he is our Savior, we submit ourselves to him in obedience, and we daily trust in him for the strength to overcome. Hebrews 12:1-2 says, “...let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, looking to Jesus, the founder and perfecter of our faith...” Faith in Jesus brings us the victory to overcome the world! God loves you, and so do I.



That meets at 701 South Wilbur, Sayre, PA 18840

(570) 886-1838

Arthur Barry, Evangelist- (607) 280-1732

March 10, 2024

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

Romans 16:16

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### WELCOME!

Sunday

Bible Class- 9:30 a.m.

Worship- 10:30 a.m.

Wednesday

Bible Study-6:30 p.m. on Zoom

**Today’s Sermon: God Is**

**Scripture Reading: Hebrews 11:1-6**

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

Bulletins are archived on the website.

Notes for Sunday morning and Wednesday evening classes are available on the website.

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

Find us on Facebook:

**[www.facebook.com/valleycitiescoc](https://www.facebook.com/valleycitiescoc)**

**Headphones are available for the hearing impaired.**

## ANNOUNCEMENTS / UPCOMING EVENTS...

- ❖ **Wednesday Evening Bible Class:** 6:30pm March 13, on Zoom, 1 Thessalonians.
- ❖ **Ladies' Class** –Tuesday, March 12. The prophet Zechariah.
- ❖ **Community Coffee House-** Saturday, April 20, 1-3pm.
- ❖ **Next Potluck & Bring-a-Friend Sunday** – March 17.
- ❖ **Next 5<sup>th</sup> Sunday Singing-** March 24 at Horseheads.
- ❖ **Valley Cities Ladies' Prayer Brunch-** My Identity in Jesus -April 6, 10am-1pm
- ❖ **Soul-winning workshop** at Horseheads. April 13.



- Several of us enjoyed our second monthly Community Coffee House and Open Mic yesterday! Again, it was a great success, especially because this time we actually had a visitor from the community.
- Remember our fellowship potluck meal next Sunday. It will be on St. Patrick's Day, so a green theme would be appropriate. (-; Bring a friend!
- Our MAGI box donations are up and running! No more toothbrushes, please! We still need plenty of girls' hairbrushes and boys' pocket combs, toothpaste, washcloths, soap, deodorant for boys, composition books (\$1 ea. @ Walmart), pens, pencil sharpeners, cap erasers, big erasers, rulers. Please check out the whiteboards in the donation room to see numbers.

## PRAYERS

- **Please pray for Trista Mosher**, whose mother, a former colleague of Amy's, recently passed away.
- **Pray for Shirley Stroll**, who has terminal cancer. She is a former neighbor of Todd's family when he was a boy, and her son is a friend of his.
- **Pray for the success of our outreach effort with the coffee house and open mic program for the community.**
- **Pray for success of our preacher search.**
- **Pray for impact from our MAGI boxes as we prepare to fill 80 more for 2024.**

### Continue to pray for these people:

- **Shirley Stroll-** Todds friend's mother, terminal cancer.
- **Dawn Cowles-** chemo treatments following breast cancer surgery.
- **Bonnie's brother Greg** upcoming hernia surgery
- **Marguerite** (Ruthie's friend)- in Beechtree rehab center recovering from a broken hip and injured neck.
  - **Pat Guthrie-**he has lung cancer, stage 4, and his wife Robin.
  - **Paulette-** Pain coming from her spine and affecting her hip and leg. Also she has a lot of work-related stress.
- **Mike Walls**, frontal lobe dementia. Pray also for Carrie who has left the marriage. Mike's health care is now being overseen by his sister.
  - **Sue Barry-** stage 4 breast cancer. (currently in remission)
  - **Steve's brother Brian-** prostate cancer
  - **Steve's sister Deb-** leukemia, and breast cancer
  - **Monique (Miki's friend)-** managing back pain meds.
  - **Stephen Salada** (Miki's friend Georgia's grandson)- recovering from Influenza A and inflamed lung.
    - **Jon Russell-** needs foot surgery because of diabetes, but has a heart condition that needs to be addressed first.

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.