

(15)And he said to them, "Go into all the world and proclaim the gospel to the whole creation. (16)Whoever believes and is baptized will be saved. Mark 15:15, 16

Christ's Closet

Free Clothing for anyone in need. Open Wednesdays 9:00 – Noon.

Food Pantry

The pantry is located in the room left of the library. There are sacks in the pantry room if you or someone you know is in need of any of these items. Feel free to take what you need. If you have a donation for the pantry please put it on the table in the pantry room.

Mountain States Children's Home

Remember to stock up on non-perishable supplies to bring for the children's home collection which takes place near the end of March each year. Keep this work in your prayers.

Peru Ministry

Support Oscar, Anna Maria, Queca and Tony Woods in their outreach in Peru.

Kennewick Church of Christ

3926 W. Kennewick Ave. Kennewick, WA 99336
509-783-4013

Website: www.kennewickcoc.com

Facebook page: Kennewick Church of Christ
Church Email: kencoc@gmail.com

Meeting times:

Sunday:

Sunday Bible Study 9:30 am
Sunday Morning Worship 10:30 am
Sunday Night Worship 6:00 pm

Wednesday:

Wednesday Night Bible Study 7:00 pm

Elders:

Clarence Botts: 509-521-3344; ccbotts@hotmail.com
LaVern Engelke: 509-783-6479; vern.engelke@gmail.com

Minister:

Dustin McCrickard 509-579-9068

Open Congregational meeting – 2nd and 4th Sunday at 5:00 pm. All are welcome.

July 16, 2017

Welcome to the Kennewick Church of Christ

Self Control

What is the value of self-control? Self-control is that which enables us to hold our tongues when we are tempted to viciously put someone in his place once and for all; or when we know a juicy bit of gossip that would be entertaining to the group and would turn us into the "life of the party"; or when an occasion almost demands that we betray a confidence that must not be betrayed under any circumstances.

Self-control is that which enables us to control our passions when another is provoking us to anger; that keeps the clinched fists in the pockets when the agitator is only half our size; that keeps the lips sealed when another is railing and swearing at us. Self-control is that which enables us to be like our Lord "who, when He was reviled, did not revile in return; when He suffered, He did not threaten, but committed Himself to Him who judges righteously" (I Peter 2:23).

Self-control is that which enables us to maintain purity of heart and to thrust out evil thoughts before they can take root; that enables us to place the best possible construction on another person's actions when unproven rumors could easily destroy our confidence in him; that helps us to maintain a cheerful disposition when everything around us has turned sour. Self-control is that which enables us to love the unlovable and to hate that which the world loves.

Self-control is that which enables us to rule our appetites; to say "no" when our lusts would lead us to sin or when that which is harmful to our health is placed before us. Self-control is that which enables the smoker to put down his cigarettes and the alcoholic to put down his drink and never return to it. Self-control is that which enables us to rule rather than to be enslaved.

The Bible does not glorify the indifferent and impassive. It is not our goal to be uncaring. To be like Paul, we must be able to have our spirit stirred within us when we are surrounded by evil (Acts 17:16). To be like our Lord, we must sometimes feel anger when surrounded by hypocritical self-righteousness (Mark 3:5); we must even react with occasional outbursts of goodness on occasions, as when the Lord cleansed the temple (John 2:13-17). But, all such outbursts must be tempered with self-control, that in our anger we "do not sin" (Ephesians 4:26).

God does not view our uncontrolled actions with amusement. Our temper tantrums and harsh, unbridled words are soul threatening, a potential bar to the abundant entrance into the Lord's everlasting kingdom (II Peter 1:5-11). We must not minimize the danger. We must not surrender to this evil.

What is the value of self-control? It is one of the qualities that enable us to go to heaven. The possessor of it is rich indeed.

–Bill Hall

26Be angry and do not sin; do not let the sun go down on your anger 27and give no opportunity to the devil.
(Ephesians 4:26,27)

Attendance 7/09 82

Budget \$2000.00

Contribution 7/09: \$2588.62

Keep these Dates in Minds:

- 7/02 First Sunday Potluck
- 7/08 Men's Breakfast and Fellowship
- 7/09 Open Congregational Meeting 5:00p
- 7/23 Open Congregational Meeting 5:00p
- 8/06 First Sunday Potluck
- 8/12 Men's Breakfast and Fellowship
- 8/13 Open Congregational Meeting 5:00p
- 8/27 Open Congregational Meeting 5:00p

Bible Studies:

- Adult Class (S) –James
(W) – Romans - Fellowship Hall
- Young Adults (S, W) – Acts - Spanish Room
- Youth Classes – Classroom Wing
- Ladies Class - Discontinued for the Summer

Birthdays and Anniversaries for June

- Kael Botts 7/03
- Bob & Shirley Childers 7/11
- Mailey McCrickard 7/11
- Kaleb McCrickard 7/12
- Marilyn Davis 7/15
- Joshua Hickman 7/15
- Patrick & Kristy Hickman 7/19
- Danny & Shannon Mendoza 7/22
- Alec Minor 7/22
- Holly Preston 7/22
- Jim & Holly Preston 7/22
- Dorothy Bryan 7/27
- Ila Stephens 7/28
- Sarah Mendoza 7/28
- Jeffra Slagle 7/29
- Shaylin Smith 7/29



Health Issues: Pam Fox's grandson, Canaco & Eli , Abigail Jones, Karen McBurney, Dustin Stecker, Doris Pennington, Betty VanVoorst, Bob Childers, Eddie Petros, Darlena Moon, Jack Pinckert Jr., Amanda McCrickard, Sandy Gray, Bill Henniger, Savannah and Christian Johnson, Marilyn Foster (Gayle Caldwell's mother), Linda Lafferty, Christy Hickman, Gary Bills , Norm Goldsmith, Tom Gritzen

Joshua Hickman as they follow up on the news they received on Joshua. It appears there is an issue that needs to be addressed.

The Logan's in Kansas City as they received bad news concerning their daughter

In the Military: Levi Toombs



July 19-22, 2017

Wednesday Friday 6:00pm – 8:00pm

Saturday 3:00pm – 5:00pm

- This Week – Starting Wednesday -

Youth Rally Coming August 11-13

There is a sign up sheet in the fellowship hall for help with some of the needs

1. **Think before you speak** - Take a few moments to collect your thoughts before saying anything — and allow others involved in the situation to do the same.
2. **Once you're calm, express your anger** - As soon as you're thinking clearly, express your frustration in an assertive but non-confrontational way.
3. **Get some exercise** - Physical activity can help reduce stress that can cause you to become angry.
4. **Take a timeout** - Timeouts aren't just for kids. Give yourself short breaks during times of the day that tend to be stressful.
5. **Identify possible solutions** - Instead of focusing on what made you mad, work on resolving the issue at hand.
6. **Stick with 'I' statements** - To avoid criticizing or placing blame use "I" statements to describe the problem. Be respectful and specific.
7. **Don't hold a grudge** - Forgiveness is a powerful tool. If you can forgive someone who angered you, you might both learn from the situation and strengthen your relationship.
8. **Use humor to release tension** - Lightening up can help diffuse tension. Use humor to help you face what's making you. Avoid sarcasm, though — it can hurt feelings and make things worse.
9. **Practice relaxation skills** - When your temper flares, put relaxation skills to work. Practice deep-breathing exercises, imagine a relaxing scene, or repeat a calming word or phrase.
10. **Know when to seek help** - Learning to control anger is a challenge for everyone at times. Seek help for anger issues if your anger seems out of control, causes you to do things you regret or hurts those around you.

More Than Information

How is behavior altered? In his book *The Social Animal*, David Brooks notes that some experts have said people just need to be taught the long-term risks of bad behavior. For example, he writes: "Smoking can lead to cancer. Adultery destroys families, and lying destroys trust. The assumption was that once you reminded people of the foolishness of their behavior, they would be motivated to stop. Both reason and will are obviously important in making moral decisions and exercising self-control. But neither of these character models has proven very effective." In other words, information alone is not powerful enough to transform behavior.

As Jesus' followers, we want to grow and change spiritually. More than two millennia ago, Jesus told His disciples how that can happen. He said, "Abide in Me, and I in you. As a branch cannot bear fruit of itself, unless it abides in the vine, neither can you, unless you abide in Me" (John 15:4). Jesus is the Vine and we, His followers, are the branches. If we're honest, we know we're utterly helpless and spiritually ineffective apart from Him.

Jesus transforms us spiritually and reproduces His life in us—as we abide in Him.

– Marvin Williams

24Do you not know that in a race all the runners run, but only one receives the prize? So run that you may obtain it. 25Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we an imperishable. 26So I do not run aimlessly; I do not box as one beating the air. 27But I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified.

1 Corinthians 9:24-27