



# PINE VALLEY CHURCH OF CHRIST

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## Remember in Prayer

- Ray's niece, Cyndi Armstrong, chemotherapy
- Ray's sister Nancy has a painful ligament tear in her knee.
- Roger's brother James is improving after his stroke.
- Cole's cousin's husband is having heart issues.
- Our travelers
- Bill G., cellulitis in his arm
- Phillip James, having another cornea transplant Jan. 29
- Mac, severe foot sprain
- John Huffmyer, hospitalized

## Praise!

Bill Gottschalk, change in medication is helping him.

## Long Term

- Billy and Carol Balke
- Lilly Taylor, 12 years old, in Pagosa, has aplastic anemia.
- Stephanie's brother Ken is now in home hospice care.
- Sue's friend Maegan Martinez, tremor disorder
- Mission works
- Christians being persecuted (Heb. 13:3)
- Bible studies in progress
- Our country, world situations, and the education of our children

## Friends Dealing with Cancer

- Lee's uncle
- Jen Kawalsk, Mac's friend
- Donnie Bates' mother
- Marvin Moncrief

Pray for one another. Jas. 5:16

Pray without ceasing. 1 Th. 5:17

The Lord has heard my supplication, The Lord receives my prayer. Ps. 6:9

## Perfect Love Casts Out Fear

Fear is one of the main challenges of mankind. Ever since we lived in caves and fought bears with sharp sticks and stone tipped spears, there have been real things to fear. The way God designed us, we can pump out adrenaline for the *fight or flight* syndrome. Fear can literally make us run faster or fight harder. Those are good things.

But misusing this adrenaline-fueled gift of God can cause grave difficulties in life, just like misusing any of the other gifts God gave us. In interpersonal relationships today, we very seldom need to flee or fight, but we often misinterpret the situations around us. If you happen to be in a bad part of town after dark, you may well need adrenaline if an unexpected attacker pounces on you! But almost never do we need to fight or flee sitting in our own home with family members.

But sometimes our brain goes into fear mode quite unnecessarily. When we fear losing an argument or losing our relationship, adrenaline is almost always the enemy of rational, relational thought. Fear can cause a shot of adrenaline and that, itself can cause a fight, verbal or physical. Remember, the gift of adrenaline was made to help us fight bear!

When disagreements strike, and they will, love calls for understanding, patience, and peace if we are to parlay. Verbal challenges should elicit listening and reasoning, not fight or flight. Listen carefully, IF (but IF) we love as Jesus called us to do, then it is far easier to listen to understand rather than fight to win. *If winning an argument is more important than understanding someone you are supposed to love, then you have a bigger problem than the argument at hand.*

Yes, truth matters. Yes, we should "seek peace and pursue it," (1 Peter 3:11). The command is to be proactive, not passive, in seeking and pursuing peace. In the midst of frustration, that's not easy, but is certainly possible or God would not have commanded it.

Former Army Special Forces operator and current Virginia legislator, Nick Freitas, has a great practical approach for married couples: *No matter what the argument, always talk to each other as someone you deeply love.* In practical application that means we must never allow the issue to define the relationship. The subject must never define the relationship. The disagreement calls for rational discussion and a desire to understand your spouse more than a desire to win an argument.

We simply *must* seek to understand before we seek to be understood. If we fear losing an argument more than we seek to express love, we will, most often, be more motivated by that fear than by agape love (seeking the best for the other person). The process should be to replace fear or anger with curiosity. Then we can seek to understand rather than win. Then it will be far easier to love, and as we grow and perfect our love, the love itself will cast out the fear that feeds our anger. The last time I looked, 1 John 4:18 still says, **"There is no fear in love; but perfect love casts out fear, because fear involves punishment, and the one who fears is not perfected in love."**

Ray Wallace

## Schedule

### Sunday

9:00 a.m. Bible Study

10:00 a.m. Worship

1:15 p.m. After Lunch Bible Study

### Wednesday

3:00 p.m. Bible Study

6:15 p.m. Bible Study

### Ray Wallace, Minister

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### Mission Works

Kyle & Lyndsey Click – Alaska

David & Desirée Malley – Utah

Phillip & Ireta James – Hogback

Terry & Pamela Lawrence – Ft.

Defiance, Arizona

Donnie & Noma Bates, BVBID

**Contribution 12/31/2023 \$3,172.00**

### What Must I Do To Be Saved?

**Hear the Gospel** - Romans 1:16;

Romans 10:14, 17; Luke 6:47-49

**Believe in Christ** - John 3:16; John

6:28-29; John 8:24; Hebrews 11:6

**Repent of sins** - Luke 13:3; Acts 2:38;

Acts 17:30; Acts 26:20

**Confess faith in Christ** - Romans

10:10; 1 Tim. 6:12; Matt. 10:32-33

**Be baptized (immersed) into Christ** -

Acts 2:38; Acts 22:16; Rom. 6:3-4; 1

Peter 3:21

**Remain Faithful** – Rev. 2:10

Please let us know how we can assist you in your spiritual walk.

### Pattern of Worship

#### Congregational Singing

Ephesians 5:19, Colossians 3:16

#### Prayer

1 Timothy 2:1-2, Philippians 4:6

#### Communion

1 Corinthians 10:16, 11:23-29

#### Freewill offering

1 Corinthians 16:2, 2 Cor. 9:7

#### Teaching God's Word

Hebrews 10:25, Acts 20:7

## Business Meeting and Potluck – Today

### Can God's Expectations for a King Apply to You?

God foresaw the time when His people would demand a king, and He set out some parameters for those who would reign over His nation. Consider these two responsibilities. First, the king was to “write for himself a copy of this law in a book” (Deut. 17:18). Do you remember when you used to study for tests in school? Did it help you to get the information locked in your head better if you actually wrote it out with your own hand? What would happen with your Bible knowledge if you took sections of it and wrote it out in your own handwriting?

Second, the king was to keep his handwritten copy of the law “with him, and he shall read it all the days of his life” (Deut. 17:19). God knew what He was requiring! What happens to your faith when you have read the Bible every day? It is not merely a rote exercise!

Why did God want the king to do this? For the same reason that we should! “That he may learn to fear the Lord...to observe all the words...that he may not turn aside...” (Deut. 17:19-20).

David Sproule, Palm Beach Lakes, Florida

### January Birthday – 26 Lesa Pinkerton

### One Year Bible Reading Schedule

This year's Bible Reading Plan is taken from The One Year Bible online reading plan, New American Standard Bible - <http://oneyearbibleonline.com/one-year-bible-custom-reading-plan/?version=49&startmdd=1231>

#### January 7th Readings

GENESIS 18:16-19:38

MATTHEW 6:25-7:14

PSALM 8:1-9

PROVERBS 2:6-15

#### January 10th Readings

GENESIS 24:52-26:16

MATTHEW 8:18-34

PSALM 10:1-15

PROVERBS 3:7-8

#### January 13th Readings

GENESIS 30:1-31:16

MATTHEW 10:1-23

PSALM 12:1-8

PROVERBS 3:13-15

#### January 8th Readings

GENESIS 20:1-22:24

MATTHEW 7:15-29

PSALM 9:1-12

PROVERBS 2:16-22

#### January 11th Readings

GENESIS 26:17-27:46

MATTHEW 9:1-17

PSALM 10:16-18

PROVERBS 3:9-10

#### January 9th Readings

GENESIS 23:1-24:51

MATTHEW 8:1-17

PSALM 9:13-20

PROVERBS 3:1-6

#### January 12th Readings

GENESIS 28:1-29:35

MATTHEW 9:18-38

PSALM 11:1-7

PROVERBS 3:11-12

So do not worry  
about tomorrow;  
for tomorrow will care  
for itself.

Matthew 6:34