

ZZZZZZZZ

I am thankful for sleep.

Our bodies are designed to need rest. Most of us need about 7-8 hours of sleep to recharge and refresh. Many of us get fewer hours; some get more. But there's nothing like the feeling you have after going to bed at a decent hour, sleeping uninterrupted, and awaking when your body is ready. As rare as it may be, it is truly wonderful.

Now having said that, I am also thankful that our God never sleeps. It is a bit ironic that the one who designed us to need sleep needs no rest himself. That is good for all of us.

1 - I will lift up my eyes to the mountains; From where shall my help come?

By Cloyce Sutton II 2 - My help comes from the LORD,

Who made heaven and earth.
3 - He will not allow your foot to slip; He who keeps you will not slumber.
4 - Behold, He who keeps Israel Will neither slumber nor sleep. **(Psalm 121.1-4)**

This "restlessness" of God is part of his eternal vigilance on behalf of his creation. Because he is not bound by time and unaffected by weariness and toil, night and day are alike to him. He is always alert, always watching, always present.

For today, get some rest, and be thankful for the One who never does.



Sick			
Fran Snyder (Mother of Carla Humphrey)	Lori Holloway	Chick Wade	Sandlyn Fultz (Davis Fultz's Sister)
Gloria Detmer and Carol Dickerson (Toni Herd's Sisters)	Carrie Chavers (Friend of Sharon Bailey)	Bill Rhodes (Toni Herd's Uncle)	Philip Locke (Jeremiah Johnson's Uncle)
Russell Dickerson (Toni Herd's Great Nephew)	Grandparents of Mary Ann Roberts	Easton Alexander (Phillip Box's cousin's baby)	Jerry Sandlin (Megan Lee's Grandfather)
Richard Call Seth Humphrey's Uncle	Quinton Addison (April Jerkins Grandfather)	Erlene Davis (Walker Davis' mother)	Mary Smith (Nathan Smith's Grandmother)
Gerald White (Christopher, Anna and Wesley's Father)	Dave Brown (Friend of the Lanier's)		Larry Alexander (Friend of Phillip Box)
Marty and Aubrey Meeks (Toni Herd's Nephews)	Frank Johnson (Debbi Coleman's Uncle)	Dale Wilkes (William Herd's Uncle)	

July Birthdays
3 - Nathan Rouse
11 - Madi White
12 - Aurie Adams
14 - Laurel Jerkins
15 - Bradley Seymore
16 - Nathan Smith
23 - Drew Haley Smith
25 - Yvette Rouse

News and Notes
<input checked="" type="checkbox"/> Tim Morton has returned from Afghanistan for 2 weeks!
<input checked="" type="checkbox"/> Let us remember Matthew Johnson, David Golden and Tim Morton in our prayers as they are deployed overseas.
<input checked="" type="checkbox"/> Let us remember Jared Burton and Chris Davis as they undergo treatments.
<input checked="" type="checkbox"/> Let us remember our expectant mothers in our prayers: Anne Morton and Jana Hall.
<input checked="" type="checkbox"/> There is a meeting at the Prattmont church July 10-15, with Harold Hancock.
<input checked="" type="checkbox"/> Ray Humphrey has his gall bladder removed last Monday and is recovering.

A weekly publication of the University church of Christ in Auburn, Alabama

The Auburn Beacon



Let your light so shine before men, that they may see your good works and glorify your Father in heaven. **(Matthew 5:16)**

Volume 2, Issue 36 July 10, 2011

The Lord's Supper

By John R. Gibson



Thoughts to Ponder

Love has power to give in a moment what toil can scarcely reach in an age.

Christians seeking to follow the New Testament pattern gather each first day of the week to eat the Lord's Supper **(Acts 20:7)**. They also realize that this Supper is to be eaten in remembrance of Jesus' death and with a full awareness of what they are doing **(1 Corinthians 11:23-29)**. Since those who eat and drink in an unworthy manner become weak, sick and even spiritually dead **(1 Corinthians 11:30)**, the disciple who does the opposite and partakes in a worthy manner finds in the Lord's Supper and its communion with the body and blood of Jesus **(1 Corinthians 10:16)** an opportunity to be strengthened spiritually.

The following thoughts are intended to help each to examine himself and partake of this divinely given feast in a way that will please God and at the same time be beneficial to him. In the following meditations the greatest benefits will be obtained by those who can personalize each

All these thoughts are deserving of consideration during the Lord's Supper, but there is more. While this memorial is intended to be a time of serious reflection, it is not intended to be a depressing experience.

thought as Paul did in **Galatians 2:20** when he wrote of Jesus "who loved *me* and gave himself for *me*." Please read each meditation as having direct and personal reference to you.

Meditate on the Following...

Jesus left the glories of heaven. What kind of love was required to move One to leave a place of perfection and come to this world, especially when He knew the suffering He would face? "For you know the grace of our Lord Jesus Christ, that though He was rich,

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Call (334) 734-2133 or
E-mail:
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SCHEDULE OF SERVICES	
Sunday	
Bible Class	9:30 AM
Worship	10:20 AM
Evening Worship	6:00 PM
Wednesday	
Bible Classes.....	7:00 PM

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Larry Rouse
Evangelist and Editor

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yet for your sakes He became poor, that you through His poverty might become rich." **2 Corinthians 8:9**

See Him as He was "exceedingly sorrowful" at Gethsemane. Appreciate the agony as He prayed that the cup might pass from Him, but insisted that He would carry through with the Father's will so that sinners might be saved. **Matthew 26:36-44**

Imagine the pain and disappointment as Judas betrays Him; the other disciples forsake Him and flee; and Peter denies three times that he even knows Him. **Matthew 26:47-56, 69-75**

Go with Jesus as He is mocked, blindfolded (**Mark 14:65**), spat on, and slapped. **Matthew 26:67, 68**

Try to feel some of the pain He experienced when the brutal scourging cut the flesh of His back. Think about the humiliation of the scarlet robe, crown of thorns, and reed scepter. And don't forget why He did it. **Matthew 27:26-31**

See Him carrying His cross to Calvary (**John 18:17**) and remember that bearing your cross for Him (**Luke 9:23**) is a reasonable request from One who literally bore His cross for you.

At Calvary the Lord was subjected to shame and humiliation as His clothes were stripped from Him and divided among the soldiers. Insults continued to be hurled at Him. And of course He suffered that horrible, incredibly painful death on the cross (**Matthew 27:35-51**). "But He was wounded for our transgressions, He was bruised for our iniquities; the chastisement for our peace was upon Him, and by His stripes we are healed." **Isaiah 53:5**

All these thoughts are deserving of consideration during the Lord's Supper, but there is more. While this memorial is intended to be a time of serious reflection, it is not intended to be a depressing experience. Consider a few more meditations celebrating the victory Jesus has gained for all who accept His grace.

Travel with Mary Magdalene and the other women to the tomb on Sunday morning and see their joy when they learn that He has risen. Watch Thomas' doubts disappear as he proclaims, "My Lord and My God!" **John 20:28**

Walk with the apostles out to the Mount of Olives and see the risen Savior ascend into heaven (**Acts 1:4-12**) to be highly exalted and given the "name which is above every name." **Philippians 2:8-11**

Rejoice in the fact that while in heaven He serves as a sympathizing mediator, knowing the struggles you face. **Hebrews 4:14-16**

Allow the Lord's Supper to remind you that He is coming again to deliver His people and allow them to live with Him forever. "For the Lord Himself will descend from heaven with a shout, with the voice of the archangel, and with the trumpet of God. And the dead in Christ will rise first. Then we who are alive and remain shall be caught up together with them in the clouds to meet the Lord in the air. And thus we shall always be with the Lord. Therefore comfort one another with these words" (**1 Thessalonians 4:16-18**). Also see **2 Thessalonians 2:6-10; 1 Peter 1:3-9**; et al.

"For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life." **John 3:16**

Think on these things.



Doting About Questions

By Edward O Bragwell, Sr.

While this is the context of Paul's warning, it is clear that God does not like for one to "dote about questions" in any context. Christians should not "show excessive love" for controversy. They must "contend earnestly for the faith." (**Jude 3**).

Paul warns of those who are "doting about questions and strifes of words." (**1 Tim. 6:4**). The basic meaning of the English word "dote" is "to show excessive love or fondness." The word from which "doting" is translated means "sick." Three other widely-used translations translate the phrase thusly:

"Obsessed with disputes and arguments over words" (New King James).

"An unhealthy interest in controversies and quarrels about words" (New International). "A morbid interest in controversial questions and disputes about words" (New American Standard)

From the context it is fairly certain that Paul was talking about certain false teachers who were causing strife among brethren by using their skills at argumentation to persuade poor slaves, who were Christians, to use godliness for their own material gain by rising up against their masters. It may have been that they argued that "freedom in Christ" entitled one to demand all other forms of freedom. What ever the case, Paul tells the slaves that rather than "supposing that gain is godliness," to consider that "godliness with contentment is great gain."

It was not the purpose of the gospel to upset nor overthrow the social and political systems of the world, but its purpose was (and is) to give man freedom from sin and fear of the wrath to come. In order to maintain this free-

dom a Christian was taught to "live soberly, righteously and godly in this present world." (**Tit. 2:12**). Part of living that "quiet and peaceable life in all godliness" (**1 Tim. 2:2**) was to quietly submit to those over them in the social and political realm, rather than being an agitator of strife and a rabble-rouser.

While this is the context of Paul's warning, it is clear that God does not like for one to "dote about questions" in any context. Christians should not "show excessive love" for controversy. They must "contend earnestly for the faith." (**Jude 3**). Jesus and his Apostles left us copious examples of engaging in legitimate debate on religious questions. But we need to be careful that our affinity for controversy does not become excessive until it becomes an obsession, a sickness – so that one seeks to debate just for the love of debating or arguing just for the sake of arguing. Such a one can foment a lot of unnecessary strife and headaches among brethren in general, and within the congregation where he attends in particular, with his endless wrangling over every little question. Bible classes, preaching services, and even social conversations, with such a person present, are tension filled because most of those present wonder what brother Wrangle is going to find to argue about today. It is hard to really learn and be edified in such an atmosphere.

