

I see others have inflicted on me, you might be in for a fandango.

You see, grudges (the holding on to hurts inflicted by others) is ultimately a self-defeating behavior. Did you see the word “self” in there? Now the results of the “injury” shifts from what others have done to me, to what I have done with my feelings about it. If I harbor, carefully cultivating and rationalizing my own “victimization” in the incident, I prime my own emotions for an outburst.

When I am focused on myself and my own hurts, I stop looking at the impact of my harsh words or recklessness. I excuse myself by saying, “I can’t help it” or “I just couldn’t take it anymore.” Our own lack of discipline in offering forgiveness, controlling our pain, and regulating our inner conflict spills out on others.

It is at this point that we have to take responsibility for our behavior. This isn’t about what others have done to me, it is about what I’ve failed to do myself. Now it is up to me, my task to be aware of others and not just myself.

Jesus uttered words like, “Father forgive them, they don’t know what they are doing.” Oh, they knew they were killing Jesus, but they didn’t see the “big picture”.

As we move through life, we need to see the big picture. What is the source of quarrels and fights? The other person? No, James (3) tells us it is our own passions at war in us. Look inside and regulate yourself.

It isn’t easy, but it is godly.

Grace and Peace,

Carl

Where belonging to God means belonging to each other.

*St John Church of Christ
609 N Pearl
P. O. Box 241
St John, KS 67576*



**St John Church of Christ
A Family of God**

January 24, 2016

A friend of mine mentioned that he had experienced a lot of “pent up frustration” this week. He allowed himself to express it in an unrelated place. Often when we do this, we injure or hurt the innocent or unsuspecting.

One of my favorite, most useful proverbs is found in 15:1, “A soft answer turns away wrath, but a harsh word stirs up anger.”

Just like the dial on your stove, you can increase the heat over issues or you can turn it down by the way you communicate. Earlier in Proverbs (14:16) the writer tells us “One who is wise is cautious and turns away from evil, but a fool is reckless and careless.” There are choices about how we deal with things. We are to lead disciplined lives, not reckless, careless ones.

Now, I am the first to admit... I am better at this when everything is going my way. If the injury is slight, the offense unimportant, my magnanimity knows no bounds. If you cut in front of me in the lunch line, I will seldom resort to a fist fight. But, if I’ve been harboring a grudge, against some injustice

SUNDAY: Leisure Homestead Service—9:30 am
Bible Study for all ages—10:00 am
Worship Service—10:45 am
Afternoon Service—1:15 pm
WEDNESDAY: Adult Bible Study—7:30 pm
Youth Group—7:30 pm (@ Carl's)
ELDERS: Richard Breensing, Teddy Gingrich, Loyd Ratts,
Terry Sallee, George Shelton
DEACONS: Jerry Kinnamon, Jon Mansel
TREASURER: Richard Breensing

WORSHIP ORDER FOR JANUARY 24, 2016

SONG LEADER: Gary Hornbaker
GATHERING SONG: No. 435—Come Into His Presence
WELCOME: Tom Turner
SCRIPTURE READING: Hebrews 11:32-40; 12:1-3
(Fred Johnson)
SONGS: No. 469—Faith is the Victory (vs 1, 3)
No. 470—Victory in Jesus (vs 1, 3)
No. 129—Amazing Grace
No. 398—Surely the Presence of the Lord
No. 817—See His Glory (thru 1st ending only)
No. 398—Surely the Presence of the Lord
PRAYER: Richard Breensing
SONG: No. 313—The Old Rugged Cross (vs 1, 2)
COMMUNION: Jerry Kinnamon
Clint Kinnamon
Teddy Gingrich
Ned Marks
MEMORY WORK: Carl Feril
SONG: No. 290—Shine, Jesus, Shine
LESSON: Carl Feril (*Children's Bible Hour*)
SONG: No. 948—I Am Resolved (vs 1)
PRAYER: Orrin Feril

(CCLI #2440129)

WELCOME VISITORS

We are pleased you have joined us in worship today and hope that you will come again! Please stay for lunch right after services.

SAVE THE DATE VALENTINE PARTY

Saturday—February 13, 2016
5:00 pm—Here

Games, Activities, Supper — This is a FAMILY Night!
More details coming.....

MEN'S RETREAT

Hosted by the Stafford Church of Christ

Date: Saturday, March 5, 2016

Time: 8:00 am to 2:00 pm

Breakfast and Lunch will be served

Cost: \$25

Speaker: Calvin Chapman (from Faith, SD)

Theme to be announced soon

HAPPY BIRTHDAY!

Chet Lyons 1/30

HAPPY ANNIVERSARY!

Jeff & Lory Scott 1/26

Church website: www.stjohnchurchofchrist.org

PRAYER REQUESTS

Chris Mansel—scheduled to have more tests
Joy Monroe (Marilyn's daughter) - recent surgery
Stan & Orvalee's daughter —recent surgery
Glennys Sallabedra (Tom's mother) - shoulder re-
placement surgery cancelled
Larry Berg (Tom's friend) - chemo & radiation
Ty Hewitt (Baylee Sizemore's cousin) - acute leukemia
Clay Rodgers (infant son of friends of Ben & Baylee)
rare birth defect
Pati Waters Risley—recent stroke
Dan Hampton—still recovering after surgery
Darlene Stimatze (Amber Turner's mother) - now home
Michelle Rose (Vanessa Roger's aunt) - nursing home
Marilyn Thornburg—recent knee surgery
Roger Dick—ongoing cancer treatments
John Laudick (Marla's brother-in-law)
Pam Herrenbruck—cancer treatment
Jonathan Batten – chemotherapy
Theo Birkett (Tara's mother)
Eldon Ivy (Marilyn's brother) – health concerns
Jim Soukup (Gingrich's son-in-law [Shari's husband])
Myron Breensing (Richard's father) – Leisure Home-
stead in Stafford
Bonnie Guthrie (Kay's mother) – Leisure Homestead
in Stafford
Laura Wyatt—Kenwood Plaza
Vic & Phyllis Staub – Kenwood Plaza

WOMEN WALKING WITH GOD

April 15-16; Hartman Arena, Wichita, KS