

# BIDDEFORD CHURCH OF CHRIST

266 POOL STREET - P.O. BOX 331 - BIDDEFORD, ME 04005

MARCH 31, 2019

## “OUR NOURISHMENT”

BY DENNIS GODIN

Did you know that humans can survive for 45-61 days without eating? Wow! Mahatma Gandhi, at one time, went for 21 days without food, only taking sips of water the whole time. Survival dramatically changes, though, when we talk about water, for humans can only survive for about seven days without it. The simple fact is, for the physical person to live and be productive in life, they need to nourish the body.

*It is written, “Man shall not live by bread alone, but by every word that proceeds from the mouth of God.”*

*Matthew 4:4*

I shared this verse with someone just the other day and it has been on my mind ever since. You may remember, Jesus quotes this verse as He was being tempted by Satan after fasting in the wilderness for “forty days and forty nights” (Matthew 4:2). Because of His humanity, Jesus was very hungry and so, Satan said to Him, “If You are the Son of God, command that these stones become bread” (Matthew 4:3). It is at this time that Jesus quotes from Deuteronomy 8:3 to



fight against the temptation. If you recall, in a lesson just a couple weeks ago, while speaking of how God will use adversity (tribulations, trials) to help us to grow and develop hope, I spoke of this text and would like once again to revisit it. Listen to what Jesus quoted from.

*So He humbled you, allowed you to hunger, and fed you with manna which you did not know nor did your fathers know, that He might make you know that man shall not live by bread alone; but man lives by every word that proceeds from the mouth of the Lord.*

*Deuteronomy 8:3*

There are a number of maladies attributed to the malnutrition of

## SCHEDULE OF ASSEMBLIES

**SUNDAY**  
**BIBLE CLASS 9:30A.M.**

**WORSHIP 10:45 A.M.**

**MID-WEEK STUDY**

**TUESDAY 7-8 P.M.**  
**(BIDDEFORD)**

### Elders

Brad Shaw (207)878-4124  
Tony Lemay (207)651-3369  
Dennis Godin (207)651-3588

### Deacons

John Carter (207)229-8516  
Matt Sampson (207)251-3030

### Ministry Leaders & Staff

Education - Antonio Balsamo  
(207)286-0514  
Youth - Angel Velez  
(207)730-9889  
Worship - Abe Damuth  
(207)608-1784  
Building - Joe Romano  
(207)281-3929  
Grounds - Lenny Spano  
(207)569-8800  
Fin./Benev. - John Carter  
(207)229-8516  
Fellowship - Matt Sampson  
(207)251-3030  
Secretary - Mike Wickwar  
(207) 432-2272

### Ladies Ministry

Debbie Godin (207)286-4821  
Barbara Lemay (207)850-0084

# BIDDEFORD CHURCH OF CHRIST

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## AS EACH PART DOES ITS WORK

How important is encouragement to you? Note someone you have not seen in worship lately and give them a call or send them a card. Who knows, your words of encouragement could make an eternal difference.

**"Sirs, what must I do to be saved?" - Acts 16:30**

**Hear** the Gospel - John 6:44-45; Romans 10:14, 17

**Believe** [trust in] God - John 3:16; 8:24; Ac 16:31; Heb 11:6

**Repent** of sins - Luke 13:1-5; Acts 2:38; 3:19; 17:30

**Confess** Christ - Mt 10:32-33; Ac 8:36-37; Rom 10:8-10

**Be baptized** - Mk 16:16; Ac 2:38; 8:36; 22:16; 1 Pet 3:21

**Be faithful** unto death - Mt 7:21; 10:22; Heb 5:9; Rev 2:10

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*"Salvation is found in no one else, for there is no other name under heaven given to men by which we must be saved."*

~ Acts 4:12 ~

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## Ladies Corner

***Ladies Night Out - April 27th***  
***Possibly bowling, if interested,***  
***Please contact Debbie or Barbara***

Thank You,  
***Debbie and Barbara***

Last Week's Numbers:

Attendance: 44    Contribution: \$ 1442.88

## "OUR NOURISHMENT" (CONTINUED)

the human body: changes that seek to inform us that something is wrong, that someone is in need of sustenance. This caused me to think about the spiritual man and his or her need for spiritual nourishment. Jesus said of Himself, ***"I am the bread of life. He who comes to Me shall never hunger, and he who believes in Me shall never thirst"*** (John 6:35). As we saw above in Matthew 4:4, there is also the awareness that God's word plays a vital role in our spiritual nourishment. So, here is a question to consider, "What signs occur in your life that say you are spiritually malnourished?" Less time reading the word? Less time in prayer? Less time involved in spiritual transformation? I suspect the list could go on. The point is simple, spiritual malnutrition can be very hazardous.

The solution is simple in words, stay close to the source that can feed you spiritually. Stay close to Jesus through prayer, study and fellowship. Stay close to Jesus through service in His church, the kingdom. If we do so, He will always make sure we are nourished. "Blessed are those who hunger and thirst for righteousness, for they shall be filled" (Matthew 6:6).

***Dennis***

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## ANNOUNCEMENTS

**We're on Facebook**– Biddeford church of Christ is on Facebook! There is a profile, which is public, and there is a closed group, for current Biddeford church family only, where we can share photos, prayer requests, announcements, etc. The public cannot see posts in the BCOC FB group. Only members can.

**Men Leading in Worship** - The men who serve in worship are asked to meet in the cry room or, if it is in use, a classroom promptly at 10:30 to confirm assignments and go to God in prayer.

**Building Lights** - If you are the last person leaving the building, please be sure to turn off all the lights, check that all windows are shut, and the doors are locked.

**Bulletin /- Prayer List** - If you have a prayer request or an announcement for the bulletin, please contact Mike Wickwar at 432-2272 or email him at mickwick@yahoo.com by Friday of each week. Anything given after Friday may not make it into that Sunday's bulletin.

**Reminder:** Please turn off your cell phone or place it on vibrate during Bible study and worship.

**We care what you think** - If you have any questions, concerns, or suggestions, feel free to write them down on a piece of paper, then sign it and place it in the box. We will get back to you as soon as possible. Thanks for your help.

**Monthly Bulletins**– One per family, please. If you would like another copy, you can find it on our website, biddefordchurchofchrist.com. You can also listen to sermons on the website.

**Updating the Prayer List** - Please review the prayer list. If there is a prayer request initiated by you, it is important you contact Mike Wickwar with updates. Thank you.

**Upcoming Events** - Please check your calendars

**Life Groups**– April 7th and April 21st.

**Congregational Breakfast** - April 13th at 8:30 am.

**Singing Nights** - April 23rd.

<b>Happy Birthday!</b>	TJ Balsamo	April 4th
	Stephen Parker	April 10th
	Keaton Sampson	April 21st
	Brenda Shaw	April 23rd

**Brenda Butler's New phone number 207-604-9644**

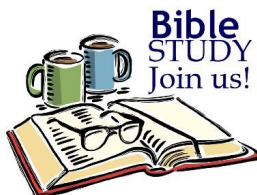
***Box tops for Education - Douglas Marescot -Container Upstairs - Ongoing***

***Spring Is Upon Us!!!  
Please sign up for Church Work Day  
And Weekend Mowing Schedule***

***April 1 Full Church Meeting (April Fool)***

MID-WEEK BIBLE CLASSES

Biddeford  
Tuesdays  
7:00-8:00 p.m.



**YOUR ATTENDANCE WOULD BE SUCH AN ENCOURAGEMENT!**

## ORDER OF WORSHIP FOR TODAY

**Song 309 *In My Life Lord***

**Announcements - Shepherd**

**Opening Prayer - Brad Shaw**

**Song 266 *Majesty***

**Song 364 *Come, Share The Lord***

**Lord's Supper - Joe Romano, TJ Balsamo.  
Clifford Parker**

**Song 213 *He Is Able***

**Contribution**

**Song 449 *Thy Word***

**Prayer - Mike Wickwar**

**Song 100-101 *Holy Ground (medley)***

**Scripture Reading - Ruffalo Lawrence  
*Matthew 13:1-9***

**Lesson - Anthony Lemay  
*The Sower***

Lesson Text: *Matthew 13:1-9*

**Song 448 *Greatest Command***

**Closing Prayer - Shepherd**



Song Leader: Mike McBride

Greeter: Brenda Horowitz

Communion Prep: Deborah Godin

### NEXT WEEK'S SERVICE SCHEDULE:

**Song Leader - Antonio Balsamo**

**Opening Prayer - Brad Shaw**

**Lord's Supper - John Carter, Erik  
Cote, Jacob Romano**

**Prayer - Joe Romano**

**Scripture Reading - Jon Erickson**

**Greeter - Brenda Butler**

**Communion Prep - Jessica Damuth**

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WELCOME VISITORS



We here at the Biddeford church of Christ pray your visit with us today is enjoyable and uplifting. Please stay around after services so that we can get to know you better. We all strive to put Christ first in our lives and make the Bible our principle guide for living.

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WE'RE ON THE WEB!

WWW.BIDDEFORDCHURCHOFCHRIST.COM

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