

Prayer Requests

- ◆ The Damuth Family - Benjamin Damuth
- ◆ Matthew Godin - Warrant Officer training.
- ◆ Angel Velez for his extended family in Puerto Rico affected by earthquakes.
- ◆ Amanda Bitton friend in ICU after stroke.
- ◆ Mike Wickwar Brother (health issues) Friends Sandra Bob, Dan (health issues), and family of friend Larry who passed.
- ◆ Keasha Marescot Mom Barbara - Dementia
- ◆ Gabby Little personal & family health issue
- ◆ Linda Barnes In MMC for heart surgery
- ◆ Marion Goodwin Ongoing health issues
- ◆ Godin Family health, SIL Alzheimers
- ◆ Mary McVicar chronic kidney disease
- ◆ Glory Parker family health, traveling
- ◆ Lisa Carter's Friends Jenn & Jayne battling health and life issues
- ◆ Sampson Family health & family healing
- ◆ Our Congregation

Elders

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
BuildingJoe Romano.....(207)281-3929
GroundsLenny Spano.....(207)569-8800
Fellowship.....Matt Sampson....(207)251-3030
Finance.....John Carter.....(207)229-8516
Benevolence...John Carter.....(207)229-8516
Secretary.....Mike Wickwar.....(207)432-2272

Ladies Ministry

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

Order of Worship

Song 560 *Living By Faith*

Announcements Angel Velez

Opening Prayer: Matthew Sampson

Song 458 *Redeemed*

Song 479 *Peace, Perfect Peace*

Lord's Supper: Joe Romano, Erik Cote,
Justin Crawford

Song 464 *Because He Lives*

Contribution

Song 837 *I Need Thee Every Hour*

Prayer: Angel Velez

Song 453 *Love Lifted Me*

Scripture Reading: Rufilo Lawrance
Text: **Psalm 119:17-24**

Lesson: Dennis Godin

Peaceful Meditation

Lesson Text: ***Philippians 4:6-9***

Song 634 *We'll Work Till Jesus Comes*

Closing Prayer: Tony Lemay

Song Leader: Antonio Balsamo

Greeter: Brenda Horowitz

Communion Prep: Brenda Butler

Last Week's Numbers:

Attendance: 45

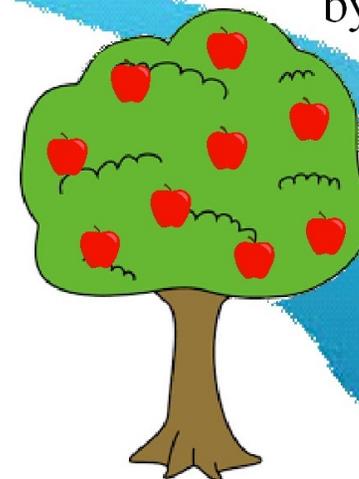
Contribution: \$848.00

***Live the Gospel at all times;
When opportunity is there...
Share the hope you have!***

**THE BIDDEFORD
CHURCH OF CHRIST
WELCOMES YOU!**

Psalm 1:3

He is like a tree planted
by streams of
water...



... which yields its
fruit in season...

JANUARY 19, 2020

Biddeford Church of Christ

266 Pool Street, Biddeford ME 04005

Biddefordchurchofchrist.com

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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.

This Week's Events

Today 1/19
Life Groups

Tuesday 1/21
Bible Study

Annual Corporation Meeting
January 26 After Service

Birthday
Maria Wickwar 01/19

We Welcome
Benjamin Forest Damuth
Into this World
Born Tuesday 12/17

Next Week's Service Schedule

Song Leader - James Butler
Opening Prayer - John Carter
Lord's Supper - John Marescot,
Lenny Spano, Clifford Parker
Prayer - Mike Wickwar
Scripture Reading - TJ Balsamo
Greeter - Brenda Butler
Communion Prep - Deborah Godin

Peaceful Meditation

Back in November of last year, I did a lesson on Philippians 4:6-9, and in that lesson, I introduced this idea of mediation. Today, I want to revisit that text, only this time, look a little deeper into this idea of meditation and consider another benefit associated with it. Let's first gather some insight into the advantage, in this case, "the peace of God, which surpasses all understanding" (Philippians 4:7). Thayer's defines the word peace as the tranquil state of a soul assured of its salvation through Christ, and so fearing nothing from God and content with its earthly lot, of whatever sort that is. It is an inner reality that is not manipulated by external things of life.

This peace, that state or awareness of the inner person and supplied to us by God, "will guard your hearts and minds through Christ Jesus. I know definitions can get frustrating at times, but it is essential to note this idea of "hearts and minds." Hearts here means the fountain and seat of the thoughts, passions, desires, appetites, affections, purposes, endeavors, while the word minds carry a similar meaning of thoughts and purposes. So, God wants to and can, through Christ and His redemptive work, protect the core of inner man where reason takes place, from the destructive influences of the world around them. The question is, "How?"

Finally, brethren...meditate on these things.
(Philippians 4:8)

If I understand it right, this "peace that surpasses all understanding" is a gift from God that needs our continuous attention; so that we can experience it daily. The worry or anx-

iousness mentioned in v6, which we confront in part through prayer, is a peace robber. Why? Because anxiety is not an object, it is a state of mind. So, anxiousness takes the space in which peace once held. It's a kind of turf war within the mind. How do we fight against it? In part, by meditation which, if you remember, means to consider, take account, weigh. Think about certain things as opposed to other things. He gives us a list of which we will find only three, which are, whatever things are true, whatever things are noble, whatever things are just. When we quench our minds with such things, "the God of peace will be with you" (Philippians 4:9).

I think it is safe to say that most, if not all, want to experience a peace that is not so easily derailed by life's experiences. Tranquility that to the world doesn't make any real sense. We feel a calmness through Christ and is, to some extent, maintained by what we choose to think about daily. So if peace is alluding to you today, maybe what needs to happen is that you renew your commitment to meditate on those things God knows is best for you. Peace be with you this day.

Dennis

Sermon Notes
