



**June  
16<sup>th</sup>, 2024**

**Preachers**

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*“The churches of Christ salute you” Rm 16:16*

**Elders**  
Todd Hinson  
Steve Tesh  
Andy Santiago

**Deacons**  
Randy Warner  
Keith Warner  
Mark Minor  
Jody Everett  
Gene Southern  
Shawn Thomason  
Mark Roy  
Adam Warner  
Joe Byrd  
Johnny Spillman

**Running To A Better You!  
Self-Control**

**Introduction**

- Definition - the ability to manage one's impulses, emotions, and behaviors to achieve long-term goals (psychology today)
- Researchers have found that people who have better self-control tend to be healthier and happier, both in the short term and in the long term. ([verywellmind.com](http://verywellmind.com))

**I. The Bible Says**

- A. Prov. 16:32, 25:28, Gal. 5:22-23, 2 Tim. 1:7, 2 Pet. 1:5-7

**II. But Why?**

- A. The ability to regulate one's emotions and behavior is a key aspect of executive function, the suite of skills that allow an individual to plan, monitor, and attain goals. - Psychology Today
- B. Self-control is primarily rooted in the prefrontal cortex—the planning, problem-solving, and decision making center of the brain... - Psychology Today
- C. To not ruin your life, but have the happiest life possible.
- D. To control your emotions so that situations don't control you, you must have self-control.
- E. To have relationships not be destroyed because of your behavior, you must have self-control.
- F. To achieve goals, you must have determination and self-control.
- G. To be GODLY, you must have self-control.
- H. To avoid temptation, you must have self-control.
- I. To get out of sin and have life, you must have self-control.
- J. To reach Heaven, you must have self-control.

**III. How Do I Gain Self-Control?**

**A. From Therapists**

**1. 3 Beliefs**

1. I MUST change not “should” change
2. I must be the one to change it
3. I CAN change it

**2. 3 Steps**

1. There must be LEVERAGE
2. You must INTERRUPT the pattern
3. You must CREATE an EMPOWERING Alternative / Pattern

**Service Times**

Sunday AM Bible Study  
10AM

Sunday AM Worship  
10:50AM

Sunday PM Worship  
6PM

Wednesday Bible Study  
7PM

**Happy Father's  
Day!!**

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**Pew Packers is  
canceled for  
today.**

**CONTINUED ON NEXT PAGE...**

# Continuation of lesson

## 2. From the Bible

1. Evaluate what you need to change (2 Cor. 13:5)
2. Understand / Reinforce Your Purpose (Eccl. 12:13)
3. Make the determination to change (Dan. 1:8, Job 31:1)
4. Change your thought pattern (Phil. 4:8)
5. Set out your plan to accomplish it (Prov. 16:9)
6. Don't associate yourself with those who you are NOT wanting to be (1 Cor. 5:11, 15:33)
7. Stay awake and be sober (1 Thess. 5:6, 1 Cor. 10:12)
8. Forget the past and move forward (Phil. 3:12-14, Lk. 9:62)

### Conclusion:

- 2 Tim. 3:1-5
- Is your life out of control?
- What person do you want to be?
- Do you need prayers to help with your self-control?
- Remember CHANGE IS POSSIBLE!

### June Birthdays

- 17<sup>th</sup> Dana Hinson  
 17<sup>th</sup> Robbie Landry  
 19<sup>th</sup> Madalene Holbrook  
 22<sup>nd</sup> Randy Warner  
 More to come!

### June Anniversaries

- 16<sup>th</sup> Mike & Laura Cooper  
 18<sup>th</sup> Colin & Sarah Robinson  
 19<sup>th</sup> Tim & Lois Allen  
 20<sup>th</sup> Clayton & Emily Workman  
 22<sup>nd</sup> Keith & Sandy Warner  
 More to Come!

## Scripture Writing Plan – “Humility”

1 Deuteronomy 8:3	11 Jeremiah 9:23-24	21 Romans 12:3-4
2 Job 1:20-21	12 Micah 6:8	22 Romans 12:10,16
3 Psalm 25:8-10	13 Matthew 6:1-4	23 1 Corinth 10:11-12
4 Psalm 139:23.24	14 Matthew 6:5-6	24 2 Corinth 12:7-10
5 Proverbs 3:7-8	15 Matt 16:24-26	25 Galatians 6:14-15
6 Proverbs 8:12-13	16 Matthew 18:1-4	26 Ephesians 2:8-10
7 Proverbs 15:31-33	17 Mark 10:43-45	27 Ephesians 4:1-3
8 Proverbs 16:18-19	18 Luke 14:10-11	28 Philippians 2:3-4
9 Proverbs 27:1-2	19 Luke 18:11-14	29 Philippians 2:5-8
10 Proverbs 29:23	20 John 3:28-31	30 Colossians 3:18-20
		31 1 Peter 5:5-6

## WELCOME VISITORS

**WE ARE HAPPY TO HAVE YOU VISITING WITH US THIS MORNING. WE INVITE YOU TO RETURN THIS EVENING AT 6:00 P.M. FOR THE SUNDAY EVENING SERVICE AND AT 7:00 P.M. EACH WEDNESDAY EVENING FOR THE MID-WEEK BIBLE STUDY.**

**\* PLEASE FILL OUT A VISITOR'S CARD!**

### Food Pantry Items for Southwest Elementary

**June/July- School supplies:**  
 pencils, markers, crayons, pencil sharpeners, paper, rulers, erasers, etc...

There's a box in the foyer for Andrew and Becca Hinson. They are expecting their first child (boy) on August 20th. If you'd like to get them a gift, they are registered at Amazon and Target. **(Search: Becca Hinson) New Market, AL**

### Wisdom Corner

**“ Every father should remember that one day his son will follow his example rather than his advice.”**

## **OUR SICK**

### **Please Remember in your prayers!**

Jack Piper, John Ransom, DJ Harrison, Roger Allen, Gary Wadford, Faye Kirschenman, Manchel Tesh, Lou Ann Harper, Kara Kee, Sherrill Stewart, Don Minor, Mary Burke, Austin Workman, Linda Santiago, Daphne Pickup, Pat Brumfield, Sue Wright, Chelsea McVay, Cleave Binkley, Doug Bowen, Alberta Jackson, Josh Church, Heather Bagg, Randy Knost, Peggy Holder, Bob Tesh, Jim Harrison & Linda Warner.

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**Perry Cooper-** is at Forsyth hospital. He has lung cancer & is fighting a bacterial lung infection. Please keep him in your prayers.

A few have tested positive for covid. Please keep them in prayer. Mary Seal, Rhonda Hardister, Karen Hancock (Rhonda's sister) & Robert Lemley. (Brooke Mott's Dad)

**April Brothers-** (David & Gale Queen's daughter) will be having a procedure on July 3<sup>rd</sup> to help with her migraines. Please keep her in your prayers.

**Tammy McCollum & Billy Greer** needs our prayers. (co-workers of Roger Allen) Tammy McCollum has a rare virus & cancer. Billy Greer had a heart attack. Please keep them in prayer & cards of encouragement are requested. Addresses on bulletin board. Neither are members of the church.

**John Ransom-** has been in the hospital for a week. They are running some test to determine the root of his illness. Please keep him and Stephanie in your prayers.

**Wanda Potts-** (Lois Allen's cousin's wife) has kidney cancer and she will be having surgery in the next few weeks.

**Randy Knost-** (cousin of Tammy Roy) will start chemo June 18<sup>th</sup>. Prayers for success & that he can tolerate the treatments well.

**Linda Santiago-** (Andy's mother) will be having outpatient surgery on June 25<sup>th</sup> to address a blockage between a kidney & bladder. Please keep her in your prayers.

## **WARNERS UPCOMING EVENTS**

**Every Saturday up to our VBS will be a workday!! Lunch provided. 10am-??**

**June 23<sup>rd</sup>-26<sup>th</sup>- VBS!! Please mark it on your calendar! Make plans to attend!**

**June 29<sup>th</sup>- Floating Wedding shower for Brian & Kennedy 2-4pm! Registered @ Amazon & Venmo! See Mindy Santiago for details.**

## **AREA EVENTS:**

**June 14<sup>th</sup>-16<sup>th</sup>- Eastside Gospel Meeting. Speaker- Shawn Evans. See bulletin board for details.**

**July 12<sup>th</sup>- Areawide Singing @ Liledoun Road. 7pm!**

**Check The Bulletin Board For Upcoming Events!!**

## **Kids Corner**

- *What type of book is 1 Corinthians?*
- *Who wrote it?*
- *What were some of the Corinthians' problems?*

***Look for the answers next week!***

## **Last Week's Answers**

1. A letter.
2. Paul.
3. The church at Rome.

# Announcements for Sunday and Wednesday: Mark Roy

Communion: New Process...

Security And Greeting: Jim Harrison, Allen Knight & RJ Landry

## SUNDAY BIBLE CLASS: For June

	Scripture	Song Leader	Prayer
2 <sup>nd</sup>	Johnny Spillman	Gene Southern	David Moore
9 <sup>th</sup>	Randy Warner	David Shoaf	Mark Minor
16 <sup>th</sup>	Gene Ruark	Dan Mott	Mike Glenn
23 <sup>rd</sup>	Al Lawson	Justin Little	Jim Harrison
30 <sup>th</sup>	Shawn Thomason	Gene Southern	Andy Santiago

## WORSHIP: Opening / Closing Prayers For June

Sunday AM		Sunday PM	Wednesday/Opening	
2 <sup>nd</sup>	Carl Cooper	Colin Robinson	5 <sup>th</sup>	Gene Southern
9 <sup>th</sup>	Johnny Spillman	Adam Warner	12 <sup>th</sup>	Dan Mott
16 <sup>th</sup>	Bob Wilson	Steve Tesh	19 <sup>th</sup>	Brian Byrd
23 <sup>rd</sup>	Zach Rine	Justin Little	26 <sup>th</sup>	Tristan Roy
30 <sup>th</sup>	Wayne Allen	Clayton Workman		

## Song Leaders For June

Sunday AM		Sunday PM	Wednesday	
2 <sup>nd</sup>	Wayne Allen	Wayne Allen	5 <sup>th</sup>	Wayne A.
9 <sup>th</sup>	Clayton Workman	Charley Belch	12 <sup>th</sup>	Clayton W.
16 <sup>th</sup>	Dan Mott	Dan Mott	19 <sup>th</sup>	Dan Mott
23 <sup>rd</sup>	Charley Belch	Clayton Workman	26 <sup>th</sup>	Charley B.
30 <sup>th</sup>	Gene Southern	Youth led/svc Adam W.		

**PLEASE, if you are unable to be here, ARRANGE COVERAGE!**

Thank you for your willingness to serve!

**CONTACT: GENE SOUTHERN**

**Secretary**

Brooke Garland

615.478.3868



**NORTH CAROLINA SCHOOL OF  
BIBLICAL STUDIES**

**COME STUDY WITH US!**

**MONDAY - FRIDAY 9:30 - 4:30PM**

**CHAPEL MONDAY – THURSDAY**

**IN THE ANNEX @ 9AM**