



# *Seymour Sayings*

The Weekly Bulletin of the  
*Seymour Church of Christ*  
Meeting in Emert's Plaza  
209 Chilhowee School Road  
Seymour, TN

*December 8, 2013*

“Create  
in me a  
clean heart,  
O God,  
and put a  
new and right  
spirit  
within me.”

Psalm 51:10

## *Person to Person . . .*

*Tom Miller*



### **SLOW ME DOWN, LORD**

**O**ne of my favorite hymns is “Take Time To Be Holy.” But as I think about it, I wonder what good it does to sing that song and then rush, rush, rush ourselves into physical, mental, and spiritual exhaustion.

We live in such a fast-paced world. We are busy, busy, busy. As people say, we have places to go, things to do, and people to see. And, we often feel like we have to do them all right now. As a result, we find precious little time for ourselves, our families, or even for God.

While visiting with a family sometime ago, I saw a little wall plaque which said, “Slow me down, Lord.” Don’t you think we all need to heed those words and slow down a little bit for our physical health’s sake, for the good of our families, and for our own spiritual well-being?

Remember, even Jesus had to get away from the stress of the crowd on occasion (Luke 5:15-16).

May I suggest that we all pledge ourselves to a more moderate pace that will allow us some quiet, calm moments with God—as Jesus did. These moments can be used for prayer, study, meditation, and worship. Then, when the pace quickens again, as it undoubtedly will, we will find ourselves far better able to keep step again.

Slow me down, Lord!

# FAMILY MATTERS



**PRAYER LIST**—**Genova Lambert** and **Norma Jean Miller** were both on the sick list last Sunday and were not able to attend services. We surely did miss them. Genova has been especially ill and has been unable to get out for the past several weeks. . . . **Samantha Kinzalow** responded to the invitation last Sunday evening to request prayers for her and her family. They are going through some very difficult times. Please keep them in your prayers. . . . **Steve Hopper** is recovering nicely from his thyroid surgery. . . . **Chris Bragwell** went home from work last Wednesday, because of illness, and was not able to attend services. . . . **Damon Hall** was also not feeling well last Wednesday evening.

**STATS FOR LAST WEEK**—Bible Study, 28; Morning Worship, 36, Evening Worship, 25, Contribution, \$933; Wednesday Bible Study, 23. *[Note: The number of those away for the Thanksgiving holidays and those who were sick last Sunday played havoc with our numbers. We look forward to everyone being back home and all those who were sick to being well.]*

**THANK-YOU NOTE**—**Jama Sargent** sent a very nice note to the congregation to thank those who gave baby shower gifts to her. It is posted on the bulletin board. She remains in room 404 at UT Medical Center. The due date for her baby is December 16.

## COMING UP

- Today: **Men's Business Meeting** at 4:30 p.m.
- December 13: **Youth Christmas Party** at the McBroom's at 7:00 p.m.
- December 14: **Annual Cookie Swap and Ornament Exchange** at Deone LaFollette's at 5:00 p.m.
- December 29: **Q&A Session** Sunday evening services.



SERMONS FOR SUNDAY, December 8

A.M.— “Daddy, Have I Ever Seen One?” (Romans 12:1-8)

P.M.— “Praise God in Prayer” (Matthew 6:9-13)

## THOSE PRIVELEGED TO SERVE TODAY

	<i>Morning</i>	<i>Evening</i>
Announcements:	Rusty Curtis	Rusty Curtis
Song Leader:	Jason LaFollette	Chris Bragwell
Bible Reader:	Jim Husband	
First Prayer:	Chris Bragwell	Rusty Curtis
Officiating at Lord's Table:	John McBroom	Jim Husband
Serving at Lord's Table	Gerrand Kinzalow, Will Curtis J.C. McBroom, Kanan Hood	
Closing Prayer:	Jeff Whitaker	Ronnie McAbee

**Wednesday:** *Song Leader, Damon Hall; Prayer, Jason LaFollette  
Devotional, Rusty Curtis*

---

### *Seymour Church of Christ*

P.O. Box 1302

Seymour, TN 37865

865-661-8126

[www.seymourcoc.org](http://www.seymourcoc.org)

Minister: Tom Miller

(865) 386-3829—[tom@seymourcoc.org](mailto:tom@seymourcoc.org)

**Services: Sunday—9:00 a.m., 10:00 a.m., and 6:00 p.m.**

**Wednesday—7:00 p.m.**

