



Seymour Sayings

The Weekly Bulletin of the

Seymour Church of Christ

Meeting at 269 Business Park Lane
Seymour, TN 37865

July 23, 2017

To
God
be the
GLORY



Great Things He Hath Done!

Person to Person . . .

Tom Miller



IT PAYS TO FORGIVE

In an article in a recent issue of *Christianity Today*, Mark R. McMinn wrote: “One recent study shows that people can even jump a little higher after forgiving another person” [McMinn, Mark R. (July-August, 2017), “The Science of Humility” *Christianity Today*].

I would never have thought that. I can’t help but wonder how they arrived at that conclusion.

McMinn also wrote: “. . . studies have now found a striking array of benefits around forgiveness. Compared to less-forgiving peers, forgiving people have lower blood pressure; lower bad cholesterol and resting heart rates; improved sleep and immune systems; less depression, anxiety, and anger; enhanced relationships; more optimism; and a greater sense of overall well-being.”

I would have thought that. It is just good common sense.

When we hold grudges and fail to forgive, we hurt ourselves. We may think we are hurting the one(s) we fail to forgive, but we are hurting ourselves far more.

It is no wonder that Paul wrote: “And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you” (Eph. 4:32).

There are lots of reasons to forgive those who trespass against us (Luke 11:4), and in addition to those mentioned above is the fact that we stand in need of forgiveness ourselves. How can I expect God to forgive me when I won’t forgive others?

FAMILY MATTERS



PRAYER LIST—It was certainly good to see **Butch Potter** able to attend services last Sunday evening. Please keep him in your prayers. . . . **Jama Sargent** requests our prayers. She is to have a liver biopsy tomorrow. . . . Jason Cummings requests prayers for **Sandy Miller**, a friend's wife who has cancer. . . . Jeff Whitaker

requests prayers for his niece **Bobbie Edwards**, who lost her baby in the 8th month of her pregnancy. . . . Jeff also requests prayers for his uncle, **Ralph Whitaker**, who has Alzheimer's and has been placed in hospice care. . . . Darrell Whitaker asks us to remember his cousin, **Jacqueline Trosien**, who also lost her baby in the 8th month of her pregnancy. . . . Kenny Brown requests prayers for **Fred Daughtry**, a friend who is having some very serious family problems. . . . **Emmerie Wheeler** left last Friday for a mission trip to Nicaragua. Please pray for her safety and the success of this effort.

LAST WEEK'S STATISTICS THAT SHOW OUR DEVOTION—Bible Study, 55; Morning Worship, 70; Contribution, \$2,044; Evening Worship, 63; Wednesday Bible Study, 52.



YOU ARE INVITED—**Erin Thomas & Clark Boshers** will be married Saturday, August 5, at 2:00 p.m. at the Central Church of Christ in Chattanooga. An invitation and other information is posted on the

bulletin board.

NEW ADDRESS—**Keith McCord's** new address is 1015 Wauland Way, Sevierville, TN 37876. His phone number is (865) 469-5287. Please add this information to your church directory.



COVERED DISH DINNER—Our **5th Sunday Covered Dish Dinner** will be next Sunday following the morning services. Please join us for a great time of fellowship.



SERMONS FOR SUNDAY, July 23

A.M.— “The Other Side of the Road” (Luke 10:30-34)
P.M.— “Come! See! Go! Tell!” (Matt. 28:6-7)

THOSE PRIVELEGED TO SERVE TODAY

	<i>Morning</i>	<i>Evening</i>
Announcements:	Tom Miller	Tom Miller
Song Leader:	Will Curtis	Will Curtis
Bible Reading	Tim Wheeler	
Opening Prayer:	Chris Bragwell	Jeff Whitaker
Preside at Lord's Table:	Rusty Curtis	Rusty Curtis
Serving at Lord's Table	<i>Tim Wheeler, Joseph Wheeler Isaiah Wheeler, Anthony Wheeler</i>	
Closing Prayer:	John McBroom	Jeff Cronin
Wednesday:	<i>Singing, Kenny Brown; Prayer, Joseph Wheeler Devotional, Will Curtis</i>	

Seymour Church of Christ

Business Park Lane, P.O. Box 1302

Seymour, TN 37865

865-661-8126 — www.seymourcoc.org

Elders:

Rusty Curtis
John McBroom

Deacons:

Tom Miller
Jeff Whitaker

Minister:

Tom Miller
(865) 386-3829
tom@seymourcoc.org

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

Wednesday—7:00 p.m.

