



Life Lines

Dover Church of Christ
Dover, Arkansas 72837-0299
Web site: www.dovercoc.org

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The Bible and Mental Health: Dangerous Reactions to Suffering

The Bible and personal experiences testify to the fact that suffering is universal. Job lamented, “Man, who is born of woman, is short-lived and full of turmoil” (Job 14:1).

We already know one important reaction we need to have to suffering when we consider Job - obey God’s commandments. We also see in the book of Job that when Job lost his herds and his children, he mourned and he wept and he lamented. But he also worshiped (1:20). Those are two responses; good, positive responses we can have to suffering; but they are not the only ones.

I want us to consider some bad responses to suffering. These are responses that can have a negative impact on our family, our relationship with God, and our own personal physical and mental health.

ISOLATION:

Isolation cuts us off from some of the most important medicine we have when we

suffer - friends, caring friends, words of encouragement and hope. Too often, in our pain, we think, “Nobody understands” or “Nobody cares.” Well, there is a sense in which every pain is unique for each individual because we all have different relationships and we react to pain differently. But, we can understand that a certain event is painful. We can listen if you need to talk. We can pray that God will ease the pain and, perhaps, provide some answers.

FEELING SORRY FOR YOURSELF:

Feeling sorry for yourself can be very destructive. A crisis will either make you stronger or it will weaken your defenses; and feeling sorry for yourself, rolling in the mud of negative thinking, only makes the feelings last longer. It can also rob you of any optimism or faith you might have had that things will get better. Remember Job 23:10. Job believed that things could get better.

DEPRESSION:

Depression is so dangerous because it can deepen the feeling of isolation and even leads many people to suicide. Some depression, clinical

depression, may need medication or other professional help.

But discouragement or some minor bouts of depression can be overcome: particularly by changing certain behaviors:

1. Take an honest look at what is causing the discouragement and depression. An honest look. Often, depression is internalized anger and anger is a behavioral response.

2. Next, I should ask myself, “Why am I allowing that person or that expectation to affect my life.”

3. That brings us to the idea of forgiveness. It is not always easy to forgive, but necessary.

4. One thing we need to do is start working at serving other people. We tend to appreciate what we have when we spend time helping others who are hurting. It can also help us deal with our own pain and put it in perspective.

If you know someone who struggles with depression, pray for him or her. Send a card. Give a call. Go for a visit.
(continued on p.2 column 3)

Lines for Ladies **by Patty McAlister**

Paul encouraged the Christians at Thessalonica to keep away from every brother who was idle and who did not live according to the teaching they had received from them; he, Silas and Timothy. Some of the Christians were idle, even busybodies. He said they should model themselves as he and others, working day and night, laboring and toiling, so they would not be a burden to them. He said they had given this rule, when they were there, "If a man will not work, he shall not eat" (2 Thess. 3:10).

Being idle had given them time to interfere in other people's affairs, leading to sin. Instead of being busy, they were busybodies, causing disruption. Paul wanted them to mind their own business, depend on themselves, not someone else.

Paul and his friends did not necessarily have to work, because they were teaching and preaching Jesus to them. But they wanted to be a good model for them. He urged them to work with their hands, settle down and earn the bread they ate.

To the workers, he urged them to warn the idle, encourage the timid, help the weak, and be patient with everyone. He cautioned them not to pay back wrong for wrong. Although Paul was commanding the workers and criticizing the idle, he did want all of them to be kind to each other and everyone else.

The lesson we learn from this is an adage most of us have heard. "Idleness is the devil's workshop." This is why Paul urged them to keep busy.

Please bring Little Debbie's and fruit cups for the Russ Bus ministry.

Remember Our Sick in Your Prayers

Charlie Ritter – (father of Charli Collins) – a difficult ongoing battle with cancer, pray for strength & comfort for him and his family

Eugene Davis – feeling very weak from the chemo drugs

Patsy Wisbcock – foot healing really well – back on her feet again

Jan Loveless – bone grafts did not take – will be seeing a specialist in LR

Melinda Robbins – back in Houston for more treatments

Shut-ins – need prayers and visits:

Legacy Heights:

Bonnie Vinson – Room #34

Juanita Whitted – Room #62

Russellville Nsg & Rehab:

Joe Miller – Room #317

Others Who Need Our Prayers:

Carl Adkisson, Amie Barkley, Jesse/Jennie Branch, Donna Chambers, Chris Chance, Jamie Churchill, Dan Cloud, Rachel Curtis, Randy Ellis, Charles Ensey, Johnny Estes, Mary Grice, Leota Hickey, Kathryn Lee, Rose Lee, Letson family, Daniel Loper, Jeff/Connie Myers, Becky Miller, Shirley Miller, Julie Moss, Glen/Paulette Oakes, Jackson Pierce, Cathy Pittman, Jerry Pruitt, Mike Rinke, Pat Robertson, KaLee Robbins, Bob Sims, Greg Standidge, Michael Tindall, Joan/Jon Vance, Joey Vaughn, Justin Vaughn, Joyce Walters, & Jay Winters.

Military: Pray for our service men and women:

Eric Richardson

D J Bandy

Expecting Mothers:

Emma Walters

Note: Leota Hickey has moved to the Greenhurst Nursing Center for rehab due to problems with her back. Her new address is:

Greenhurst Nursing Center

Room 413, P O Box 458

Charleston, AR 72933

The Bible and Mental Health

By Paul Holland

From Daily Droplets

(Continued from p.1)

CHEMICAL ABUSE:

I put under chemical abuse other ways to cope with our problems and suffering beyond just alcohol and drugs. Gambling is a way to escape. Excessive shopping can be a way to escape. Sexual exploits and pornography can be ways to escape. All of these are simply ways to get our minds off our troubles. And they work - temporarily. Of course all of these have risks of their own.

Paul did not wallow in self-pity, bitterness, isolation, or vengeance in all his sufferings. Paul says in 2 Corinthians 12:9 that he was made strong by Christ when he realized his weakness. That's what we learned from Job, too, in 23:10.

We do not have a lot of control over what happens to us in life. We can't choose our parents. We can't change our genetics. We can't change how we were brought up. We can't stop nature or other people. Many times, the innocent suffer.

But when you are experiencing pain and suffering, guard your reaction. Walk with Christ and He will see you through.

Your fellow-servant in Christ,
Paul Holland
Daily Droplets 2/23/17

Thanks to all the men who signed up for lawn duty for this summer. It is greatly appreciated!!

UPCOMING EVENTS

There will be no regular Ladies Devo for the month of April because of our Annual Ladies' Day. Please make plans to be at the building to greet our guests and meet our speaker beginning at 8:30 on Saturday morning, April 29th. Our speaker, Diane Burton, has taught Cradle Roll and Ladies Bible classes for over 40 years. She has spoken at Ladies' Days in West Virginia, Tennessee, Missouri, Georgia and Arkansas.

ATTENTION: Smile Box Work Day

On Saturday, April 1st, the ladies of the church are planning a day of cutting out dresses and boys shorts for the Smile Box campaign for this year. Please meet in the fellowship room about 9:30 am. If you have it, you may bring any appropriate fabric, straight pins, scissors, or rotary cutters and mats. We encourage all of the ladies, both young and older, to come and participate. (Please bring a sack lunch, too.)

COMING SOON

There will be a wedding shower for Carlee Williams and Jackson Schmitt on Saturday, April 8th from 2-4 pm in the fellowship hall. The couple is registered at Walmart.com and Bed, Bath, and Beyond.

ANNOUNCEMENT:

We are currently making plans to change the way we print and mail the Lifelines after 27 years! We will stop mailing them and begin handing out the Lifelines each Sunday morning to all members and guests.

If you are not a member of our congregation, but would like to continue to receive a copy of the Lifelines each week, please contact us and let us know.

- 1) You may call the church office@ 479-331-3428 and leave us a message with your name and current address or
 - 2) You may email the church at staff@dovercoc.org with your information or
 - 3) You may text your info to 479-264-6052 or
 - 4) You can send us a letter to P O Box 299, Dover, AR 72837.
- If the Lifelines has been a help to you over the years, we will be happy to continue to mail it to you, just let us know!

April Birthdays

- | | |
|----|------------------------|
| 06 | <i>Andrea Henson</i> |
| 08 | <i>Donna Chambers</i> |
| 09 | <i>Suzy Pennington</i> |
| 14 | <i>Danielle Hayes</i> |
| 16 | <i>Zach Pennington</i> |
| 19 | <i>Earlene Davis</i> |
| 20 | <i>Earl Stamps</i> |
| 22 | <i>Brett Walters</i> |
| 27 | <i>Sharon Bailey</i> |
| | <i>Faith Bowden</i> |
| 29 | <i>Kati Pennington</i> |

"Create in me a pure heart, O God, and renew a steadfast spirit within me." Psalm 51:10 (NIV)

Bible Study Classes:

The Wednesday evening auditorium class has just begun a new study in Colossians led by Merrell Shoptaw. The Wednesday evening ladies class will begin a study on the Holy Spirit beginning on Wed. March 29th. Please come and join in on one of these good studies.

THOSE TO SERVE

April 2nd, 2017

Sunday A.M.

Announcer: Randall Walters
Song Leader: Merrell Shoptaw

Prayers

Rex McDaniel
Rick Hollis

Communion

Podium: Chris Loper
Serve: Gary Williams
Kevin Nordin
Larry Mahan
Marion Helton

Scripture Reading

Brett Walters

Sunday P.M.

Prayers

Sid Womack
Allen Veasman

SPEAKER

Sunday A.M.
Micah Williams

Sunday P.M.
Young Men

Prepare Table for Communion

Lads & Leaderettes

Communion to Shut-Ins

Brent Hottinger

Greeters

The Elders

Next Business Meeting

April 10th, 2017

**Wednesday Night
Services**
@
6:30 p.m.

Meeting Times	
Sunday Morning Bible Classes	9:45 A.M.
Sunday Morning Worship	10:45 A.M.
Sunday Evening Worship	6:00 P.M.
Ladies Tuesday Bible Class	10:00 A.M.
Wednesday Bible Classes	
	6:30 P.M.
Minister:	Micah Williams
Church Office:	479-331-3428
Office Hours:	M-F 8:30a-12:30p
	Or Micah Cell: 479-264-9244
	Or Secretary Cell: 479-264-6052

Elders:

Allen Veasman 331-2156
Sid Womack 967-2367
Chris Loper 331-3313

Deacons:
Chris Besterfeldt
Donny Forehand
Brent Hottinger
Rex McDaniel
Chris Moss
Michael Robbins

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