



# Tallapoosa church of Christ

"And you shall know the truth and the truth shall make you free." John 8:32

### Welcome Visitors

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We are blessed by your attendance and worshipping with us.

### Prayer Request

.....  
Jason Rowell  
Teddy Cauthen  
Maddox Willingham  
Pete Bridges  
Ann Smith  
Bonnie Godwin  
Jeremy and Candyce

### Birthdays & Anniversaries

.....  
Inez Bush 1  
Steve Cole 16  
  
Jeremy & Candyce 28  
Wayne & Diane Aldridge 29

## Spiritual Nutrition

If you've watched the news any time lately, you've probably been aware of the new "epidemic" in our country. This epidemic isn't caused by a virus; it isn't caused by a bacteria; it isn't caused by any "disease" at all. The new epidemic in our country, say the experts, is obesity. We are being told that we have a fat problem and that our society needs to do something about it! Much of our problem, say the experts, stems from poor nutrition: an imbalance in our diet, too much sugar and fat and not enough fiber and healthy foods like fruits and vegetables. Another problem, they say, is that we eat too much and as a result of overeating we multiply pound upon pound.



What is your source of nutrition? Are you healthy?

In contrast to our burgeoning physical waistlines, we are spiritually wasting away. Spiritually, we need to have a balanced diet as well; we need less spiritual sugar and fat; we need more spiritually healthy choices. It isn't easy to give up a diet of sugar and fat, after all, they taste so good! Similarly, it isn't easy to divorce ourselves from spiritual sugar and fat (i.e. the "feel good" approach to spirituality). So, how can we improve our spiritual diet?

First, we need a daily serving of prayer. We begin to grow weak spiritually when we think that we are self-sufficient and have no need to depend upon God. A daily serving of prayer is packed with the daily essential vitamins of humility,

# TRUST IN THE LORD WITH ALL YOUR

{proverbs 3:5 }

## God's Plan of Salvation

1. Hearing the Word of God (Rom. 10:17; Acts 16:32)
2. Believe what is taught (Mark 16:16; Heb 11:6)
3. Repentance (Acts 2:38; Luke 13:3; Acts 17:30)
4. Confession (Acts 8:37; Rom. 10:9-10)
5. Baptism (1Peter 3:21; Acts 2:38; Mark 16:16; Rom. 6:3-4)
6. After the above five steps, faithful

### This Week Leading Worship:

#### Sunday Morning:



Announcements	Cory Payne
Scripture	Brennan Mallory
Song Leader	Harel Otwell
Opening Prayer	Tony Hotalen
Table	Joe Mallory
	Cody Payne
Assisting	Shane Buchanan
	Korbin Cauthen
Closing Prayer	Caden Mallory

#### Sunday Evening:

Announcements	Joe Mallory
Scripture	Brandon Estvanko
Song Leader	Alan Wilkerson
Opening Prayer/Table	Kenny Laminack
Closing Prayer	Cory Payne

### Next Week Leading Worship:

#### Sunday Morning:



Announcements	Kelly Cauthen
Scripture	Cody Payne
Song Leader	Cory Payne
Opening Prayer	Alan Wilkerson
Table	Wayne Aldridge
	Kenny Laminack
Assisting	Troy Stapler
	Brandon Estvanko
Closing Prayer	Tony Hotalen

#### Sunday Evening:

Announcements	Tony Hotalen
Scripture	Camp Mallory
Song Leader	Harel Otwell
Opening Prayer/Table	Cody Payne
Closing Prayer	Brandon Estvanko

selflessness, and thankfulness. We need these to fight off the potential bulge of pride, selfishness, and arrogance. Paul wrote, “Pray without ceasing” ([1 Thessalonians 5:17](#)).

Second, we need a heaping portion of God’s word. Every day we make decisions in our relationships that affect our family, friends, coworkers and acquaintances. We need nourishment of God’s word to guide us in such decisions. We also face temptation of one sort or another and we need the fortification of God’s word to help us to overcome. Jesus quoted scripture to Satan when he was tempted and we know that God’s word will help us overcome temptation ([Psalm 119:11](#)).

Third, we need a regular dose of service to others. There are many around us who need help. It’s not enough for us to sit back and relax and wait for them to come to us. We need to be active in going out and seeing how we can help others. [Galatians 5:13](#) says, “For, brethren, ye have been called unto liberty; only use not liberty for an occasion to the flesh, but by love serve one another.” Exercising service in our life will keep us spiritually fit.

Finally, we need to pour ourselves several cups of a good attitude. Attitude makes all the difference in our daily walk with God. Regardless what we may believe, we have complete control over our attitude regardless how things are going in life and we must conform our attitude toward God’s will. What must we do? Show love toward our fellow man, exercise patience, practice longsuffering and generously give forgiveness to those around us. Jesus said, “In your patience possess ye your souls” ([Luke 21:19](#)). We need constantly drink from the water of life to help our attitudes!

So many in today’s spiritual world want to satiate themselves with spiritual soda pop and candy. And while there certainly isn’t anything wrong with having soda pop or candy on certain occasions, a regular diet of it will cause sickness and mal-health. Such is also true spiritually; spiritual fast food may taste good at first, but cannot ultimately satisfy. Exercising spiritually healthy choices, however, will maintain a healthy spiritual life and fortify us with the basic essential spiritual nutrients. This will go a long way toward our spiritual health and well being.

### **Reminders:**

Check bulletin board

Remember Service change on Sundays

[www.tallapoosacoc.com](http://www.tallapoosacoc.com)

Sunday Bible study: 10AM

Sunday Worship: 11AM

Sunday Afternoon: 1:30PM

Wednesday Bible study: 7PM

Joe Mallory, Minister

770-597-5009

Cory Payne, Bulletin

770-328-1745

