



We love sharing the truth of God's Word!

March 21, 2021

SPIRITUAL HEART ATTACK

Neville Buchanan

When we are born again, by the water and the Spirit, we are given a brand-new spiritual heart. Initially this spiritual heart is healthy, and so we experience some wonderful fruit. Galatians 5:22-23 (ESV) — ²² But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, ²³ gentleness, self-control; against such things there is no law.

Did you know that if you were to have a heart attack part of your heart could die? Similarly, Satan is constantly seeking to cause a “spiritual heart attack” that aims to take us captive to do his will. If we allow these onslaughts to go unchecked, we might find ourselves with a spiritual heart that is barely functioning or dead.

It is of great comfort to know that if we “submit to God” and “resist the devil” he will flee from us (Js.4:7). But what should cause us concern is that after losing all three onslaughts against The Christ, Satan said “I’ll be back” – or to be more precise ... “And when the devil had ended every temptation, he departed from him until an opportune time” Luke 4: 13.

There is only one way to end up victorious against Satan. We must be all in. It is only when you are fighting the good fight with 100% of your heart that you can ever hope to have victory.

So, friend, are you all in? The committed servant of God must, begin every day by prioritizing God’s Word. Secondly, find something in your morning reading to obey and follow through with action. Thirdly, measure all you do through the day using His Word (ideas, feelings, circumstances, and communication). Fourth, choose to represent Jesus Christ in every aspect of your life. And finally, let your confidence rest in Christ – knowing that He (who began a good work in you) will carry it on to completion until His Day (Phil.1:6).



Summit

Church of Christ

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2021 VISION

“SEEK THE LORD”



*Christ Came, Died, was Buried,
Resurrected, & will Return*

Sunday 10am Bible Study

Sunday 11am Worship

Sun. 6pm Zoom Bible Study

Wed. 7pm Zoom Bible Study

Elders:

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Deacons/Ministry Leaders:

Adam Fuller - Worship Coordinator

Brad Herald - Finance

Chris Guin - Missions

Gideon Devadason - Care &

Encouragement

Jeff Carnes - Facilities & VC

Jeff Schaefer - Facilities

Jimmy Hutchings - Safety Coordinator

Jim Painter - Fellowship

Kevin Doerr-Visual Communication

Neville Buchanan - Administration

Steve Proctor - Education

Minister:

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Robert Murphy - 859.398.3357

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Office Hours at Building:

Mon-Thurs: 9-1:30pm

Friday: 9-12pm

FASTING (PART 2)

Robert Murphy

In last week's article, I explained why fasting is important for Christian discipleship. While it is not commanded (and thus not required), fasting can be a helpful tool for overcoming temptation and recognizing one's own frailty and dependency on God. In this article, I hope to present you with some guidance in order to help you begin this spiritual discipline.

First, some people should not fast due to health concerns. Some medical conditions require you to eat frequently, especially if you struggle with low blood sugar. If you have health concerns about fasting, you should consult your doctor before trying to skip meals.

Secondly, fasting does not guarantee instantaneous success. Most of the time, it takes much practice before gaining the spiritual benefits of fasting. Fasting is, after all, a discipline that requires consistency and training. Therefore, when you fast, you will probably not *feel* any more spiritual. If anything, you will likely become irritable and tired.

This leads to my third tip, namely, that there are different lengths of fasts. One does not have to fast forty days in the wilderness like Jesus to benefit from fasting. In fact, I would not recommend doing this your first time fasting! Rather, I recommend

starting small by skipping one meal that you *normally* eat. If this is easy, then you can move on to two meals, then a 24-hour fast, and so on.

Fourth, fasting is a principle that can be applied to many things or just a few things. For instance, instead of abstaining from *all* food, try only abstaining from sweets or soda or things that you normally treat yourself with. Likewise, you can refrain from things other than food, such as TV, video games, or social media. Many of the benefits will be the same and it can function as a good substitute for food if you find yourself gravitating to these commodities on a daily basis.

Finally, the hunger pangs you feel should prompt your mind to think about spiritual realities. Fasting helps us to be more mindful of our behavior and our actions. It is up to us whether these pangs will goad us toward better behavior, or whether we will consciously choose to give in to what our body desires. Thus, every time you feel a hunger pang, you should pray or read/memorize scripture or meditate. On particular occasions, you may want to dedicate a fast to praying about a particular decision (e.g., when choosing new elders) or a particular outcome (e.g., that your wife will make it through surgery).

I hope that as you practice fasting over a period of time, you will find yourself growing closer to God and gaining more self-awareness and self-control in the process.

UNIFIED IN LOVE

Brad Herald

Philippians 1:9-10 (NIV) “⁹And this is my prayer: that your love may abound more and more in knowledge and depth of insight, ¹⁰so that you may be able to discern what is best and may be pure and blameless for the day of Christ.”

As parents, we all want what is best for our children, so that they can be prepared for their future and that they may have the ability make “good choices”. As their “spiritual parent”, Paul’s prayer for the Philippians was that they would be unified in love. Paul did not pray that the Philippians would have more love for him, or that they would listen to him more, but instead that they would be unified in growing their love, which would result in a greater

knowledge of Christ and deeper insight.

Paul also prayed that the Philippian believers would have the ability to “discern what is best”, or differentiate between right and wrong, good and bad, vital versus trivial. Again, Paul prayed this not because he wanted recognition as a “good parent”, but instead so the Philippians would be “pure and blameless for the day of Christ.”

Often one of the best ways to influence someone is to pray for him or her. As parents, we ought to pray for moral discernment, so we can maintain our Christian morals and values. As Christians, our capacity to develop a deeper knowledge of Christ is determined by our spiritual growth. As you grow in the Lord and put into practice what you have learned, your capacity to understand and to “discern what is best” will also grow.

News, Notes & Announcements...

POTTER CHILDREN'S HOME COMMODITY DRIVE

There is a special need for chili seasoning packets, chocolate pop tarts, cream of mushroom soup, kitchen trash bags, and magic erasers (for cleaning), but any non-perishable pantry item is accepted and much appreciated. There is a marked bin in the foyer for donations. Deadline for donations is April 18th.

SUNDAY AM SERMON:

THE LOVE OF GOD
PSALM 119:33-40

1. IS ALWAYS TEACHING THE T _____, PSALM 119:33
 - WHOSE M _____ GAINS UNDERSTANDING TO KEEP, PSALM 119:34
 - WHOSE H _____ GAINS WISDOM TO OBEY, PSALM 119:34
2. IS ALWAYS LEADING THE D _____, PSALM 119:35
 - WHOSE H _____ SERVES NOT MAMMON BUT THE MASTER, PSALM 119:36
 - WHOSE E _____ TURN NOT TO THE WORTHLESS BUT TO HIS WAY, PSALM 119:37
3. IS ALWAYS CONFIRMING TO THE R _____, PSALM 119:38
 - WHOSE F _____ TURN FROM REPROACH TO HIS RULES, PSALM 119:39
 - WHOSE B _____ LONGS FOR HIS PRECEPTS, PSALM 119:40

CONTRIBUTION

Weekly Budget \$4,815.00

YTD AVG - \$5,170.40

Over/**Under**: +\$3,909.28

Feb 21, 2020-\$4,290.00

Feb 28, 2021-\$11,990.04

Mar 07, 2020-\$5,409.00

Mar 14, 2020-\$4,383.00

Upcoming Events

April 2-4

Lads to Leaders Convention



Summit's Prayer List

Pray for these - Send a card - Make a call - Visit someone - Help with needs – Encourage someone today!

Chery Stockton (Rosy's mom) Recovery from COVID is going slowly

Debbie Glenn Family (Sharon's friend) Passed away on 3/13

Linda Jones (Rosy's aunt) Recovery from COVID is going slowly

Nick Henson Has a cyst in his eye cavity (no tumor) has to see another specialist

Robin Herald Has scar tissue in his lungs from COVID; treating with steroids

Cancer

- **Bev** (Janie Hoskins' sister) Lung cancer
- **Dan Read** (Dan McNeese's friend) Cancer is stable
- **Dave Hammer, Jr** (Sharon's son) Cancer is stable
- **Dorothy Whorley** (friend of Sharon Hammer's son) Radiation
- **Jamie** (Steve Proctor's co-worker) Cancer recurrence
- **Shellee Jenkins** (Melissa Denham's cousin) Chemo treatments
- **Tylene Clark** (Sheryl Herald's cousin's wife) Cancer recurrence

Long-term Needs

- **Dan McNeese**-pray for a full recovery from COVID's effects
- **Daniel Skinner** (Amanda Robinson's brother) Out of rehab soon
- **Dennis Ratliff** (Sheryl Herald's friend) Awaiting surgery for liver disease
- **Joey Adams**-needs a suitable group home
- **Julie Skinner** (Amanda Robinson's mom) Struggling with caring for her parents who have dementia
- **Kerri Herald**-pray for her ability to be independent as an adult

- **Mandy** (Candice's friend) Going through a divorce
- **Raye Arroyos** (Melissa Denham's mom) Recovering from a stroke
- **Stephanie Gilliam** (Mike Hein's friend) Liver failure
- **Tom Smith** (former Summit preacher) Pray for a full recovery from heart/lung issues

Shut-In Members

- Clara Downard
- Dana Fuller
- Shirley Holt

World Bible School Update:

Pray for our 140 active students & 11 active teachers

Ongoing Requests

Ben Buchanan-Alaska mission

Neville Buchanan-counseling work

For our country and our leaders

For our members to grow in the Word

Our Community's lost souls

Summit's planning efforts for the future

Summit Family-greater love for one another

Summit's Deacons-encouragement in service

Summit's Elders-wisdom & love for the flock

Summit's Seniors-faithfulness & mentoring

Summit's Teachers-thankful for our teachers

