

Echo Hills

Church of Christ

March 8, 2015

A Place of New Beginnings

Overcoming Fear — Psalms 34

A wealthy young man was struck down by polio and paralyzed. This illness was seen as the worst thing that could happen to teenagers and young adults in the 1920's and 30's. After a nearby house fire killed a neighbor an almost overpowering fear came over this young man. As he lay crippled in bed he awoke at every noise for fear that it was a fire. He couldn't sleep, he couldn't rest, he had been crippled by the effects of polio and now a crippling fear was dominating his life. He finally shared his fear with an engineer friend who worked tirelessly to find a solution. The engineer had an idea but the man was not strong enough in his upper body. He worked out for weeks to strengthen his arms, back and shoulders and in time he was able to move across the floor backwards, pushing himself using his arms and sliding on his back side. He joked in his New York brogue 'all the wear and tear is on the derriere.' Being able to move on his own gave him confidence and freed his mind so he could think about the future, he had the energy to be involved again. It wasn't long before he ran for Governor of New York and won. A few years later he was elected President of the United States. He made a statement on a radio broadcast that typified his life; he said 'all we have to fear is fear itself.' During the 'great depression' America had a leader that had overcome a terrible illness and a terrible fear and had found the will to continue. In case you haven't guessed it was Franklin Delano Roosevelt a victim of polio and paralyzed from the waist down but his abilities far outweighed his disabilities. On December the 8th 1941 the day after the devastating attack on Pearl Harbor, before a special joint session of Congress with the country in fear and disarray, President Roosevelt appeared to walk the few steps to the podium with the aid of his hidden leg braces and increased upper body strength. He delivered perhaps the greatest speech in modern American history appealing to Congress for a declaration of war. He ended his speech with 'we will obtain the ultimate victory so help us God!' The thunderous applause of Congress came to a man who could no longer walk but was carrying the burdens of the whole nation.

Do you have fears? Have you suffered failures that have crushed your dreams and are making your future cloudy and frightful? When David became fearful and depressed and was ready to give up the idea of being King of Israel he sought shelter in the cave of Adullam where he wrote the wonderful Psalm 34 (I Sam. 21:10-15 & I Sam. 22:1). He brought his fear to the Lord and God blessed him with encouragement and a new outlook on life. It's as if in the echoes of that cave David heard the voice of God telling him 'You are my anointed! I am with you and this will all work out, do not fear. No problem is too hard for me.'

– Andy Jones

Psalms 34:1-10 NIV "1 I will extol the Lord at all times; his praise will always be on my lips. 2 I will glory in the Lord; let the afflicted hear and rejoice. 3 Glorify the Lord with me; let us exalt his name together. [How did David overcome fear?] 4 I SOUGHT THE LORD, AND HE ANSWERED ME; HE DELIVERED ME FROM ALL MY FEARS. 5 Those who look to him are radiant; their faces are never covered with shame. 6 This poor man called, and the Lord heard him; he saved him out of all his troubles. 7 The angel of the Lord encamps around those who fear him, and he delivers them. 8 Taste and see that the Lord is good; blessed is the one who takes refuge in him. 9 Fear the Lord, you his holy people, for those who fear him lack nothing. 10 The lions may grow weak and hungry, but those who seek the Lord lack no good thing."

15-22 "The eyes of the Lord are on the righteous, and his ears are attentive to their cry; 16 but the face of the Lord is against those who do evil, to blot out their name from the earth. 17 The righteous cry out, and the Lord hears them; he delivers them from all their troubles. 18 The Lord is close to the brokenhearted and saves those who are crushed in spirit. 19 The righteous person may have many troubles, but the Lord delivers him from them all; 20 he protects all his bones, not one of them will be broken [Prophecy of Jesus on the cross]. 21 Evil will slay the wicked; the foes of the righteous will be condemned. 22 The Lord will rescue his servants; no one who takes refuge in him will be condemned."

<u>Last Week's</u>	<u>Echo Hills Ministry:</u>	<u>Recent Contributions:</u>
<u>Attendance:</u>	This Week's Sermon by: Tom James	Contribution 03/01.....NA
Sunday Morning.....NA	REACH Ministry Director: David Senn, Jr.	Contribution 02/22.....NA
Sunday Night.....NA		Contribution 02/15.....NA
Wednesday Night.....77		Weekly Budget Needs.....\$1,681



- Kristin Hall's father, Michael Dwayne Hall, 48, passed away Sunday, March 1, 2015 from Melanoma. The funeral was Saturday, March 7, 2015. Her address is 871 2nd Street, Lancaster, OH 43130, email is khall3@harding.edu. Please keep the family in your prayers.
- Welcome home BRANDON POST! Brandon came home Friday night from Cambodia.
- LADIES—Saturday, March 14th @ 11:30a—Lunch at The Chocolate Covered Strawberry Café & Boutique—Please let Judy know if you plan on attending to get a proper number for reservations
- Don't forget about our classes! The Wednesday night adult Bible Class is studying 2 Corinthians (taught by Nick Veale) and the Sunday night adult Bible class is studying the book of James, (taught by Jimmy Arnold). Everyone is welcome to attend!
- Contact Becky Senn at becky.senn@stateauto.com with any needed updates and/or removals to our bulletin info. and "judyvd@comcast.net" for any website/email updates.

Serving on the Lord's Table this month...

March 1: Dave Senn

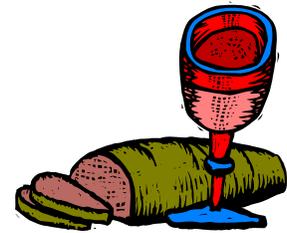
March 15: Chris Hayes

March 8: Matt Hayes

March 22: James Bickel

Announcements...Jeff Brake

March 29: Sean Judge



If you are unable to serve, please contact Chris Hayes at 948-1071 or uthayes24@gmail.com

Those to keep in your Prayers:

- **Jean McCasland** suffering with Alzheimer's & dementia
- **Linda Allen** Hip Surgery @ St. Thomas Midtown. Cards can be sent to: 2000 Church Street, Nashville, TN 37236 She will be there for a couple of months in rehab.
- **Larry Foster**
- **Jerrie Johnson** (Mother of Matt Johnson)
- **Emily Kuykendall**
- **Vinay & Suneetha Kumar**
- **Carol Southall** (Mother of Blake Southall) declining vision
- **Margaret Jones**
- **Sandy Thomas** (Daughter of Barbara Brake)
- **Kenzie Leding** (friend of Emily Kuykendall)
- **Evelyn Arnold** (Mother of Jimmy) suffering from Heart Problems
- **Minerva Arnold** (Wife of Jimmy) recovery from Knee Surgery Address is 200 Sanders Ferry Road Unit 2209, Hendersonville 37075
- **Darlene Kimble & Family**
- **Charles McKinney** (Grandfather of Jennifer Miller)
- **Kristin Hall's** family on the passing of her father
- **Diana Hayes** Diagnosed with Breast Cancer. Surgery went well and she is recovering at home.
- **Meredith Dickens and family**—the passing of her Grandfather, Farris Brown



Echo Hills church of Christ 1106
Campbell Road
Goodlettsville, TN 37072
Email: contact@echohillschurch.org

We're on the web!
www.echohillschurch.org

Sunday Worship

Classes: 9:15am & Worship: 10:15am
Sunday Night Classes: 6pm
Wednesday Night Classes: 7pm