

Echo Hills

Church of Christ

August 17, 2014

A Place of New Beginnings

Use 'S-S-S' and take a Sabbath from Stress

The book of Proverbs is a great place to learn Godly wisdom. But what can this book written by Solomon 3,000 years ago show us today about bringing peace in our families and our personal dealings and finding a break from relational stress?

Proverbs 20:3 KJV "It is an honour for a man to cease from strife: but every fool will be meddling." I'm told the word in the phrase "cease from strife" is the word Sabbath, a day the Lord appointed for his people to rest. The Lord is telling us at every chance take a 'Sabbath' from stress. Use the 3 S's to help take that Sabbath.

- 1) Say less. It's a kind way of saying SHUT UP! Proverbs 15:18 NIV, "A hot-tempered person stirs up conflict, but the one who is patient calms a quarrel." If you have a short fuse shut your pie-hole because you will just make it worse. Take a Sabbath from stress. Be the patient one that calms a quarrel.
- 2) Step back. Folks, you can't un-ring a bell. Once words are said and feelings are hurt, damage is done that may never be fixed by saying a thousand 'I'm sorry's.' If you step back you have time for the better angels of your nature to guide your thoughts and help you measure your words. Proverbs 15:1 NIV, "A gentle answer turns away wrath, but a harsh word stirs up anger." One of the most beautiful songs in our songbook is "Angry Words." When only the women sing the first part it's like I can hear my own mother, or grandmother say 'don't lose your temper sweetie, don't say angry words.'
- 3) Settle down. Proverbs 12:16 NIV, "Fools show their annoyance at once, but the prudent overlook an insult." Some versions say "absorb the insult," for the sake of the Lord use a gentle answer, a soft word to avoid negative conflict. If you absorb the insult you can stay calm and defuse a conflict. Proverbs 16:7 NIV "When the Lord takes pleasure in anyone's way, he causes their enemies to make peace with them." That's an amazing verse. Solomon is telling us live your life pleasing to the Lord and he will fight for you, he will work a situation out, he will make even your enemies be at peace. I think this is exactly how Joseph in the Old Testament survived from the pit, to the prison, to the palace of Egypt. It may take time, it may not work exactly the way you think, but if you live your life pleasing to the Lord and trust him, just because a situation does not make sense today, does not mean it does not make sense.

A couple was brought in to a local hospital. Both were rolled in handcuffed to their beds and both had gunshot wounds. It seems the man was starting a new job and when the wife didn't set the alarm to go off the man woke up late and was so angry he pulled out a pistol and shot his wife in the arm. The woman then pulled a shotgun and shot the man in the arm. As the emt's were taking them out of the house, the man said 'I'm sorry honey for shooting you. I love you.' She said, 'I'm sorry for shooting you to baby. I love you.'

If you use the 3 S's, Say less ... Step back ... Settle down, you can be a tool of the Savior in your home. It's never too late to turn a house of conflict, into a home of peace.

Lord, forgive me when I have failed to bring peace. Forgive me for striving to bring vexation. Forgive me for letting little things become large. Forgive me for not bringing peace to my brothers and sisters. Forgive me for holding on to things that wound and for not letting go of them. Grant me a fresh measure of grace for friends and enemies. Give me a new season of tenderness and calm, not because they deserve it but because it pleases you. Thank you for the fresh start you give everyone who comes to the foot of the cross, because you loved us first. In Jesus' blessed name, amen.

– *Andy Jones*

<p><u>Last Week's</u></p> <p><u>Attendance:</u></p> <p>Sunday Morning.....73</p> <p>Sunday Night.....74</p> <p>Wednesday Night.....107</p>	<p><u>Echo Hills Ministry:</u></p> <p>This Week's Sermon: Andy Jones</p> <p>REACH Ministry Director: David Senn, Jr.</p>	<p><u>Recent Contributions:</u></p> <p>Contribution 8/10.....\$2,522</p> <p>Contribution 8/3.....\$1,810</p> <p>Contribution 7/27.....\$1,800</p> <p>Contribution 7/20.....\$1,222</p> <p>Contribution 7/13.....\$2,098</p> <p>Weekly Budget Needs.....\$1,681</p>
--	---	---



- Attention Guys! Another guy's night out cornhole tournament is coming up planned for this Friday, August 22nd here at the Echo Hills building starting at 7pm.
- New classes! The Wednesday night adult Bible Class is beginning a new study on 1 Corinthians (taught by Tom James) and the Sunday night adult Bible class has begun a study on the book of James, (taught by Jimmy Arnold). Everyone is welcome to attend!

- We have been having another exciting summer so please make sure to make note of upcoming events!
- The website has been updated! Please take a few minutes to take a look at 'www.echohillschurch.org' and let Judy Van Dyke know if there's any changes/additions that need to be made.
- In efforts to keep the bulletin up to date, please remember to email Melissa Montgomery at "mdholley@gmail.com" with any needed updates and/or removals to our list. Thank you!

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

August 3: Chris Post

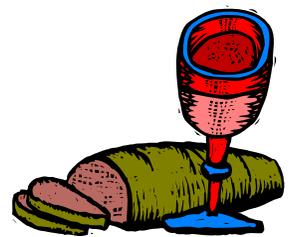
August 17: Johnnie Anderson

August 10: Brandon Montgomery

August 24: Chad Jones

Announcements...Jared Dickens

August 31: Rich Van Dyke



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
- CAROL SOUTHALL (Mother of Blake Southall) DECLINING VISION
- LINDA ALLEN RECOVERING AT HOME
- CALEB WILSON
- CARDS, CALLS & VISITS MUCH APPRECIATED AT:
309 ROBERT CARTWRIGHT DR.
GOODLETTSVILLE, TN 37072
(615) 851-5508
- ANITA SCHMITT (Friend of Ron & Jenny Lux)
- DAVID GURCHIEK
- BLAKE & SARAH SOUTHALL
- LARRY FOSTER
- MARGARET JONES
- JERRIE JOHNSON (Mother of Matt Johnson)
- SANDY THOMAS (Barbara Brake's daughter)
- NADINE DANIEL
- KENZIE LEDING (friend of Emily Kuykendall)
- EMILY KUYKENDALL
- MARGARET SMITH BROKEN WRIST
- ROWEENA GOOLSBY
- EVELYN ARNOLD
- JEFF & KIM BRAKE
- SLATER STOVALL (Cousin of Chad Jones)
- VINAY & SUNEETHA KUMAR
- DONNA EDMONDS (mother of Jon) RECOVERING FROM CAR ACCIDENT
- JOHNNIE ANDERSON FAMILY

<p>Echo Hills church of Christ 1106 Campbell Road Goodlettsville, TN 37072 Email: contact@echohillschurch.org</p>	<p>We're on the web! www.echohillschurch.org</p>	<p>Sunday Worship Classes: 9:15 am & Worship: 10:15 Sunday Night Classes: 6pm Wednesday Night Classes: 7pm</p>
---	--	---