

A 30 Minute Workout Prayer

Bodily exercise is a key to good health. While not as important as spiritual health (1 Tim. 4:8), nevertheless, maintaining a healthy physical body will prevent many illnesses, make us feel better, and help us live longer.

Prayer, of course, is a necessary spiritual exercise. We should pray regularly or habitually (1 Thess. 5:17). However, just like with physical exercise, perhaps we have difficulty finding time to pray. Why not combine the two?

Recently, I committed myself to spending 30 minutes a day on a stairmaster, treadmill, or elliptical machine. I confess I really don't like doing this. I, like many, can find such cardio training boring. What else could I do that is profitable while huffing and puffing on these machines? I decided I would use this time in prayer. After all, prayer does not have to be audible. I developed a plan whereby I would pray about something specific for one minute and do this for 30 minutes. Here is what I developed:

1. Express praise unto God the father.
2. Express praise for Christ the Son.
3. Express praise for the Holy Spirit and His divine revelation—the Bible.
4. Give thanks unto God for the church.
5. Give thanks unto God for my home congregation.
6. Give thanks unto God for all spiritual blessings, including the forgiveness of sins, the privilege of worship and prayer, and the hope of heaven.
7. Give thanks unto God for physical blessings, including food, clothing, and shelter.
8. Give thanks unto God for the nation and the freedoms we enjoy.
9. Give thanks unto God for my family.
10. Give thanks unto God for my friends.
11. Confess my sins unto God and ask him to forgive me.
12. Pray for the church worldwide.
13. Pray for my home congregation.
14. Pray for my elders.
15. Pray for our deacons.
16. Pray for those who are sick.
17. Pray for those who are grieving.
18. Pray for those who are hurting financially.
19. Pray for gospel preachers, missionaries, and our students and faculty in the Memphis School of Preaching.
20. Pray for peace in the world and for good to triumph over evil.
21. Pray for our nation's leaders.
22. Pray for my wife.
23. Pray for my children.
24. Pray for my enemies.
25. Pray for help in overcoming temptations.
26. Pray for strength during trials.
27. Pray that I will be a more diligent Bible student.
28. Pray that I will be a soul winner.
29. Pray that I will pray more often.

A 30 Minute Workout Prayer—continued

- 29. Pray that I will pray more often.
- 30. Pray that in the end I will be saved and heaven will be my home.



West Side Youth Report

Our campers and counselors have just returned from and incredibly uplifting week at Virginia Christian Camp. Throughout the week we heard many powerful, convicting lessons, praised God in song, and studied hard in class and for Bible Bowl each day.

The Thursday night devotional was conducted by several of the senior boy campers with our own Cameron Brown reading Scripture, Ethan Rogers presenting a wonderful lesson on what he has learned in his decade of being a VCC camper, and Garrett Durham leading us in prayer. Good work men.

Our own (and one of Eric and my cabin 2 boys) Chandler Jearls won the junior boy Outstanding Camper award this year. After having to spend the week with a bandage over his left eye (he was injured after falling out of his top bunk in the middle of the night), Chandler showed us all the true spirit of VCC by wanting to stay at camp for the rest of the week.

This year, the staff team won the volleyball game while the campers won both the softball and football games.

Upcoming Events:

Monday, June 28 - After an uplifting week at VCC, we will be welcoming area congregations as we host the first Summer Youth Devotional of the season at 7 PM. This event is not only for the youth. Non-youth group members can be a great encouragement to the youth by supporting them at the devotional.

Tuesday, June 29 - Tubing Trip on the James River. Meet at the church building at 9 AM. Please dress appropriately (see form for details). FORMS (waiver and lunch order form) and MONEY for the trip MUST BE TURNED IN BY TONIGHT to JoAnn or Ryan. (\$15 for the trip, \$5.50 for lunch.) Extra copies of the forms can be found on the table in the front lobby.

Thursday, July 1 - Meet at the church building at 1 PM for a service day (1-4 PM).

Saturday, July 3 - HORIZONS!

Thirty minutes on the exercise machine has now gone by. I am sweating and out of breath but I feel great. Since I spent the time in prayer the time went by more quickly and I am not nearly as exhausted as I would have been, otherwise. My prayer kept me motivated and strengthened me to press on. I share this plan with you in the hope that you could develop something similar. Such will strengthen both body and soul in just 30 minutes.

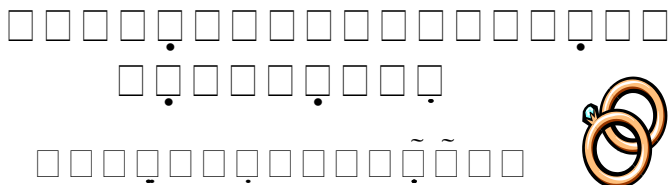
—Barry M. Grider



Happy Birthday this week to:



- Connie Harrah - 6/28
- Eddy Gilpin - 6/29
- Linda Maness - 6/29
- Aleyna House - 7/1
- Sandra Wood - 7/2
- Marc Laplante - 7/2

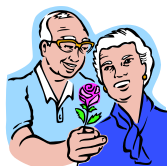


JUNE ITEMS FOR THE STAFFORDS:

Dentyne Fire Gum and Cool Lime Blast gum, Vanilla Wafers, Almond flavoring and butter flavoring (no glass bottles). Give your items to Jeanny and she will ship them over!

WOW

The next regular meeting will be on July 13 at 10:30.



For Your Information

GUEST SPEAKERS

We look forward to hearing from several different men in Eddy's absence as he continues the last week of his vacation.

STUDENT ACCOMPLISHMENTS

Congratulations to all the youth and college students at West Side who have excelled in scholastics, awards, and achievements in various activities throughout the school year. West Side is honored to include an impressive list of "Student Accomplishments" in today's church bulletin for the school year ending June 2010.

TUESDAY NIGHT TALENTS

Tuesday Night Talents will begin on June 29. See Jeremy White for details and sign up on the board for the meal to be served at the kickoff session.

ANDERSON BABY GIFT BASKET

Aaron and Emilee Anderson are anxiously awaiting the arrival of their first baby. Instead of a baby shower, there will be a **gift basket** in the foyer. Anyone wishing to send well wishes to them in the form of a baby gift or gift cards to Target or Walmart for them to purchase diapers and other baby items-please put them in the basket. Proud Grandparents Jerry and Kay Anderson will deliver the gifts to them. If you have questions see Melissa Rogers.

VACATION BIBLE SCHOOL

Vacation Bible School will be held on Saturday, **July 24**. Save the date, plan to help as a teacher or Bible character, and invite your children's friends. See Ryan Davis to volunteer. More details to follow.



Rocky Mount Church of Christ dedicated their new building on Saturday, June 26 at 1:00. They will also have a Gospel Meeting starting today, June 27 through July 2 with various speakers. See the board for more details!!

Senior Servants

Lynn Anderson
Norma Biller
Betty Buckner
Marguerite Charles
Jim Dorsett
Al Furrow
Collin Gregory
Walter & Betty Jenkins
Martha Keith
Margaret Kratz
Miriam Majors
Jo Musgrove
Grace Myers
Evelyn Scott
Elsie Smith
Ruth Stanton
Evelyn White
EV Wimmer
WJ Wood

ROCKY MOUNT



Remember in prayer:

Annette Shrader, Claude Crowe, Hazel Maness, W.J Wood, Rachel Strickland, Jack Cook, Wanda Marshall, Doris White, Shannon Van-Ravestein

-REMINDER-

All events for July and August need to be in the office by Wednesday, June 30th !!

Thanks!

Recent Response: Bob Garby

June 2010

But God..." (7)

Announcements David Brown
Song Leader (AM) Jeff Durham
Opening Prayer (AM)
6/6 Bob Garby
6/13 Eric Earnhart
6/20 Glen Gabbard
6/27 Charlie Maness

Preside at Communion Don Pettit
Serve Table

John Black, Jim Harrington
Mitch Jearls, Ed Mickens

Closing Prayer

6/6 Danny Guard
6/13 Adam House
6/10 Mike Durham
6/27 Jeremy White

Song Leader (PM) Adam House

Opening Prayer (PM)

6/6 Charlie Gwaltney
6/13 Greg Edwards
6/20 Garrett Durham
6/27 Ethan Rogers

Scripture Reader Jimmy Harrington

Closing Prayer (PM)

6/6 Herb Baker
6/13 Jeff Durham
6/20 Jim Bush
6/27 Sam Valentine

Serve Table (PM)

Nathan Pelfrey, Cameron Brown

Song Leader (Wed) Eric Earnhart

Prayer (Wed)

6/2 AC Janney
6/9 Norris Gearhart
6/16 Gene Benefield
6/23 Mark Brooks
6/30 Tom Rogers

Open/Close Bldg Squeaky Valentine
Greeters Valentines, Jearls

-Eddy

Nursery Attend Hazel Maness (AM)
Emily Gray (PM)

Ushers Roger Mays, Mark Laplante

Handouts Noah & Garrett Laplante
Kevin Mickens

Prepare communion

Audrey Gabbard, Rebecca Durham

Last weeks attendance 6/20&23/10

Bible Class— 141 Worship Service—181
Sunday Eve.— 78 Wednesday Eve.—104
Contribution—\$4084

The phrase "but God" is found 44 times in the Bible (KJV) and shows a contrast in what was done by or to others and what was done by God. What God accomplished was, of course, far superior to anything done by another or any outcome that might otherwise have been achieved.

The author of the 73rd Psalm struggled with the seeming prosperity of the wicked and the struggles of the righteous. In verse three he stated, "For I was envious at the foolish, when I saw the prosperity of the wicked." Few are the individuals (including Christians) who have not struggled to some degree with this matter. The weeping prophet asked, "Wherefore doth the way of the wicked prosper? wherefore are all they happy that deal very treacherously?" (Jer. 12:1). The Psalmist continued, "My flesh and my heart faileth: **but God** is the strength of my heart, and my portion for ever" (Ps. 73:26). Truly, "the way of man is not in himself" (Jer. 10:23).

The writer knew that the way of God is far superior to man's. His own logic, reasoning and conclusions would likely take him on a different path. God's way, however, would ultimately lead to glory. When times get difficult for us, we must remember that life here is temporal and its difficulties but brief (II Cor. 4:17). Although others may enjoy the prosperity of wickedness and the pleasures of sin, their happiness will be short-lived (Heb. 11:25) and their punishment severe (cf. Lk. 16:19-31).

Isaiah's words perhaps serve as the best commentary on those of the Psalmist: "Hast thou not known? hast thou not heard, that the everlasting God, the Lord, the Creator of the ends of the earth, fainteth not, neither is weary? there is no searching of his understanding. He giveth power to the faint; and to them that have no might he increaseth strength. Even the youths shall faint and be weary, and the young men shall utterly fall: But they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint" (Is. 40:28-31). Is God "the strength of your heart" and your "portion forever?"