



**GROW
IN
GRACE**
NEWSLETTER

Volume 40, No. 35, September 2, 2014 / Southside Baptist Church & Christian School / P.O. Box 1594 / 1028 South Water Avenue, Gallatin, TN 37066 (615) 452-5951 / The Grow in Grace Newsletter is **a weekly Bible Study**, plus local church news notes— designed first and foremost for members and those attending services at Southside Church. It is sent forth with the desire to aid one and all, (including friends far and wide), in the experience of 2 Peter 3:18. ***"But grow in grace, and in the knowledge of our LORD and Saviour JESUS CHRIST. To Him be glory both now and forever. Amen."***

THE STORMS OF LIFE ARE RAGING!

The storms of life are raging and multitudes find themselves in deep pits of depression. Sounds like a good time to take a FULL FITNESS CHECK! Here is a Checklist— source, unknown; edited:

1. THE STORMS ARE RAGING— MAKE REGULAR USE OF A 'CHECK-LIST!'

a. Offsetting Depression with Physical Fitness: Have a regular check-up by a physician. Eat a proper diet. Follow a regular pattern of sleep. Exercise regularly, at least three times a week. Ladies: Allow for hormonal changes during menstrual cycles, after birth of a baby, during menopause.

b. Offsetting Depression with Mental/Emotional Fitness: If you are a born again Christian, rest in and rejoice in your position of BEING IN CHRIST! Know your strengths; accept your imperfections. Face your problems. Take proper responsibility for your choices and actions. Strive to do well, and reach for realistic goals, not to attain superiority but to honor Christ.

Focus on your personal behavior, not just on feelings.

REALITY: Feelings are not necessarily right nor wrong. However, are my feelings rooted in TRUTH or ERROR; TRUTH or slander; Forgiveness or bitterness? **Where they come from and what we do with our feelings is what makes them right or wrong.** CHOOSE to take care of your responsibilities one at a time. Spend time with your family and friends, and do something nice for others. Speak up; don't withdraw; express your personal ideas, feelings, and desires in humility and boldness— be teachable at the feet of Jesus and His Word. Embrace the reality that there are times when you should say, "No!" ... to additional tasks, etc. Structure each day to include work, relaxation, and worship.

c. Spiritual Fitness: Encounter God in a personal relationship through his Son, Jesus Christ (John 1:12). Seek forgiveness for any sin that separates you and God or you and others... then REST IN God's forgiveness. Follow David's example of confession to God (Psalm 32). Trust God for his love and healing of your loss (Psalm 147:3).

Strengthen your relationship with God in quiet times where He can give you perspective as He gave to David in the sanctuary (Psalm 73:17). Expel anger and bitterness by writing it out, telling it to a trusted person, or expressing it to the Lord—if possible, in the manner of Hannah (I Samuel 1:10).

Refuse negative thinking, which perpetuates depression. A negative response to a person or situation can trigger a downward spiral. This is what happened to Jonah, who griped and brooded until he wanted to die (Jonah 4:3-9). Memorize God's Word. Replace negative thinking with God's promises.

Study God's method of working with Elijah to overcome depression (I Kings 19:1-15). Pray and ask for God's help when the demand seems too heavy, just as Moses did when he cried out to God about his heavy load (Numbers 11:14). Praise God for his blessings. This is the best therapy for a heavy spirit. Worship him for who he is, just as Mary did: "My soul glorifies the Lord and my spirit rejoices in God my Savior" (Luke 1:46-47).

Use Thank-You Therapy. Continue praising God by using a hymnal and singing a song such as "No One Ever Cared for Me Like Jesus." Search for a friend to share your feelings with. Together you can dispel the loneliness and flight the relentless attacker: depression.

The Storms of Life are RAGING—STAND BY ME!

Charles Albert Tindley is known as one of the “founding fathers of American Gospel music.” Charles’ father, Albert, was a slave. His mother, Hester, was a freewoman. His mother died when Charles was four. A year later, he was separated from his father. When he was old enough to work, he hired out to work with slaves, although his ‘freeborn’ status was recognized. Charles taught himself to read and write at age 17. He was a driven young man— working as a janitor while attending night school and earning his divinity degree through a correspondence course.

In 1902, he became pastor of the Calvary Methodist Episcopal Church in Philadelphia, Pennsylvania, the church where he had earlier been the janitor. At the time of Tindley’s death, his church had 12,500 members. The Tindley Temple United Methodist Church in Philadelphia was named after him. He wrote a number of Gospel songs, among them, **“Stand By Me”** and **“By and By, When The Morning Comes.”** Tindley wrote songs especially for suffering people. In most of his songs there is a great anticipation of heaven— when the trials of God’s people will finally be over. **Moreover, Tindley’s songs reveal a strong trust in Almighty God, in spite of trials. EXAMPLES:**

STAND BY ME! — When the storms of life are raging, Stand by me (stand by me); When the storms of life are raging, Stand by me (stand by me); When the world is tossing me Like a ship upon the sea **Thou Who rulest wind and water, Stand by me** (stand by me).

In the midst of tribulation, Stand by me (stand by me); In the midst of tribulation, Stand by me (stand by me); When the hosts of hell assail, And my strength begins to fail, **Thou Who never lost a battle, Stand by me** (stand by me).

In the midst of faults and failures, Stand by me (stand by me); In the midst of faults and failures, Stand by me (stand by me); When I do the best I can, And my friends misunderstand, **Thou Who knowest all about me, Stand by me** (stand by me).

In the midst of persecution, Stand by me (stand by me); In the midst of persecution, Stand by me (stand by me); When my foes in battle array Undertake to stop my way, **Thou Who saved Paul and Silas, Stand by me** (stand by me).

When I’m growing old and feeble, Stand by me (stand by me); When I’m growing old and feeble, Stand by me (stand by me); When my life

becomes a burden, And I'm nearing chilly Jordan, **O Thou "Lily of the Valley," Stand by me** (stand by me).

BY AND BY, WHEN THE MORNING COMES!

We are tossed and driv'n on the restless sea of time; Somber skies and howling tempests oft succeed a bright sunshine; In that land of perfect day, when the mists have rolled away,
We will understand it better by and by.

Refrain:** By and by, when the morning comes, When the saints of God are gathered home, **We'll tell the story how we've overcome, For we'll understand it better by and by.

We are often destitute of the things that life demands, Want of food and want of shelter, thirsty hills and barren lands; We are trusting in the Lord, and according to God's Word,
We will understand it better by and by. (Refrain)

Trials dark on every hand, and we cannot understand, All the ways that God could lead us to that blessed promised land; But He guides us with His eye, and we'll follow till we die, For we'll understand it better by and by. (Refrain)

Temptations, hidden snares often take us unawares, And our hearts are made to bleed for a thoughtless word or deed; And we wonder why the test when we try to do our best, But we'll understand it better by and by.
(Refrain)

The Storms of Life Are RAGING— we need more than the 'Weather Channel!'

There is much we simply do not presently know or understand when it comes to the 'storms of life.'" However, nothing would leave us more hopeless than to only have a "Weather Channel" explanation; or for God to be the popular cultural god who is love and means well but has nothing to do with the tragedies of life and is powerless to control them!

What is REVEALED, we can know and there find true comfort! Let us open our Bibles and find comfort in knowing that the true and living God is completely sovereign, Holy and all powerful and infinite in wisdom

and perfect in love: Psalm 62:11; 115:3; 135:6; Proverbs 21:1; Lamentations 3:32-33, 37-38; Romans 11:33. As Jerry Bridges has stated, **“Nothing is too large or small to escape God’s governing hand. The spider building its web in a corner and Napoleon marching his army across Europe are both under God’s control.”** All things are under His ultimate control. For His own good purposes, God wills or permits all things. **NOTHING in the Word of God is ever attributed to fortune, fate, chance, luck or even uncontrolled nature.**

**** We live in a fallen/sin-cursed world** where the whole creation suffers because of man’s sinful rebellion: Genesis 3:16-19; Romans 8:20-22; Romans 5:12; 8:22

**** We live in a world** (and a universe) where the One, True and Living Creator and Redeeming God does all of His good pleasure. He is never arbitrary. He is never frustrated. None can prohibit Him from doing all of His good pleasure: Romans 11:33-36; Ps 33:7; 89:9; 107:29.

**** We live in a world**, believe it or not, that does NOT revolve around us! He is the Master Potter. We are the clay. He has the exclusive right to do as He pleases. But whether He expresses His wrath or His mercy— God is never UNRIGHTEOUS: Romans 9:14-22; 11:33-36.

**** We live in a world** where God declares in His Word that all aspects of ‘nature’ (Earthquakes, storms, etc.) are subject to His sovereign control: Ps 147:15-18; 148:8-13; Matthew 5:45.

We live in a world where God righteously, on occasions, works through the ‘forces of nature’ as He brings judgment to the earth: Psalm 78:43-51; Revelation, chapters 6-18.

‘THE STORMS (Literal storms or otherwise) **OF LIFE’ GIVE SAINTS OPPORTUNITY for vital lessons and expressions of faith: We have opportunity for—**

1. Ministries of compassion and kindness: 2 Corinthians 1:3-6; James 1:26; 2:15-16.

2. Fresh awareness of our utter dependence upon God for all things!

3. Fresh reminders that we ‘know not what a day will bring’!

4. Fresh calls to be weaned from the world, to store treasures that are beyond the reach of rust, theft, hurricanes, tornados, etc.

5. Fresh calls to worship, love and serve God.

6. Fresh humility: We dare not ask for justice. Let our lips be filled with praise for God’s mercies. **Let us be reminded** that all suffering is ultimately rooted in the consequences for Adam’s sin. **Let us**

acknowledge that we were rightly represented by Adam! **Let us NEVER assume** that the other person's present calamity is the direct result of their sin; but rather be astounded that God has been so merciful to us! There is much more but we are out of space; and close with this:

Preparing for the Storms of Life *After a storm has hit ...*

1. Natural temptation: Give up and go back to old ways— *John 21:3 "I'm going out to fish," Simon Peter told them, and they said, "We'll go with you." So they went out and got into the boat, but that night they caught nothing.*

Proper response: Remain faithful and wait for God's deliverance—
Ps 37:34 Wait for the LORD and keep his way. He will exalt you to inherit the land; when the wicked are cut off, you will see it. Ps 130:5 I wait for the LORD, my soul waits, and in his word I put my hope.

2. Natural temptation: Escape or drown sorrows— *Jonah 1:3 But Jonah ran away from the LORD and headed for Tarshish. He went down to Joppa, where he found a ship bound for that port. After paying the fare, he went aboard and sailed for Tarshish to flee from the LORD. Isa 55:1 "Come, all you who are thirsty, come to the waters; and you who have no money, come, buy and eat! Come, buy wine and milk without money and without cost. 2 Why spend money on what is not bread, and your labor on what does not satisfy? Listen, listen to me, and eat what is good, and your soul will delight in the richest of fare.*

Proper response: Remain faithful to duties, and burrow deep into God for security—

Ps 62:1 For the director of music. For Jeduthun. A psalm of David. My soul finds rest in God alone; my salvation comes from him. 2 He alone is my rock and my salvation; he is my fortress, I will never be shaken ... 5 Find rest, O my soul, in God alone; my hope comes from him. 6 He alone is my rock and my salvation; he is my fortress, I will not be shaken.

3. Natural temptation: Anxiety, fret, fear, and worry— *2 Ki 6:14 Then he sent horses and chariots and a strong force there. They went by night and surrounded the city. 15 When the servant of the man of God got up and went out early the next morning, an army with horses and chariots had surrounded the city. "Oh, my lord, what shall we do?" the servant asked. 16 "Don't be afraid," the prophet answered. "Those who*

are with us are more than those who are with them." 17 And Elisha prayed, "O LORD, open his eyes so he may see." Then the LORD opened the servant's eyes, and he looked and saw the hills full of horses and chariots of fire all around Elisha.

Proper response: Trust God and enjoy the peace which passes understanding— Phil 4:6 Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

4. Natural temptation: Anger, resentment, and vengeance— Gen 34:1 Now Dinah, the daughter Leah had borne to Jacob, went out to visit the women of the land. 2 When Shechem son of Hamor the Hivite, the ruler of that area, saw her, he took her and violated her ... 25 Three days later, while all of them were still in pain, two of Jacob's sons, Simeon and Levi, Dinah's brothers, took their swords and attacked the unsuspecting city, killing every male.

Proper response: Give out the mercy the Lord has given you— Eph 4:32 Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

5. Natural temptation: Grumble against life or God— Num 11:4 The rabble with them began to crave other food, and again the Israelites started wailing and said, "If only we had meat to eat! 5 We remember the fish we ate in Egypt at no cost--also the cucumbers, melons, leeks, onions and garlic. 6 But now we have lost our appetite; we never see anything but this manna!" Job 10:1 "I loathe my very life; therefore I will give free rein to my complaint and speak out in the bitterness of my soul. 2 I will say to God: Do not condemn me, but tell me what charges you have against me. 3 Does it please you to oppress me, to spurn the work of your hands, while you smile on the schemes of the wicked?"

Proper response: Accept the limited storm as from the Sovereign hand of the loving God—

Job 1:21 and said: "Naked I came from my mother's womb, and naked I will depart. The LORD gave and the LORD has taken away; may the name of the LORD be praised." (Also Phil 2:14-15) 1 Cor 10:13 No temptation has seized you except what is common to man. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are

tempted, he will also provide a way out so that you can stand up under it. (Also Rom 8:28; Jam 1:2-4)

6. Natural temptation: Self-pity and self-exemption— Job 19:21 "Have pity on me, my friends, have pity, for the hand of God has struck me.

Proper response: Repent of self-pity as a sin, and do what is right— Job 42:5 *My ears had heard of you but now my eyes have seen you. 6 Therefore I despise myself and repent in dust and ashes."*

7. Natural temptation: Self-reliance— John 18:10 *Then Simon Peter, who had a sword, drew it and struck the high priest's servant, cutting off his right ear. (The servant's name was Malchus.) 11 Jesus commanded Peter, "Put your sword away! Shall I not drink the cup the Father has given me?"*

Proper response: Choose to look only to God— Ps 9:10 *Those who know your name will trust in you, for you, LORD, have never forsaken those who seek you. Ps 118:8 It is better to take refuge in the LORD than to trust in man.*

8. Natural temptation: Consumed with guilt and shame— Mat 27:5 *So Judas threw the money into the temple and left. Then he went away and hanged himself.*

Proper response: Remember the Truth that Jesus' death covered all your sins— 1 Pet 3:18 *For Christ died for sins once for all, the righteous for the unrighteous, to bring you to God ...*

9. Natural temptation: Survive, endure— Mat 25:15 *To one he gave five talents of money, to another two talents, and to another one talent, each according to his ability. Then he went on his journey ... 18 But the man who had received the one talent went off, dug a hole in the ground and hid his master's money.*

Proper response: Allow the trial to work godliness in you— 1 Pet 1:6 *In this you greatly rejoice, though now for a little while you may have had to suffer grief in all kinds of trials. 7 These have come so that your faith--of greater worth than gold, which perishes even though refined by fire--may be proved genuine and may result in praise, glory and honor when Jesus Christ is revealed. (Excerpted from a 2-part message entitled "Preparing for the Storms of Life"... author unknown)*

Grace to one and all! James Bell www.southsidegallatin.org

SOUTHSIDE NEWS NOTES!

TUESDAYS: Come and sing every Tuesday night at Gallatin Health Care nursing home. Meet at the front door at 5:30PM. Questions call Bradley Pennington at 615-804-3054.

**** WEDNESDAYS: PRAYER SERVICE at 7:00PM; IN THE CHURCH AUDITORIUM! ****

NOTE: Jody Allen is ministering to young Children, up to about age 10 during Prayer Service. Older children, but not old enough for the Youth Group... will be with their parents in the Prayer Service. YOUTH GROUP: Wednesdays 6-8pm... led by Byron Smith

➔ NEXT LADIES BIBLE STUDY— September 11 @ 11:00AM,
led by Cindy Bell

*** SATURDAY MORNINGS @ 8am: Men's Fellowship/Bible Study! ***

SUNDAY Schedule for September 7, 14, 28:

- 1. 9:30am-** Sunday School Bible Study and Small Group Fellowship
- 2. 10:45am-** Morning Worship / Children's Church
- 3. NOON FELLOWSHIP MEAL**
- 4. 1:00pm-** Early Afternoon Service

****SUNDAY Schedule for September 21:**

1. 9:30am- Sunday School Bible Study and Small Group Fellowship

2. 10:45am- Morning Worship / Children's Church

[LORD'S SUPPER, the climax of the worship service!]

3. NO NOON MEAL

4. SUNDAY EVENING HOME GROUP FELLOWSHIP/BIBLE STUDIES

SOUTHSIDE CHRISTIAN SCHOOL!

Children are like young plants in a garden— while young and tender must be protected. Southside Christian School works in harmony with the local Church and empowers parents!

<http://www.aceministries.com/curriculum/?content=presentingACE>