BIBLE TRIVIA

- 1.) What is the name of the village where Jesus turned water into wine?
- 2.) Which prophet was called by the Lord as a boy and anointed Saul as Israel's first king?
- 3.) Who was the first hunter mentioned in the Bible?
- 4.) Which Pharisee had a private meeting with Jesus at night?
- 5.) What does the name "Mara" mean?



SERMONS FOR SUNDAY

A.M. DALE FOSTER

"The Future of the 249 Church of Christ" (Philippians 3:12-16)

P.M. Cancelled

WEDNESDAY NIGHT BIBLE DEVOTIONAL

Cancelled

Cancelled

Welcome Visitors

We want to personally thank you for joining us today. It is our prayer you leave our worship service with an uplifted spirit. Below is what you can expect during our services.

SINGING: Non-instrumental singing plays a great part of our worship services. We hope that you will find this to be an uplifting praise to the Lord. (Eph. 5:19)

LORD'S SUPPER: Each Sunday we observe the Lord's Supper, which reflects on the death, burial and resurrection of our Lord Jesus, and the hope of everlasting life we now can live through Him. (I Cor. 11:23-26)

CONTRIBUTION: During the service, we as members are given the opportunity to give a portion of what God has given us. This money is used to support the church and to help spread God's Word. (I Cor. 16:2

Schedule of Services

Sunday morning & online services are available, all Sunday night and Wednesday night service at the building are cancelled due to COVID-19.

Sunday:

Bible Study	9:00 a.m.
Sunday Morning	10:00 a.m.
Sunday Evening	6:00 p.m.

Ladies Bible Class: (Sept-May)

Tuesday 9:30 a.m.

Wednesday Bible Class 7:00 p.m.



11702 W. Montgomery, Houston, TX 77086

Email -Cofc249@yahoo.com Web site - www.249cofc.org

Phone 281-445-3484

March 21, 2021 The Intense Workout

Once there was a healthy and fit man that was shopping at the grocery store when a very unhealthy and out of shape man commented on his appearance. "Look at how fit you are" he said. "I have tried my entire life to be fit, but I have come to the conclusion that I am just not made that way."

The fit man pointed at the man's basket that was filled with boxed processed food, all kinds of surgery sweets including ice cream and a 24 can box of soda water. He then pointed at his own grocery basket that consisted of fresh produce, chicken, rice, orange juice and water. Then with a smile the man said, "You are what you eat".

The truth is, it's not easy to be fit and healthy. You must eat the right kind of food and exercise daily. You must also repeat this process each and every day for as long as you want to be fit and healthy.

This man never ever had a chance of being fit and healthy eating "junk food" and sitting on the couch. It's easy to understand this with the physical body, but many can not see this with the spiritual. Despite the fact that bodily exercise profits a little, but

Continue-



Pray for our Family

Doris Dromgoole may have to have biopsy of lung if round of antibiotics does not clear up her chest. She is concerned it could be a tumor or cancer.

Jerry Jefferson is at home and doing well.

Russell Dukes JR. is at home recovering and is doing better.

Carolyn Moon is receiving some treatments and is feeling better.

Jackie Crawford is at Encompass Health in Deerbrook for inpatient rehab.

Terry Peavler is taking chemo and it's hard on his body.

Howard Roden is struggling to keep weight on. Please remember **Howard** & **Dixie**.

Curtis Williams' father Jimmie is dealing with health issues.

Janet Barnewll continues to struggle with pain. She has requested prayers for her spiritual and physical wellbeing.

Jennifer George shannon's cousin had a twelve-hour long surgery to help with her tumors. She is home.

Please remember: Lydia Walden, Terry Peavler, Debbie White, Emileigh Marsh, Bobby Freeman, Doug Allee, Howard Roden, Debbie White, Sherlyn Cartwright, Mark Florez, Linda Carpenter, Jennifer George, Russel Dukes Jr, Scott Warren And ALL of the first responders and those dealing with Covid-19.



Bible Trivia Answers

- 1.) John 2:1-11
- 2.) 1 Samuel 9:1-15
- 3.) Genesis 10:9
- 4.) John 3:1
- 5.) Exodus 15:23/Ruth 1:20

Continue-

godliness is profitable for all things, having promise of the life that now is and of that which is to come. 1 Timothy 4:8

Knowing this information from 1 Timothy 4:8 you would think that the Church building would be filled up on Sundays like the Gym but it's not. The fact is, we have many members who only use the facility every other week if that. Some are here every Sunday, but without a steady diet of the word of God at home you're just spinning your wheels. We cannot let the world turn us into an unhealthy and out of shape Christians!

If we are to be a healthy and fit Christian, we will need a good steady diet of the word of God along with a daily "Intense Workout". We are to exercise to godliness. II Timothy 4:7-8

Christians are to always steadfast in the truth, when others see us, they should see a great warrior for the Lord that's ten-foot tall. Filled with strength from God and able to overcome anything this old world has to throw at us. John 10:27-29 Our mouth filled with the word of God! Ephesians 5:19

The Christian is only able to do this with the knowledge of the Bible. If you think for one minute that you can overcome anything without the word of God, you are truly lost because the word of God is the truth and we are Sanctify through the truth.

John 17:17

I pray that we may all have a steady diet of the word of God along with a daily "Intense Workout" for God's approval. II Tim 2:15

Jamie B. Cobb