

TO SERVE TODAY:	AM	PM
Opening Prayer	Sherrill Smith	David Bryant
Song Leading	Keith Peevyhouse	Nick Bryant
Preside Lord's Supper	Mark Wright	
Scripture Reading	Noah Brasher	Dale Aden
Closing Prayer	David Brasher	Dylan Holt
NEXT WEEK:		
Opening Prayer	David Bryant	Dale Ballentine
Song Leading	Dale Ballentine	Keith Peevyhouse
Preside Lord's Supper	Dale Aden	
Scripture Reading	Josh Brasher	Dylan Holt
Closing Prayer	Mickey Keen	Monte Morris



## Trezevant Church of Christ

114 Church Street  
Trezevant TN 38258

# The Follower

June 25, 2023

### CONTACT INFORMATION

#### Elders:

David Bryant Cell: 731-418-1311  
Email: [waynebryant25@gmail.com](mailto:waynebryant25@gmail.com)

Steve Foster Cell: 731-225-4395

#### Deacons:

Dale Aden Cell: 731-415-1161

David Brasher Cell: 731-415-0636

Mark Wright Cell: 731-571-5606  
Email: [mwright@tennesseetel.net](mailto:mwright@tennesseetel.net)

#### Minister:

Freeman Mahan Cell: 573-624-6575  
Email: [freemahan@gmail.com](mailto:freemahan@gmail.com)

### SCHEDULE OF SERVICES

~~~

**SUNDAY:** Bible Class 9:00 AM  
Worship 10:00 AM & 5:00 PM  
(Meet-Eat-Meet each second Sunday)

**WEDNESDAY:** Bible Study 6:30 PM  
(Fellowship & devo each fourth Wednesday)

## Healthy Exercise

We have heard about the benefits of physical exercise all of our lives. We know that running, walking, push-ups, sit-ups, and weight-lifting have long-term positive effects on our bodies. Yet, despite understanding how this exercise strengthens our muscles, our hearts, and our circulatory systems, most of us tend to be lax in doing it. Additionally, most do not push the limits - the no pain, no gain that our coaches taught us - being satisfied instead with the status quo.

Now that our toes have been stepped on from a physical standpoint, let's consider the spiritual. We all understand the eternal benefits of salvation from our sins. We obtain forgiveness of past sins when we obey the gospel, being baptized into Christ as our part of the obedience of faith. But like our physical exercises, we do not need to stop there and think we are doing ourselves much good. Listen to the words of Peter: *Besides this, giving all diligence, add to your faith virtue; and to virtue knowledge; and to knowledge temperance; and to temperance patience; and to patience godliness; and to godliness kindness; and to kindness charity (love). For if these things be in you, and abound, they make you neither barren nor unfruitful in the*

knowledge of our Lord Jesus Christ...Wherefore the rather, brethren, give diligence to make your calling and election sure, for if you do these things, you shall never fall (2 Pet. 1:5-10).

If we fail to add to our physical exercises, we never get stronger. Likewise, if we fail to add to our faith, we do not get spiritually stronger and are in danger of falling away. Let us strive to be spiritually stronger by adding to our faith the characteristics of which Peter spoke. The benefits are eternal.

~Freeman



Then Jesus said to His disciples, "If anyone wishes to come after Me, let him deny himself, and take up his cross, and follow Me...." (NASB)

## Remember in Prayer ...

- **Monte** has been dealing with balance issues.
- **Steve** had ingrown toenails cut out Monday, and **Rita** got a steroid injection in her knee.
- **Dylan's** mom, **Lena Holt**, is having stomach issues checked out.

PRAYER LIST: Miss Mary; Sherrill; Steve; Rita; Casey Clark; Ginger Avery....

## News and Notes...

- **We welcome our visitors;** we are indeed honored to have you with us. Please complete a visitor card and leave it in the pew or the collection plate, and please allow us the opportunity to get acquainted with you following services.
- **Summer Youth Series** tomorrow evening at Roan's Creek. The van will leave at 6:15.
- **Fellowship & Devo** this Wednesday evening at 6:30. Those planning to come are asked to please sign the sheet in the foyer.
- **Wednesday evening devo:** Freeman

*Freeman & Ponna have added the eighth notch to their grandparent belt! Jackson Freeman Mahan was born last Sunday evening weighing 8 lbs, 14 oz, and measuring 22" long. He was welcomed home by proud parents Paul & Morgan, and big sister Kennedy.*

## JULY BIRTHDAYS & ANNIVERSARIES:

Linda Ballentine - 07  
Orvaline Mann - 15  
Mickey & Judy - 21  
Rhonda Aden - 25  
Ruth Morgan - 28