

**Family & Friends..... February 24th, 2021**

This is one winter I guess you could call a humdinger! Looks like it is going out with a bang. I think I know what it means when someone says they have Cabin Fever. We might experience feelings of restlessness, irritability, and loneliness from being confined to our homes for extended periods of time. There are ways out of this. We can turn to God in prayer, read His Word, do daily devotions, give someone a phone call, and check on family and friends. Hearing a happy voice full of cheer helps others. We might get rid of a bunch of stuff we need to throw away or give to someone else. I loved watching it snow. It was beautiful!

I was totally amazed at the birds and squirrels. They came out like little troopers and were nice to each other. They were determined to get to the seed. The Cardinals would sit on the back of a lawn chair and stare in at us in the kitchen window when their feeders were empty. If that did not work, they would fly by next to the window. Who's boss? They seem to love the snow! Our poor little heat pump did its best to keep us warm, but it was still bone chilling cold. We are thankful we did not lose power, had warm meals, no power outage, and able to stay home. God is always with us! To God Be The Glory.

*For to the snow He says, "Fall on the earth."  
And to the downpour and the rain, "Be strong."  
Job 37:6*

Those on our prayer list: Keep those who were affected by the bad weather, especially this last week, in your prayers. Texas, Oklahoma, and Arkansas were hit bad. There have been many deaths, frozen, busted pipes to homes and businesses, no water and power, and hunger. Keep these people close to your hearts in prayer. Good news is Claudia McGee's daughter, Samantha is home now after a rough time with Covid-19. Her husband is doing better also. Darryl Reynolds is doing some better. Thank your for your prayers! Remember Doug Klingman and his family in the loss of his uncle, Frank Gates, who passed away in Missouri. Betty Whittington's daughter, Stephanie, also the Covid virus. Our deepest sympathy goes to Mary Bell Banks in the loss of her brother-in-law, Joe Banks. Keep Mary Bell and the Banks family in your prayers. Continue to remember and pray for Louise Perry, Bob & Pat Musson, Krista Magness, Sean Turnage, Tim & Susan Duffy, and Susan's dad, our missionaries, our military and police force, our country and president, a cure for Covid-19.

Items needed for Fair Haven Children's Home: soups, canned vegetables, salad dressings, spam, and disinfectant wipes. For our Food Pantry: rice, flour, sugar, oatmeal, cereal, tuna, canned vegetables and canned chicken, and peanut butter.

*Faith in Christ will keep us steady in the stormy sea of change.*

Love you, stay safe. *Karen*

**Bella Vista  
Church of Christ**

Highway 71 and County Road 40  
989 NW McNelly Road  
Bentonville, AR 72712

**Return Service Requested**

**ELDERS**

Tracy Bowman.....479-899-3089  
Don Butcher.....636-548-0458  
Dallas Dobbs .....479-640-4943

**DEACONS**

Mark Bagwell John Bowman Chris Johnson Bryan Busbee Joe Hott  
Robert Horton Perry Johnson Harold Phillips Terry Roberts Aaron Sloan Mitchell Whittington

**MINISTERS**

Randall Caselman.....479-855-4447  
Jeff Grisham.....479-531-9135  
Parker Willis.....615-587-3208  
Selywn Nel ..... Cape Town, South Africa  
Javier & Helmer Rosero..... Bogota, Colombia

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<b>LORD'S DAY</b>		8:15
Early Worship	Bible Class	9:30 AM
Second Worship		10:30 AM
<b>WEDNESDAY</b>		9:45 AM & 7 PM
Ladies' Class	Bible Class	Live Stream @ 7 PM

**Phone: 479/273-2434**

[www.bellavistachurchofchrist.com](http://www.bellavistachurchofchrist.com)

**Bella Vista**

**Stress Busters**

Stress! It's all around us: The world wide war on terror sometimes reaches our own community. The COVID Pandemic has now taken a half-million lives in our country. World economics continues to be a concern. Plus, our personal calendars are filled to the brim with stressful appointments and activities. We seem to be running non-stop to somewhere. Stress has become a norm for twenty-first century life. We all deal with it! Are there Biblical acknowledged remedies for such?

**Matthew 6.25-33** has Jesus saying... *"Do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes?... Don't worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the pagans run after all these things, and your Heavenly Father knows that you need them. But seek first His kingdom and His righteousness, and all these things will be given to you as well."*

**Philippians 4.6...** *"Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God."*

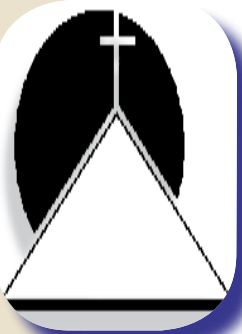
**1 Peter 5.7...** *"Cast all your anxiety on Him because He cares for you."*

**Proverbs 12.25** reads... *An anxious heart weighs a man down.*

Indeed, we live in a stressful culture, but we must not allow it to overcome or overwhelm to the point that it controls our thoughts and behavior. There are Biblical Stress Busters. Come, let's see what we can learn...

**We must acknowledge the problem.** Oddly enough, the greatest inhibitor to overcoming stress is our own denial that we are affected. Dr. Herbert Benson of the Harvard Medical School once wrote: "Sixty to ninety percent of doctor visits are for stress related diseases: Hypertension, infertility, insomnia, cardiovascular diseases etc.," Doctor Charles Mayo once observed: "Worry affects the circulation, the heart, the glands, the whole nervous system." The

**HERBLENERS**



doctor in charge of a London Psychiatric Hospital told Dr. Billy Graham that most of his patients could go home if they could just be convinced that they were forgiven people. Stress robs us of health: physically, emotionally, spiritually. Let's be smart! When we recognize the signs of stress, worry, fatigue, let us acknowledge and do something about it rather than denying. Admit our anxiousness, check our schedules, give in to really what's happening around us, to us, within us. We are a part of a stress filled culture.

**Be still and know God.** Psalm 46.10 gives us our advice "Cease striving and know that I am God. Several times in His ministry, we find Jesus going off by Himself, or perhaps with the Twelve, to rest, pray, meditate, just relax and be alone with God. Good advice for us all, right? I'm not talking about making elaborate plans, detailed schedules, that will only add

to our stress. What Jesus needed was not a visit to Disney World, or New York City. He just needed time to "Be still and know that God is God." In Philippians four, Paul tells us, "Don't be anxious (Don't be stressed) about anything. Then he tells us how to overcome the stress: "But in

everything, by prayer and petition, with thanksgiving, present your requests to God." Interesting isn't it that in the Garden Adam & Eve were used to walking and talking with God in the cool of the evening. David gives his secret in Psalm 119.97: "Oh how I love Your law! I meditate on it all day long." Sometimes we just need to hear from God. Amen?

**Understand that Stress is often a result of wrong priorities.** Interesting that, in the narrative of the Rich Young Ruler coming to Jesus, he excused himself from following by saying "that he must first bury his father." Most commentators believe his father was not dead, but that this young man was simply saying "Let me wait until dad dies, then I'll follow You." We can all find an excuse for not walking with Jesus in a ministry. Excuses are simply misplaced priorities: Wait until I finish school, wait until we are married, until I have established my career, until we retire. Each of these say "there is something more important than God in my life." Luke chapter fourteen gives us more examples: "But they all alike began to make excuses. 'I have just bought a field, and I must go and see it. 'Another said, 'I have just bought five yoke of oxen, and I'm on my way to try them out. 'Still another said, 'I just got married, so I can't come.'" I must tell you, for most of us, for the child of God, if we

are not placing God first and foremost in our lives, we will find we're: Anxious, Stressed, Frustrated, Unfulfilled folk. Amen?

**Know that God is at work in our lives.** Thinking that we can solve our own stress related problems is a sure sign of added stress. Mark records: "A furious squall came up, and the waves broke over the boat, so that it was nearly swamped. Jesus was in the stern, sleeping on a cushion. The disciples woke Him and said to Him, 'Teacher, don't you care if we drown?' He got up, rebuked the wind and said to the waves, 'Quiet! Be still!' Then the wind died down and it was completely calm. He said to His disciples, 'Why are you so afraid? Do you still have no faith?'" Stress is a storm. A storm we cannot handle alone. We need the calming presence of Jesus. "We know that in all things God works for the good of those who love Him, who have been called according to His purpose" (Romans 8.26). When faced with situations that overcome and overwhelm with fear, worry, anxiety, stress; it is critical for us to remember that Jesus is with us: *In this world you will have trouble, (stress), but take heart! I have overcome the world" (John 16.33).* Romans 8.31 concludes: "What, then, shall we say in response to this? If God is for us, who can be against us? It was Peter who wrote: "Cast all your cares, anxiety, stress upon Him because He cares for you.

**Get rid of our sin-guilt.** Looking back over my life, I must admit that my own sin-guilt has brought about stress. Listen, we must all deal with our secret sins; those we don't want to admit to ourselves, much less to others. Sins that we know and will not acknowledge remain unforgivable. We all have them! Denial won't help, it just adds more stress. "If we claim to be without sin, we deceive ourselves and the truth is not in us. If we confess, (acknowledge), our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness" (1 John 1.8-9). Acknowledge the sin! Name it! Confess it to God! Ask His forgiveness! Then know that the sin-guilt is gone, and with it the stress of not being right with our Creator and Savior.

No these are not all the stress busters we could name, but they are a starting place for me, perhaps they'll help you. May God bless our study together.

—RANDALL CASELMAN

## What Kind of People Are in Your Church

Some organizations are designed to include people who are alike, with similar backgrounds, abilities, education levels, and interests. However, God's church is not designed with these things in mind. In fact, Scripture tells us that Jesus came to break down such barriers. "As many of you as were baptized into Christ have put on Christ. There is neither Jew nor Greek, there is neither slave nor free, there is neither male nor female; for you are all one in Christ Jesus" (Galatians 3.27-28).

When you visit a church, you will meet some people like you—And some who are not like you. On any given Sunday, you may find people of many ethnicities and those of other backgrounds. You will find some who are financially prosperous and some who do not have much money. You will find some who did not finish high school and some with advanced degrees. You will find old people and young people. You will find white collar jobs and blue collar jobs. You may find people who are originally from all parts of the nation. Some have very outgoing personalities, and some are quiet. We have many varying likes and dislikes and different strengths and weakness. We realize that we still have a long way to go in learning to love all. We are imperfect but we know that God wants us to grow in love for one another.

What is it that holds such a diverse group together? It is a common faith in Jesus Christ and a common respect for the authority of His Holy Word. God created us different from each other, but we all want and strive to be more like Jesus. We realize that we are saved by the blood He shed on the cross, and we have a common destiny of eternal life with Christ in Heaven.

In our church, we sing a song that describes our unity...  
 A common love for each other,  
 A common gift to the Savior.  
 A common bond holding us to the Lord,  
 A common strength when we're weary.  
 A common hope for tomorrow,  
 A common joy in the truth of God's word.

—Edited from  
 House To House Heart To Heart



### SUNDAY SERVANTS: 2/28/21

#### EARLY SERVICE (8:15 AM)

Song Leader ..... Sammy McCain Prayer & Scripture ..... Harold Phillips  
 Communion Scripture & Prayer ..... Joe Hott Greeters/Handouts..... Gary McCool & Mike York

#### SECOND SERVICE (10:30 AM)

Song Leader ..... Mark Bagwell Prayer & Scripture ..... Bryan Busbee  
 Communion Scripture & Prayer ..... Ray Reiss Greeters/Handouts..... Mike Lunsford & Chris Johnson

#### February Coordinators

Worship Coordinator ..... Mark Tucker Streaming Coordinator ..... Abby Willis  
 Audio Coordinator ..... Homer Makinson Video Coordinator ..... Matt Grisham