

THE BODYBUILDER

*Our vision is to be a community of grace,
telling the unsaved of salvation by grace,
encouraging the saved to live and grow in grace,
and extending grace to others.*

Dealing with Discouragement

*"Bless the Lord, O my soul, And all that is within me,
bless His holy name. Bless the Lord, O my soul, And forget
none of His benefits; Who pardons all your iniquities,
Who heals all your diseases; Who redeems your life from the
pit, Who crowns you with lovingkindness and compassion;
Who satisfies your years with good things,
So that your youth is renewed like the eagle."*

Psalm 103:1-5

Discouragement is a universal human experience. It's that feeling of losing confidence or enthusiasm, of simply feeling down. Even David, a man after God's own heart, faced discouragement in his life. Whether he felt alone and abandoned or burdened by the weight of his sins, David knew the depths of despair.

Psalm 103 offers a powerful antidote for discouragement. In this Psalm, David encourages himself to praise the Lord and bless His holy name. He shifts his focus to the countless benefits of knowing God: His forgiveness, healing, redemption, lovingkindness, compassion, and abundant goodness. It's a challenge to remain discouraged when we reflect on all that God has done for us.

To overcome discouragement, we must take a step of faith and actively choose to praise the Lord, even when our hearts feel heavy. When we find ourselves in life's valleys, we must remember that God has rescued us before, and He will do so again. He has forgiven our sins and will continue to do so. He has crowned us with lovingkindness and will do so again.

When we pour out our hearts to God in authentic worship, expressing our discouragement and pain, He meets us there. He refreshes our souls and renews our strength, enabling us to soar like eagles.

Has your soul been felling discouraged lately? Then tell your soul to praise the Lord and bless his Holy name.

Gary



Join us for these upcoming events.

- 2 - Evening of Prayer, 7pm
- 13 - Ladies' Christmas Gathering
- 21 - Ladies' Prayer Breakfast, 7:30am
- 21 - Men's Breakfast, 7:30am
- 22 - Carols, Cookies & Cocoa, 6pm
- 25 - Christmas Day



- Praise the Lord for a successful men's event. Thank you to Charlie Bing for sharing his hunting stories with us and giving a clear message of the gospel of grace.
- We look forward to Rick and Becca Bartmas returning to BBC on December 29. Continue to pray for their ministry in Bolivia.

FAMILY UPDATE



BBC Offices closed
December 24-26
December 31—January 1










Carols, Cookies, & Cocoa Night

Sunday, December 22nd
6:00 P.M.
Wear your favorite
Christmas PJ's or Sweaters!

JOIN US FOR A NIGHT OF
CHRISTMAS CAROLS,
COOKIES AND COCOA!



DECEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1</p> <p>9:15AM Bible Classes 10:30AM Worship</p>	<p>2</p> 	<p>3</p>	<p>4</p>	<p>5</p>	<p>6</p>	<p>7</p>
<p>8</p> <p>9:15AM Bible Classes 10:30AM Worship 4:00PM AWANA Club 6:00PM Youth Group</p>	<p>9</p>	<p>10</p>	<p>11</p>	<p>12</p>	<p>13</p> 	<p>14 *Verna Matlack</p>
<p>15</p> <p>9:15AM Bible Classes 10:30AM Worship 4:00PM AWANA Club 6:00PM Youth Group</p>	<p>16</p>	<p>17</p>	<p>18</p>	<p>19 *Wayne Hammond Evan Lutz</p>	<p>20</p>	<p>21</p>  
<p>22</p>  <p>10:30AM Worship</p>	<p>23</p>	<p>24</p>	<p>25</p> 	<p>26</p>	<p>27 *Sonja Rains</p>	<p>28</p>
<p>29</p> <p>10:30AM Worship</p>	<p>30</p>	<p>31</p> 				<p>*Birthdays</p>