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a community of grace

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.

Stay Alert!

Jaris

Pay attention! This is important. How many times have you heard those words? The fact that we all recognize this phrase speaks to the truth that all of us get distracted from time to time. Usually it's due to our own mental wandering that we lose focus, and we miss crucial details. Because this is so common, multiple signals are often necessary to reclaim our attention regarding urgent matters.

Last week, there was a fire in one of the buildings on the campus of UTA. As in all buildings there are emergency strobe lights placed throughout and high-pitched alarms that scream at unbearable decibels. In addition to these blaring warnings, the school sent alerts to all students via text and email, instructing them to evacuate the building immediately. Since Sherry is a student, she of course received both alerts warning her of the fire. As she showed the message to me, we initially laughed and commented, "If anyone is in the building and missed the piercing alarms and flashing lights only to be notified by a text message that there is a fire, they must be very distracted."

It's easy for us to lose focus. Our attention span wavers even under the best conditions, not to mention outside influences that divert our thoughts. We can become distracted at work, at school, at home, and even in our spiritual walk—and maybe more so here than anywhere.

Our mind's attention is a target, especially when we engage in spiritual matters. We must be intentional disciples of Christ because the enemy is firmly intent on tripping us up.

God's Word instructs us to be on guard. We read this warning in 1 Peter 5:8, "Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour." In other words, stay alert! If we are going to conform to the likeness of Christ, we need to pay attention and be aware of the enemy's tactics because they come when we are least expecting it.

In addition to the warnings to stay alert and be on guard, the Bible also gives us ways to counter these attacks. Psalm 119:11, "I have stored up your word in my heart, that I might not sin against you." We are given a list of spiritual armor in Ephesians chapter six and in verse 17, we are told to "take up the sword of the Spirit, which is the Word of God." Jesus Himself, used scripture to fight against the attacks of Satan while He was being tempted in the wilderness (Matthew 4). We would be wise to do likewise.

I encourage you to not only set your minds on things above, but also work in hiding His Word in your heart. Stay alert, the enemy is.

Scripture quotations are from The ESV Bible

The Month of Calendar of Events

Join us for these upcoming events.

- 3 Baptism Sunday
- 4 July 4 Celebration, 7pm
- 11 Evening of Prayer, 7pm
- 16 Ladies' Prayer Breakfast, 7:30am
- 30 Ladies and Girls Iced Tea Luncheon, 12:30pm
- 31 Commitment to the Community Class, 12pm



- Please continue to pray for Gary and Chela Armstrong as she continues the chemo process.
 Pray for God's continued restoration and healing in her life and sustaining grace throughout the whole process.
- Our youth return from summer camp Friday, July 1. Pray that God would use this week to deepen their relationship with Him and with one another.
- Pray that our July 4 celebration reaches those in our community that do not attend church. Pray too, that our relationships with one another would grow.







JULY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3 SUNDAY, JULY 3 BAPTISM 10:30AM Worship	Celebration 7pm	5	6	7	8	9 2
10:30AM Worship	Evening of PRAYER	12	13	14	15	16 7:30am Ladier
17 *Tracy Hallak 10:30AM Worship	18 *Angie Lutz	19 *Eden Beth	20	21	22	23
24 *Mike Hallak 10:30AM Worship	25 *Russell Rains	26	27	28	29 *Rob Matlack Jr.	Ladies and Girls Iced-Tea Luncheon 1230 pm
MEMBERSHIP Class 10:30AM Worship						*Birthdays