



A Nutrition Label on Your Bible?

By David Sproule

Focus 2026

The Food and Drug Administration requires labels on food packages to indicate the % Daily Value of that food item to the FDA's recommendation of 2,000 calories a day. It doesn't matter, in essence, who picks up that package of food. It is going to recommend 2,000 calories. Yet, even the FDA realizes that the caloric needs of each individual person varies.

Every person is different. A person's age, gender, height, weight, metabolism and activity level all affect how much food and how many calories are needed. There is not a "one size fits all" number that can be applied to every individual. These factors (and others) must be taken into consideration.

The same is true when it comes to spiritual nutrition. There is not a "one size fits all" Bible intake schedule that works equally for every single person. Some Christians read nine chapters of the New Testament every day, so that they can read through the New Testament once every month. That's a great practice, but not every Christian can handle that. Many Christians read about three chapters of the Bible every day, so that they can read through the entire Bible in a year. Again, that's a wonderful practice, but it does not necessarily fit every Christian. Other reading plans can take a person through the Bible over a period of three years, or can take a person through the New Testament in a year by reading one chapter per day, or can help a person read the Old Testament once and the New Testament three times in a year. So many reading plans are available, which is a good thing.

The most important thing that a Christian can do is to take in as many Biblical calories as they can handle each day. Bible reading is not a speed-reading contest, but it is just as (and actually more) critical than one's physical food intake each day. Jesus said, "Man shall not live by bread alone, but by every word that proceeds from the mouth of God" (Matt. 4:4). How many meals do you eat each day? How many snacks do you have? How many cups of coffee or bottles of water? Compare that with how many verses of the Bible (God's spiritual food, Heb. 5:12-13) you take in each day. If your physical body could not survive without an average of 2,000 physical calories per day, how many Biblical calories does your soul need to remain healthy and alive?

May I encourage you to find what works for you. Find the best time of day and the best location for you. Then, find the best reading regimen for you. Read thoughtfully at least a few verses every day. Meditate on them. Pray through them. Then, like a physical appetite, increase your reading a little more to stretch and grow your faith. That's God's daily recommendation (Rom. 10:17; 2 Tim. 2:15; Psa. 119:105; 1 Pet. 2:2).

Sunday: Worship 10:30am & Class 5:00pm

Tuesday: Benevolence 9:00-10:00am & Young at Heart Class 10:30am

Wednesday: Class 6:30pm

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All In on Self-Evaluation

2 Corinthians 13:5

Test yourselves to see if you are in the faith; examine yourselves! Or do you not recognize this about yourselves, that Jesus Christ is in you— unless indeed you fail the test?

Four Questions:

1. Where would the Whole _____ be if _____ was like ____?
2. What _____ Me _____?
3. What should I _____ up now that will Stop Me Down?
4. What can I do this _____ to help the _____?

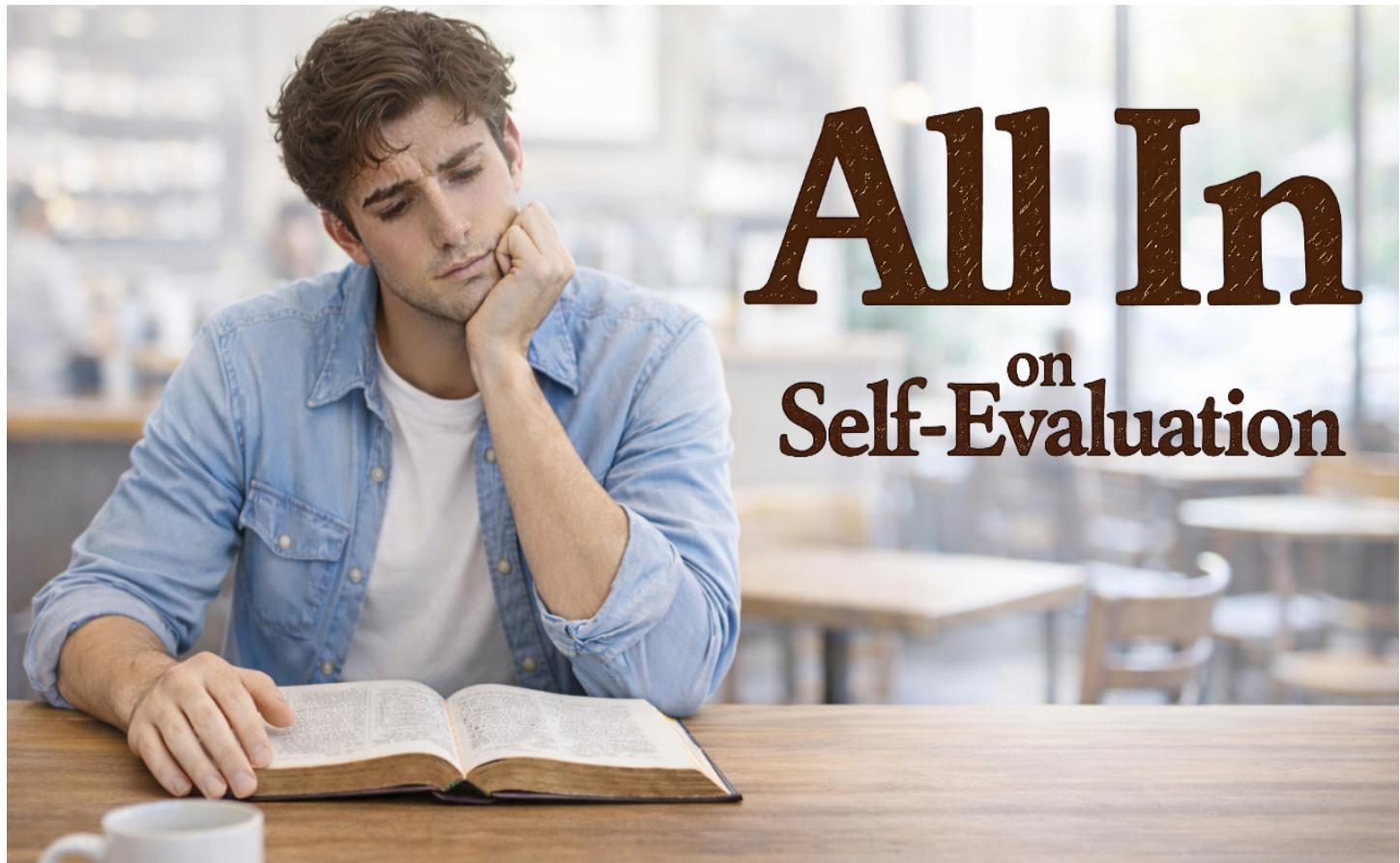
Apuesta por la autoevaluación

2 Corintios 13:5

Examinaos a vosotros mismos si estáis en la fe; probaos a vosotros mismos. ¿O no os conocéis a vosotros mismos, que Jesucristo está en vosotros, a menos que estéis reprobados?

Cuatro preguntas:

1. ¿Dónde estaría toda la _____ si _____ fueran como ____?
2. ¿Qué me _____?
3. ¿Qué debo _____ ahora para que deje de _____?
4. ¿Qué puedo hacer este _____ para ayudar al _____?



January & February Calendar Events

Sun. 1/11 Korri Nicholson Baby Shower (3-5pm)	Sun. 1/11 Youth Devotional Hosted by Stewarts (6:30-8pm)	Fri.-Sun. 1/16-18 Winter Retreat @ Fort Parker	Sun. 1/25 Claire Gowan Baby Shower (3-5pm)	Fri - Sat. 1/30-31 WOW (Women of Westhill) Retreat in Waco
M,W,F 2/2,4,6 Food For Fitness (FFF)	Sat. 2/7 Galentine's Party for JH & HS @ Audra Jennings home	Mon. 2/9 Sweetheart Banquet (6-8pm) (for Young at Heart age)	Fri-Sat 2/13-14 T3 (Teach The Truth) in Lewisville	Sat. 2/21 Mighty Men's Conference (Wylie CoC)
Sun. 2/22 Friend's & Family Day (with Steve Higginbotham)	Mon. 2/23 Fellowship & Meal @ 6pm (with Steve Higginbotham)	Tues. 2/24 Young at Heart Class 10:30am (with Steve Higginbotham)		

Church Leadership & Westhill Works

Deacons

David Baumgartner - 903.654.4057
Zach Drain - 903.521.6055
Joshua Haden - 903.602.9645
Casey Hendrix - 817.307.2127
Michael Jones - 430.236.2244
Matt Newman - 972.935.5789
Greg Olsen - 903.654.1406
Billy Roughton - 903.654.4032
David Shastid - 903.257.6464
Jose Sosa - 903.872.0535
Brent Stewart - 903.641.9052
Mike Wylie - 214.837.3848
Justin Williams - 903.875.8288

Shepherds

Scott Barham - 903.641.0133
Percell Milton - 214.803.2644
Rusty Owens - 903.229.3650
Paul Stewart - 903.872.3464

Ministers

Anthony Warnes - 430.775.0196 (Pulpit)
Brandon Watson - 903.771.6359 (Family)

Staff

Jay Mahoney - 903.467.9093 (Office)

Community Outreach

Addiction [Recovery](#) Counseling
Benevolence Program

Food for Fitness

Forever His

Local Missions

Bear Valley - Wayne Jones
Cherokee Children's Home
Disaster Relief
The Jenkins Institute
Knoxville School of Preaching
Memphis School of Preaching
WVBS school.wvbs.org

U.S. Mission Points

Tilton, NH & Mesa, AZ

Foreign Missions

Cameroon Preacher Training
India Preacher Training

Prayer Needs:

Martha Dowdle — PET scan showed no cancer in her right lung; concerns remain with her left lung and liver. She will see oncologist.

Tangie Anderson — Recovering well after hernia surgery and has been released from the hospital.

Royce Bunch — Undergoing rehabilitation at Heritage Oaks.

Marcus Dancer — Recovering from an upper respiratory infection.

Sandra McCullough's brother-in-law (Ron) — Hospitalized at Baylor Surgical in Dallas following complications from major back surgery.

Jim Milam — Transferred to Twilight Home for rehabilitation.

Kolton Skeens (10) — Seriously injured in a bicycle accident; in ICU and improving. Please pray for the Skeen family (Conroe Church of Christ).

Continue to remember: Bronny & Ruth Watson, Dan & Rita Dominy, Eula Henry, John Braly, Louie & Patty Williams, Nick Tooley, Bill & Beverly Abercrombie, Beverly Heathcote, David Mahoney, Millard & Martha Dowdle, Carol Barham, & Judi Olsen

Staffed nursery available for babies up to 2 yr old.
Nursery Attendant this week: **Heather Southard**

This Week's Birthdays

January 12 - Tiffany Hendrix

January 14 - Ruth Ann Watson & Bronny Watson

January 15 - Bob Banks

January 16 - Veran Barrett & Annalee Olsen

January 17 - Dilynn Newman, Colton Nicholson, & Bobbie Roberts

Records for January 4, 2025

AM Worship.....	195
Contribution	\$7,751

Visitor Form

Thank you for joining us for worship! We would love to follow-up with you...



Privileged to Serve

Announcements:

Baby Shower for Korri Nicholson

- Today @ 3pm in the Parlor.

Youth Devo - Tonight after services at Brent & Lanette Stewart's home. Boys bring drinks & Girls bring desserts

Youth Winter Retreat - coming up Jan. 16-18

Baby Shower for Claire Gowen

- Sun, Jan 25 @ 3pm in the Parlor.

<https://my.babylis.com/claire-gowan>

WOW Ladies' Retreat

— Jan 30–31, 2026

Theme: "You Can Do Hard Things" w/ speaker Lindsay Olsen.

Sweetheart Banquet

- Feb. 9

Youth Group will serve the Young at Heart group.

T-3 (Teach the Truth)

- Feb 13-14

High School age will go to Lewisville church of Christ.

Friends & Family Day

- Save the Date: Sun. Feb. 22

Westhill ARC (Addiction Recovery Counseling)

meets weekly - contact Jay Mahoney

AM Song Leader

Justin Williams

AM Opening Prayer

Paul Stewart

Scripture Reading

Michael Jones

Communion Leader

Tyler Baumgartner

Communion Servers

Owen Warnes

Joshua Haden

Colton Gowan

Jeremiah Parrish

Cash Hendrix

Frizzell Henry

James Horn

Colton Nicholson

Paul Wells

Jose Sosa

AM Closing Prayer

Paul Wells

PM Song Leader

Justin Williams

PM Opening Prayer

Rusty Smith

PM Devo

Brandon Watson

PM Closing Prayer

Joel Haden

Wed. Song Leader

Marcus Dancer

Wed. Invitation

Cash Hendrix

Jan. Worship Coord.

Michael Jones & Casey Hendrix

Jan. Elder of Month

Scott Barham