

October 18, 2026

West Hill

Church of Christ

All In

Avoid This Diet—It Will Kill You!

By Dan Jenkins

Focus 2026

Our nation is obsessed with dieting. Have you heard of Weight Watchers? Atkins? Mediterranean? Keto? Vegan? Gluten-Free? Nordic? Mayo Clinic? Jenny Craig? Nutrisystem? SlimFast? Grapefruit? Cabbage Soup? Military? Egg? Smoothie? Low-Carb? South Beach? Blood Type? Cookie? Subway? Low-Sodium? etc., etc.?

Just be aware that there is another diet that ensures every goal will be reached—every time. That's good news, but there is another "diet" that fails and is always fatal. Every person who has followed it has died. Keep reading.

It is remarkable how often the Bible mentions eating. It begins in the Garden of Eden, and after the flood there was prohibition of eating blood. At Mount Sinai, God forbade the Jews from eating any animal which died in unusual ways and then there was the restriction of eating any unclean animals. All of those restrictions were for the children of Israel, for after Pentecost, the distinction between clean and unclean animals ended.

There is nothing wrong with following any of the diets in the list we mentioned, but there is definitely a spiritual diet God wants us to follow. In reply to Satan's first temptation, Jesus said that man was not live by bread alone, "...but by every word that proceeds from the mouth of the Lord" (Matt. 4:4). One's spiritual life is determined by whether one feasts on every word which God has given. There is no restriction and this diet ensures that anyone who lives by what God has said will live eternally. You will not find that promise with any earthly diet.

We are born into the family of God, and spiritual growth begins by feasting on the simple principles of living given by God. As we are spiritual, we can then partake of deeper truths. Far too many Christians fail to change from the "milk" of the word to the "solid food" of eternal truths (cf. Heb. 5:12-14). That "milk" of the word is described as knowing what God says about "...repentance...faith... baptisms...laying on of hands...resurrection of the dead and of eternal judgment" (Heb. 6:1-2). If you have been a Christian for many years and are still feasting on these fundamental truths, God has a strong admonition He gives to you and His expectation of your greater growth in Hebrews 5:12-14. Read those verses and think about this!

Now the fatal "diet" many follow is to never become one who seeks to find what God says, but their life consists of living totally in a secular world (which is what Jesus calls, "living on bread alone"). God is concerned about what you eat—are you?

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

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

Wednesday: Class 6:30pm

Address: 3400 W Hwy 22, Corsicana, TX 75110 • **Phone:** 903-872-5696
Email: office@westhillchurchofchrist.org • **Website:** westhillchurchofchrist.org

Glorifying Him in our Worship Glorifying God Series

The word Glorifying means: “To _____ one’s opinion about another so as to enhance the latter’s _____”

Old Testament Worship:

- Worship during _____ (Gen 22:5)
- Worship after _____ Prayers (Gen 24:25)
- Worship when _____ (Ex 4:31)
- _____ and Worship (1 Sam 1:3)
- Worship After _____ (2 Sam 12:20)
- Worship During _____ (Job 1:20)
- Only _____ Worship (Dan 3:28)

New Testament Worship Words:

1. Proskyneō – _____ / _____

2. Sebō – _____

3. Latreuō – _____

What should my worship do?

There is “_____” Worship

There is “_____” Worship

There is “_____” Worship

Glorificándolo en nuestra adoración Serie Glorificando a Dios

La palabra glorificar significa:
“_____ la opinión de uno sobre otro para realzar su _____.”

Adoración en el Antiguo Testamento:

- Adoración durante la _____ (Gén 22:5)
- Adoración después de que las oraciones son _____ (Gén 24:25)
- Adoración al ser _____ (Éx 4:31)
- _____ y adorar (1 Samuel 1:3)
- Adoración después de la _____ (2 Sam 12:20)
- Adoración durante la _____ (Job 1:20)
- Adoración solo a _____ (Dan 3:28)

Palabras de adoración en el Nuevo Testamento:

1. Proskyneō – _____ / _____

2. Sebō – _____

3. Latreuō – _____

¿Qué debe hacer mi adoración?

Existe la adoración de “_____”

Existe la adoración de “_____”

Existe la adoración de “_____”



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
 Philipines Missions & Med. Evang.

Prayer Needs:

Dylan & Addie Nors – Have met with a specialist, who confirmed that surgery is a good option for their baby in utero. Surgery will be scheduled soon.

Sandy Perryman – Scheduled for cancer surgery on Nov. 2.

Nancy Sloan – Continuing rehabilitation at Heritage Oaks, Room 106.

Becky Newman – Recovering from knee replacement surgery.

Continue to remember: Bronny & Ruth Watson, Dan & Rita Dominy, Eula Henry, Louie & Patty Williams, Nick Tooley, Bill & Beverly Abercrombie, Loyd Ander, Tiffany Smith, Cohen Drain, David Mahoney, Myrna Haufe, Aubrey Parrish, Faith Beamon, Larry Green, Steve Phillips, Sharon Mahoney, Joyce Miles, & Don Ewing

Records for October 11, 2026

AM Worship.....266
Contribution \$9,566

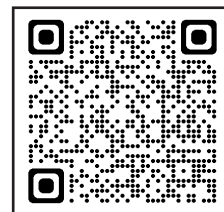
This Week's Birthdays

October 20 - Addie Nors

October 21 - Christie Beamon & Carter Grant

Visitor Form

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



Privileged to Serve

AM Song Leader

Joshua Haden

AM Opening Prayer

Ronnie Giles

Scripture Reading

Colton Nicholson

Communion Leader

Jay Mahoney

Communion Servers

David Baumgartner

Isaac Haden

Grayson Baumgartner

Rusty Smith

Jose Sosa

Eli Haden

Turner Jones

Ethan Drain

Marcus Dancer

Jason Burnett

AM Closing Prayer

Matt Newman

PM Song Leader

David Baumgartner

PM Opening Prayer

Casey Hendrix

PM Devo

Owen Warnes

PM Closing Prayer

Matt Zaayer

Wed. Song Leader

Jay Mahoney

Wed. Devo

Anthony Warnes

Oct. Worship Coord.

Scott Barham / Greg Olsen

Oct. Elder of Month

Percell Milton

Announcements:

Trunk or Treat — Oct. 31 from 5:30-7pm

Forever His Special Needs Day Camp — Nov. 7

Clothing Exchange – Nov. 14

Join us Sat. Nov. 14, from 9 a.m. to noon to browse, exchange clothing, or drop off donations. Remaining items will be donated to the Eastside Church of Christ Clothing Closet to help those in need. Questions? Contact Sandy Zaayer (469-544-0351) or Judy N. Smith (903-641-7340).

Young at Heart Classes — Tues. morning @ 10:30am

Westhill ARC (Addiction Recovery Counseling)
meets weekly - contact Jay Mahoney

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

Sun. Safety: David & Grayson Baumgartner

Wed. Safety: Larry Rowden & David Shastid