



## The Battle of the Mind

Recent stats since this pandemic hit reveal that one in every four young adults has contemplated suicide. That number is staggering. And it is not just young people who are struggling with depression and anxiety. Every segment of society from young kids to senior adults is dealing with anxious thoughts. COVID-19 has stirred to the surface a fear that has been going on in the hearts of people well before this pandemic – “I am not in control and I need help.”

I have read that on average, you have around 60,000 thoughts per day. Studies reveal that around 85% of those thoughts tend to be negative, and 90% of your thoughts are ones you have had before. That is a lot of repeated negativity swirling around in your mind. I have to admit, it is easy to have negative thoughts – stinking thinking as some recovery groups call it. We tend to dwell on the bad stuff in life or the potential bad stuff. What do you do?

Thankfully, there is help for changing our thinking and thus our actions. Perhaps you have heard of Cognitive Behavioral Therapy, a form of therapy that modifies thought patterns in order to change moods and behaviors. It’s based on the idea that negative actions or feelings are the result of current distorted beliefs or thoughts, not unconscious forces from the past. That sounds an awful lot like what we discover in the Bible.

There are three great lies that virtually all anxious thoughts fall under: we are hopeless, we are helpless, and we are unlovable. Run whatever reoccurring negative thought or fear you have to its conclusion and it will likely fall under one of these lies. Now there is a hint of truth in each of these. Due to our fallen nature and sin, we are hopeless, helpless, and unlovable. But due to the gospel of Jesus Christ, we have hope, help, and love.

Paul talks about the blessing of being able to take control of our thinking: “Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is-his good, pleasing and perfect will” (Romans 12:2). Paul wrote to the church at Colossae: ‘Since, then, you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God. Set your minds on things above, not on earthly things. For you died, and your life is now hidden with Christ in God. When Christ, who is your life, appears, then you also will appear with him in glory’ (Colossians 3:1-4). We can take control of our thinking by renewing our minds, by thinking on things of God. We need to filter every thought through the lens of the cross of Jesus. We have been forgiven, set free, and given unbelievable hope, help, and love.

So, the next time you start feeling overwhelmed by anxious thoughts, remember where they come from. They are not of God so we take captive every thought to make it obedient to Christ (2 Corinthians 10:5). I’m not talking about the power of positive thinking, because you can’t wish yourself to have happy thoughts. What I am talking about is to surrender that thought to Christ. Let Jesus show you truth and expose lies. Trust his unconditional love for you. Satan attempts to steal, kill, and destroy your hope. Jesus came to bring you life and life to the full (John 10:10).

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Mark

# Arlington Church of Christ



**Our Mission: Connecting People to Jesus and one Another**

2206 Tecoma Drive  
Knoxville, TN 37917  
865-523-1764

Website: [www.arlingtonchurchofchrist.org](http://www.arlingtonchurchofchrist.org)



Find us on:  
Arlington Friends  
Arlington Church of Christ Youth Group

## Welcome

We pray you will be encouraged and uplifted  
as we join together in worship.



## Arlington Family Pages

Seeking to edify, educate and  
inform the Family of God

**Sunday, November 22, 2020**

### Elders

Mark Brackney Ph: 622-0376  
Leland Price Ph: 925-4424  
Danny Rider Ph: 705-9713  
Wayne Shannon Ph: 742-0517  
Gregg Summers Ph: 223-4515

### Deacons

Jason McDougal - YPYF/Vacation Bible School  
Bud Norris - Worship Participants  
Keith Tatum - Education/Picture Board/Family Camp  
Ronnie Weldon - Attendance/Communion Prep/Bldg

**Minister:** Mark Brackney Ph: 523-1764

**Secretaries:** Becky Johnson Jennifer Tatum

**Missionaries:** Tom & Angie Langley - WEI  
Tommy Drinnen - Hope Central

### SERVING THE ASSEMBLY TODAY

**@10:30**

|                |               |
|----------------|---------------|
| Opening Prayer | Kelly Hunter  |
| Communion      | Leland Price  |
| Security       | Kelly Wachter |
| "              | Bud Norris    |

## Happy Birthday!!



|        |                 |
|--------|-----------------|
| NOV 26 | Mark French     |
| NOV 27 | Gabriela Hunter |
| NOV 28 | Alice Barlow    |
| NOV 28 | Carroll Coomer  |
| NOV 28 | Bob DeWitt      |
| NOV 28 | Dann Chapman    |
| NOV 29 | Lilac Burns     |



## Family Matters



Online  
Bible Study

We continue  
to have our  
**Sunday** night  
Bible study at  
6 p.m. and **Wednesday** night  
Bible study at 7 pm via Zoom.



**Due to the rapid increase of COVID-19 cases in our area and the drop in our worship attendance, we are going back to one worship assembly beginning this Sunday, November 22. We will do that at our original time of 10:30 a.m.** We are encouraging all of our seniors and those at high risk for this virus to stay home for now and utilize our virtual live stream. We ask that those coming to the building wear a mask when entering and exiting as well as during the worship time. The seating will be first come, first serve, so there will not be assigned seating. Every other row will be marked off and we ask people to keep six feet of space between their family unit and others where you sit. We appreciate your patience as we continue to make adjustments to aid our worship and time together. There is no nursery or children's Bible hour for now. All children will remain with their parents. A handout for children to take kid sermon notes along with a treat is located at the back of the auditorium where the communion is located. Please take an individual communion cup/wafer as you enter. A contribution box is also located there.



### Arlington Family:

Bruce McQuaig is recovering from by-pass surgery  
Sharon Galbreath is at home recovering from surgery  
David Giles had more scans done this past week and will meet with his surgeon at Vanderbilt tomorrow  
Ron Hill is recovering from prostate surgery  
Judy Baker is having back pain  
John & Laura Burka  
Rick Case  
Ben Cavin  
Tina Childress  
Joe Croteau  
Tom Drinnen  
Laurie Duncan  
John Hoff  
Becky Johnson  
Bill Langley  
Heather Percell  
Marge Percell  
Danny Rider  
Terri Trent  
Shirley Waggoner

### Missionaries:

Tom & Angie Langley  
Tommy Drinnen

### Shut Ins:

|                 |                 |
|-----------------|-----------------|
| Rosaline Davis  | Katheryn Norman |
| Lynda Elliott   | Bill Pruett     |
| Doris Hightower | Dan Trent       |

### Friends and Family:

Jeff Neely, a good friend of the Boxes, is in ICU with a brain hemorrhage  
Gregg Summers' dad, Arnold Summers, as he mourns and makes decisions for his future  
Dot Russell Alley had fluid taken off her lungs  
Penny Stephens' sister is having gastric bypass surgery  
The Norris' friend Jeff Burton, is in the hospital with COVID  
Kelly Wachter's step-dad, Mark Schmidt, has been diagnosed with Leukemia  
John David Potter's co-worker, Dan Warner, has heart issues  
Tracy Case has diabetic retinopathy. Please pray her vision is restored.  
Delinda Summers' friend and neighbor, Shawyn, has breast cancer  
Bernice Borg's mother, Sue Brady, is in hospice  
Doug Childers' wife, Sue, is dealing with early on-set dementia.  
Betty Smith's 4 year old niece, River Folan, David Price's coworker, Jennifer, and his cousin, Brent, both have brain cancer  
Joyce Sanders' grand daughter, Taylor Helms, is expecting a baby boy with heart problems  
John and Bernice Lowery, relatives of Becky Johnson, battling health problems  
Becky Johnson's friend, Doris Berry  
Ronnie Weldon's brother-in-law starting stronger chemo treatment  
Ada Shannon's sister, Shorty, and her husband Ben Ream's neighbor, James Childress  
Joe Turnbull's brother, John  
Diana Yarborough's friend, Jason Hibbert  
Mark's niece, Katelyn Hargrave  
Heather Ream's mom  
Jerry Brackney  
Faith Tindell  
David Hunter