



How to Deal with Sickness

All of us will go through a time of major illness. There are several practical steps we can take to help us in these times. The first is to control your thoughts. There is a game my kids and I like to play. It is called "The Worst-Case-Scenario Game." It has all kinds of dangerous and disastrous scenarios with multiple choice answers that you try to guess. This game comes up with thousands of ways you could die and what you might do to prevent your death in a given scenario. The imagination is a powerful force. We can picture beautiful sunsets as well as all kinds of horrible things that could happen to us. The imagination can leave us in a perpetual state of fear. Paul shares the following with his young protégé, Timothy: "God has not given us a spirit of fear, but of power and of love and of a sound mind" (2 Timothy 1:7). Paul would also tell the Corinthians to keep a sound mind: "We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ" (2 Corinthians 10:5).

Paul writes these words as false apostles were spreading lies about his ministry. When worst case thoughts enter our head (like I think I am going to die), we examine it in light of "the knowledge of God." In other words, we ask if this thought we are having has any basis in reality. If it does not, we take it captive. That is a powerful image. A captured thought does not have room to roam around in our minds. It is trapped. It can no longer run free, leading our imaginations away from the goodness of God. Gaining a sound mind is not as difficult as you might think. As we dive into God's word and spend time with Him in prayer, we are allowing the Holy Spirit to bring strength to our lives. We recognize that God's literal presence is with us. We are never truly alone. God's presence is a power source that can put our thinking in check. We need to have minds centered on truth as this will help us not lose heart.

Something else we can do when facing sickness is to count our blessings. Listen to Paul: "In everything give thanks; for this is the will of God in Christ Jesus for you" (1 Thessalonians 5:18). "Praise be to the God and Father of our Lord Jesus Christ, who has blessed us in the heavenly realms with every spiritual blessing in Christ" (Ephesians 1:3). Whether life is going well, or bad, we are blessed. The apostle John wrote, "From the fullness of his grace we have all received one blessing after another" (John 1:16). But how can you find blessings in the midst of horrible sickness? It is seeing the blessings that exist: Rejoicing that your friends are praying for you, the note from a loved one, the neighbor who brought a meal, your dog or cat that doesn't ask questions – they just want to snuggle up next to you - for the prescription that helps deal with the pain.

During times of sickness, your vision focuses on what is really important. Also, disease does not have to define who you are. You are more than your aches and pains. Sickness also shifts our thinking and hearts from the physical to the eternal. The spiritual realm is just as real as the physical one. Christ has conquered sin and death, but for now we are in between the old creation and the new creation. Disease and death are a present reality, but we have the knowledge and hope that death does not have the final say nor power over us.

Mark

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Arlington Church of Christ



Our Mission: Connecting People to Jesus and one Another

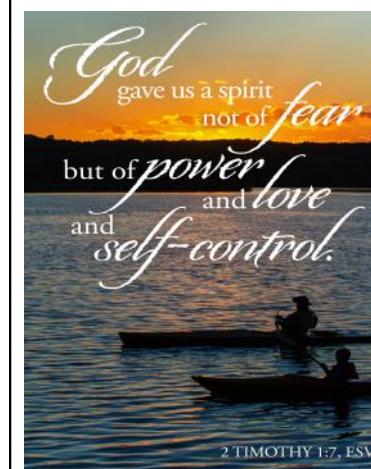
2206 Tecoma Drive
Knoxville, TN 37917
865-523-1764

Website: www.arlingtonchurchofchrist.org



Welcome

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



New to Our Family

We would like to welcome **Michael and Haley Ramsey** to our Arlington family. Please add their information to your directory.

Address 10647 Washington Pike Luttrell, TN 37777
Cell Phone 865-382-9679

	Michael	Birthday
	Haley	Mar 1
	Camden	Aug 27
	Miles	Dec 27
	Graham	Apr 1
		Jan 28

Arlington Family Pages

Seeking to edify, educate and
inform the Family of God

Sunday, November 14, 2021

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
Associate Minister: Tommy Drinnen

Secretaries: Becky Johnson Jennifer Tatum

Missionaries: Tom & Angie Langley - WEI

SERVING THE ASSEMBLY TODAY @10:30

Opening Prayer	Carroll Coomer
Communion	Gregg Summers
Security	Keith Tatum
"	Bruce McQuaig

Happy Birthday!!

NOV 15 Wyatt Norris
NOV 17 Janet McQuaig
NOV 17 Tiffany Wright
NOV 18 Rick Case
NOV 20 Andrea Wright
NOV 20 Hoyt Box



Family Matters



We continue to have our
Online Bible Study **Sunday Night Connections**
at 6 p.m. and
Wednesday Night Bible
study at 7 p.m. via Zoom.

We are now offering **Bible classes**
Sunday mornings at 9:30 a.m. We will
have one combined adult class and sev-
eral children classes. We will meet for
worship at 10:30 a.m. Mask wearing will
be a personal choice. The adult Bible
class and the worship service will be live
streamed.

Wednesday night Bible study has
started back at 7 p.m. The adult Bible
class will also be accessible by Zoom.

We will be limiting our group
social gatherings outside of
worship due to the increase of
COVID. We hope to resume
home church, get-togethers,
and Fourth Sunday fellowship
soon. We will have Zoom
Bible study tonight.

Men will meet for breakfast
at Cracker Barrel at Cedar
Bluff, Thurs., Nov. 18, 8:30 a.m.

Family Movie Night, Friday,
Nov. 19, 7 p.m. We will watch
two episodes of The Chosen

Thanksgiving Devotional,
Wednesday, Nov. 24, 7 p.m.

Arlington Christmas Banquet,
Saturday, Dec. 18, **4 p.m.**



Arlington Family:

David Price is recovering from COVID
Sue Bivens has an ear and sinus infection
Ronnie Weldon begins chemotherapy soon
George Sanders has several cracked vertebra
Ben Cavin is home now recovering
Teresa Heinz is home from the hospital
John and Laura Burka
Sue Childers is continuing to have ongoing
health problems
Danny & Deborah Davis are dealing with on-
going health problems
Tom Drinnen
Laurie Duncan
David Giles
Becky Johnson
Marge Percell
Mark & Heather Percell are dealing with on-
going health issues
Danny Rider
Sheila Riggs
Clovis Taylor
Shirley Waggoner

Missionaries:

Tom & Angie Langley

Shut Ins:

Rosaline Davis	Katheryn Norman
Lynda Elliott	Bill Pruett
Doris Hightower	

Friends and Family

Makayla and Olivia Waites' cousin is missing,
Kelsey from Arizona
Janie Johnson's neighbor's mom, Kim Phillips,
has serious health problems
Betty Smith's great niece, River Folan, is in the
final stages of her battle with cancer
Sue Mink's granddaughter, Faith Tindell, is
recovering from major back surgery
Stan Johnson's brother, David Johnson, is
recovering from burns
Marge Percell's son-in-law, Ken Snethen, has
cancer
Stan Johnson's friend, Keith Frye, is awaiting a
heart transplant
Janie Johnson's friend, Greg Comer, has been
diagnosed with cancer
Ronnie Weldon's uncle and aunt, Marion and
Joyce Record, are recovering from COVID
Doris Hightower's sister, Mary, is going into
Beverly Park Nursing Home for rehab
Caroline Stanton-Hill's brother, Earl Werk-
heiser, has been diagnosed with a reoccur-
rence of cancer. He will start radiation soon.
Allen Rollings' 10 yr old cousin, Jesse Bradford,
has been diagnosed with cancer
Kim and Danny Jones' friend, Pam Baltrip, has
been diagnosed with metastatic ovarian
cancer
Marge Percell's nephew, Dean Percell, has
been diagnosed with cancer
Diana Yarborough's friend, Janie Watkins, is
battling cancer
Aleta Esau's brother, Glenn Barber, has been
diagnosed with Lymphoma and has started
Chemo therapy
Teresa Combs' and Charlotte Giles' mother,
Claudette Terry, is having kidney problems