

HONEY—help. Many people in our world today think we have it all figured out; and, “who are you to tell me that I need advice on how to deal with this or that.” And yet so often, we make mistake after mistake after wrong choice after wrong choice, simply because we did not listen to the wisdom and advice that someone has to offer. If we know that someone can help us in a situation, we ought to be people who will swallow our pride, get rid of our arrogance, and listen to the advice. Well the same is true with us spiritually. We know that the Word of God has everything that we need in order to be the best Christian that we can be (2 Timothy 3:16-17). Therefore, why would we not allow it to shape and change our lives? Why would we not allow the wisdom and the knowledge of our God, help form us into the best servants for Him? Let’s be individuals who seek out the wisdom of God, and not only seek it, but then apply it to our everyday lives.

## Troubled Hearts

By: Al Behel

A teenager took a rope and hanged himself in the family’s shed, depressed about his relationship with his girlfriend. A two year old is beaten with belts, her head repeatedly dunked into cold bath water, and is thrown to the floor because she doesn’t consistently say “please” and “thank you.” She dies from her injuries.

These examples of troubled hearts are extreme, but frightening familiar. Most people don’t take their frustrations out in such violent ways. They may become depressed, have difficulty sleeping, eat too much, or turn to substance abuse to numb the pain. They may react in anger or internalize their stress. They are still very troubled, nonetheless. They have lost their sense of balance and meaning.

We are told that everyone has a breaking point though few of us reach it. We ask how it could happen and why we didn’t see it coming. Could we have prevented it? What would have made a difference in the outcome?

King David found the answer when he confronted his own enemies. He said, “In my distress I called upon the LORD; to my God I cried for help. From his temple he heard my voice, and my cry to him reached his ears” (Psalms 18:6). He went on to tell of God’s powerful response in delivering him.

Depression and despair that is borne of anger is like a brain cancer that eats away our peace. David continued, “Yea, you light my lamp; the Lord my God lightens my darkness” (18:28). The darkness of despair is made bright as day when we place our confidence in God. Unfortunately, many people never come to know the peace God provides.

Where do you go when you are discouraged or troubled in heart? Do you turn to destructive actions or become bitter? Or do you sit quietly and call on the Lord? Do you lift Him up in your heart and listen to His voice? He will lift you up.

## UPDATES

Our Worship and Bible study are being streamed Live on Facebook and are able to be shared.

We are also uploading the bulletin, new articles, and our videos to our website and YouTube

Peter Ray will present a Devotional Lesson tonight at 7PM on Facebook.

# The Family Newsletter

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## HONEY

—Caleb J. Rutherford

Have you ever eaten honey? Or how about honeycomb? See, I am not a fan of either. The only way I will eat honey is if it is drizzled over a hot biscuit. But I do know, however, the sweetness that comes with honey and the honeycomb. It is something that is quite pleasant to many people, and something that would be considered a treat to eat.

I think about the book of Proverbs, and how so often, the plea for its readers is to adhere to the wisdom and the knowledge of God. To remember the advice of the Father, to apply it to our lives, so that we might be able to make the best decisions possible in the coming future. I specifically think about chapter 24 and vs. 13 - “My son, eat honey because it is good, and the honeycomb which is sweet to your taste; (14) So shall the knowledge of wisdom be to your soul; If you have found it, there is a prospect, and your hope will not be cut off.” No one likes to put something that tastes bad in our mouths. If someone does not like broccoli, he will not seek out broccoli to eat. But honey, it is sweet, it is good to the taste (for some people), and it is something that most would seek out, in order to eat it. Well the same should be with knowledge and wisdom. It ought to be something that we hunger for. It ought to be something to strive for.

It should be something that is sweet to our lives, because we know it will better our lives. So often, people do not want—HONEY



**WASHINGTON STREET CHURCH OF CHRIST**

102 Washington Street—PO Box 357, Fairview, WV 26570

IN OUR THOUGHTS AND PRAYERS...

**Ethel “Snooks” Frank—Having some test ran**

31 Everett Drive, Fairview, WV 26570

**Dennis Straight—Diagnosed with MDS, Seeing Improvements**

PO Box 71, Fairview, WV 26570

**Brandi Bane—Battling Breast Cancer**

PO Box 106, Grant Town, WV 26574

**Oneita Opyoke—Hoping to be out**

3659 Crossroads Road, Fairview, WV 26570

**Rose Boggs—Unable to be out**

924 Robinson Run Road, Rivesville, WV 26588

**Kate Wells—Unable to be out**

PO Box 174, Fairview, WV 26570

**Aldene Efaw—Unable to be out**

PO Box 237, Fairview, WV 26570

Sermon Notes

**Pantry Item  
of the Week  
Any Canned  
Good**

Wednesday Night  
Bible Study  
Psalms

Elders  
**Delmas Houghton**  
449-1678  
**Donley Rinehart**  
449-1437

Deacons  
**Bill Frank**  
449-1628  
**James Toothman**  
449-1127

Ministers  
**Peter Ray Cole**  
304-288-1576  
**Collin Matheny**  
814-232-2512