

COVID-19. Our families, our communities, our nation and even our churches are experiencing emotional turmoil.

The good news amidst all this bad news is that none of this is taking God by surprise, and, if we choose, we can depend on Him for help in sorting all of this out. This is not the first time people have been distressed, confused and brokenhearted, nor is it likely the last. No matter how many times it has happened or will happen, God always holds out his heart and hands to offer us help, even with our emotional responses to these things. Events in life may break our hearts and crush our spirits, but there is never a reason for despair. “When the righteous cry for help, the Lord hears and delivers them out of all their troubles. The Lord is near to the brokenhearted and saves the crushed in spirit. Many are the afflictions of the righteous, but the Lord delivers him out of them all ... fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand.” (Psalm 34.17-19; Isaiah 41.10). Fear not; troubled emotions are one of God’s specialties.

Those Privileged to Serve

11/29/2020

Sunday AM Worship

Announcements.....Collin Matheny
 Song Leader.....Stan Haught
 Opening Prayer.....Bill Frank
 Charge of the Table.....Toby Heaney
 Help Serve.....Albert Wilson
 Sermon.....Collin Matheny
 Closing Prayer.....Collin Matheny

11/29/2020

Sunday PM Worship

Announcements.....Peter Ray Cole
 Song Leader.....Stan Haught
 Opening Prayer.....Collin Matheny
 Devotional Lesson.....Peter Ray Cole
 Closing Prayer.....Peter Ray Cole

12/02/2020

Wednesday Bible Study

Announcements.....Peter Ray Cole
 Song Leader.....Stan Haught
 Opening Prayer.....James Toothman
 Closing Prayer.....Peter Ray Cole

UPDATES

Please remember to wear a mask and practice social distancing.

Dec. 6 is the last Sunday to bring in supplies for Potter Home donations and supplies

Shoeboxes for Winslow, you can start bringing in supplies for these boxes.

On the bulletin board is a list of suggestions.

The Family Newsletter

Volume 14 Issue 46

11/22/2020

Emotions

—Joe Chesser

When God created us, He created us capable of a wide range of emotions: amusement, anger, anxiety, awe, awkwardness, boredom, calmness, confusion, disgust, empathy, excitement, fear, joy, love, peace, and relief, just to name a few. Emotions are complex. According to some theories, they are states of feeling that result in physical and/or psychological changes that influence our behavior. Often our behavior is governed more by emotions than evidence.



That’s not necessarily a bad thing ... at least not always.

One thing that many researchers fail to acknowledge is the spiritual nature of our emotions as they connect with God. When guided by the Holy Spirit, emotions can greatly enrich our human experience. There is no love greater than knowing the love of God (Ephesians 3.16-19). No greater peace can be experienced than that which comes from God (Philippians 4.6-7). The Scriptures encourage us to allow God, with His help, to develop positive emotions within us, things like joy, compassion, trust, patience, etc. They also instruct us to avoid or control negative emotions like anger, hatred, envy, jealousy, etc. If we neglect the Spirit’s help in dealing with our emotions, we are left on our own to grapple with the ups and downs of life.

For the past several months we have been bombarded with information and situations that are challenging our emotions. None of us have been unaffected by the racial unrest, the political division, the economic challenges, and our personal and governmental reaction to

WASHINGTON STREET CHURCH OF CHRIST

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

IN OUR THOUGHTS AND PRAYERS...

Sandy Bane—Successfully shocked Back into Rhythm

1079 Jakes Run Rd., Fairview, WV 26570

Ethel “Snooks” Frank—Battling Serious Health Issues

31 Everett Drive, Fairview, WV 26570

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
Hebrews 4

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

www.washingtonstreetcoc.org