

Pleasant View Proclaimer

Pleasant View church of Christ

Insecurity

August 25, 2013

Issue 126

Insecurity has been the disease that has infected and destroyed millions of relationships. The symptoms of insecurity are fear, anxiety, hopelessness, second guessing, and overreaction. It is often easy to identify the cause of insecurity, but it is more difficult to take the necessary steps that lead to emotional security.

Mark Tyrrell, therapist and co-founder of Uncommon Knowledge, offers these 5 suggestions on how to overcome insecurity:

1.) *Stop confusing imagination with reality.* A funny look on the flight attendant's face does not mean the plane is about to crash. Insecure people spend

more time imagining what *might* happen than dealing with what *has* happened. The imaginations are usually negative and/or fearful.

2.) *Stop mind-reading.* How can you ever trust someone if you can't take their words at face value? If you love someone, give him or her the benefit of the doubt.

3.) *Stop comparing your current relationship to past relationships.* Past loved ones can haunt the homes of many couples. Comparing one person to another is unfair and unproductive.

4.) *Give the relationship room to breathe.* A seed will never take root and grow if the soil around it is compacted. No air or sunlight can

penetrate the soil. Relationships operate the same way. They need room to breathe. A hovering, over-protective person is an insecure person.

5.) *Remember that no relationship is ideal.* Idealistic people often become unhinged when the ideal is not realized. The smallest conflicts or misunderstandings create severe resentments. Relationships are made of imperfect human beings. Secure people understand that.

The best cure for insecurity is the Golden Rule. That is the guiding principle of all healthy relationships.

James Hayes

Items of Note:

- Addie Farmer is now cancer free! She faces a few other health problems, but she has cleared her worst hurdle!
- John Hayes will have his fourth of six chemo treatments this Wednesday.
- Jessica Humston is scheduled for another treatment this week, and she'll have an interview for an experimental drug next month.
- Also remember Randy Gupton, and the Newells.

Bible Bowl Is September 7! See Mitch Or Patsy Newell For Any Travel Details

THOSE WHO WILL SERVE THE CONGREGATION

Sunday School

Read: J. Buchanan

Pray: M. Newell

Morning Worship

Wait on the Table: Terry Walker

Serve: Demonbruem, Gupton, Brown

Pray: Shelton

Pleasant View church of Christ
2500 Highway 49 East
P.O. Box 189
Pleasant View, TN 37146

Sunday School: 9:30
A.M. Worship: 10:30
P.M. Worship: 6:00
Wednesday Bible Study: 7:00 pm
Phone: 924-9714

Colossians 3:1
"Therefore if you have been raised up with Christ, keep seeking the things above, where Christ is, seated at the right hand of God."

"Procrastination is the art of keeping up with yesterday."

Don Marquis

"You may delay, but time will not."

Benjamin Franklin

"Somebody should tell us, right at the start of our lives, that we are dying. Then we might live life to the limit, every minute of every day."

Michael Landon, Jr.

Answering Proponents of Homosexuality

Homosexuality is as old as man himself. Certain men of Sodom were homosexual. The law of Moses strictly prohibited homosexuality (Lev. 18:22, 20:13). When Jesus was asked about marriage, He stated that "man shall leave his father and mother and be joined to his wife..." (Matt. 19:5), which leaves no room for homosexual marriage. The apostle Paul clearly defined homosexuality as sinful (Rom. 1:26-27; 1 Cor. 6:9).

God's word on this issue stands in contrast to the current cultural shift in America. Homosexuality and homosexual marriage is championed coast to coast by influential figures in entertainment and politics. They

make claims about this issue that Christians need to courageously address. Here are a few of those claims:

1. *"Homosexuals were born that way. It's just who they are."* That claim can only be made by those who believe in evolution. A Bible-believing person cannot claim that God made someone to sin. He would be a cruel God if that were so.

2. *"Homosexual marriage doesn't harm heterosexual marriages."* Ephesians 5 describes what a healthy family looks like. Paul speaks of the responsibility of wives, husbands, and children. Women cannot be fathers, and men cannot be mothers. Studies have

consistently shown that children of non-traditional families are at a much higher risk of delinquency. And delinquent children affect all families. Homosexual marriage creates a family unit that is neither God-approved nor healthy for society.

3. *"Christians discriminate against homosexuals without acknowledging other sins."* All sins separate us from God, and there is no one on earth who hasn't sinned. The homosexual's sins are public and often promoted, so it is easier for some to notice their behavior over the sins of others. But the Christian should never wink at some sins while despising the homosexual.

James Hayes
