

Pleasant View Proclaimer

Pleasant View church of Christ

Letting Smoke Out Of The Chimney

August 16, 2015

Issue 225

What would happen if you started a fire in a fireplace and closed the top of the chimney? The smoke would stay inside the house.

When the fire starts, we have to let the smoke out of the chimney. Stress affects our lives the same way. If we don't get it out of our lives, it will hurt us.

Dr. Morgan Griffin cited many health problems that are either caused or worsened due to stress. Among them are obesity, heart disease, and gastrointestinal problems. You might be thinking, "I'm going to have all these problems because I always feel stressed." That's true to an extent. Life is stressful. Stress is unavoidable. What

we can avoid, however, is the excess stress that brings and exacerbates disease. There are ways to let the smoke out of the chimney.

(1). *Confession*. It is often a great relief to get something off your chest; not in a vengeful or spiteful way, but in a way that unloads a burden.

(2). *Communication*. Confession and communication go together. In any relationship, honesty and openness trump deceitfulness and secrecy.

(3). *Rest*. Studies have shown that people are sleeping fewer and fewer hours a night, often only four to five hours, which is about half of what doctors

recommend. A lack of deep, prolonged sleep causes irritability, mental fogginess, and metabolic malfunction. Turn the TV off and go to bed!

(4). *Exercise*. Cardiovascular exercise is a great stress reliever. Walking, running...anything that raises the heart rate will also activate endorphins—natural hormones in our brains that simply make us feel good. The stress on your body can be relieved by things in your body.

Stressed people cannot function well in the church. Let's do what we can to manage our stress.

James Hayes

Items of Note:

- Bill Johnson is at home with various health issues. Please keep him, Donnie, and Kristine in your prayers.
 - Freddie Brown's cousin, Michael Prewitt, has been diagnosed with lymphoma and will soon receive a bone marrow transplant.
 - Please pray for our students and teachers as they begin another school year.
 - Congratulations to Joseph and Corey Buchanan on their marriage!
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**Happy Haven Children's Home Contribution Today
This Is A 5-Sunday Month; Building Fund Contribution on Aug. 30**

THOSE WHO WILL SERVE THE CONGREGATION

Sunday School

Read: Gupton

Pray: L. Newell

Morning Worship

Wait on the Table: T. Walker

Serve: Demonbreum, Trent, Reed

Pray: B. Cartwright

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 1:17-18
“He is before all things, and
in Him all things hold
together. He is also head of
the body, the church; and He
is the beginning, the firstborn
from the dead, so that He
Himself will come to have
first place in everything.”

“To be a Christian means to forgive the inexcusable because God has forgiven the inexcusable in you.”

C.S. Lewis

“One of the keys to happiness is a bad memory.”

Rita Mae Brown

Are You Willing To Jump?

When I was a junior in high school, I got talked into bungee jumping during a trip to Florida. I am not a risk-taker, but for some reason I thought it would be fun to jump from a platform that was extended 120 feet above the beach with a harness around my waist. As the crane was lifting up the platform, the guy who was in charge of securing the harness gave this final, simple instruction: “You don’t really have to jump; you just let go. Hold the sides of the gate in each hand, lean forward, and let go.” As I moved to the edge of the platform, I looked down on the inflated security thing that would catch me if the rope broke. “DO YOU KNOW JESUS?” was

written on top of it. So, I did as I was told. I held the sides of the railing, leaned forward, and let go.

In a variety of scenarios and commandments, the Bible teaches us to let go and trust that God will catch us. Paul wrote, “For we walk by faith and not by sight” (II Cor. 5:7). Faith-walking is easy when the path is clear and the destination makes sense. Faith-walking is profoundly harder when the way is rough and the destination seems dangerous.

Noah, Abraham, Jonah, Jeremiah, Isaiah, and Paul are just a few people in Scripture who were told to jump. Their task was difficult, their lives were often threatened, and their lifestyles were greatly altered, but

without exception, God always caught them. He showed them the path to take, and He blessed each one in the end.

The best expression of God’s providential care is Psalm 23. David wrote, “...He guides me in paths of righteousness for His name’s sake. Even though I walk through the valley of the shadow of death, I fear no evil, for You are with me; Your rod and your staff, they comfort me” (Ps. 23:3-4).

Trust God. Follow His paths. It’s often not about jumping; sometimes it’s just about letting go.

James Hayes
