

# Pleasant View Proclaimer

**Pleasant View church of Christ**

## Accepting The Truth

**August 30, 2015**

**Issue 227**

Do you feel anxiety when you are standing on the scales at your doctor's office? Do you feel uneasy when you meet with a financial planner? Does your blood pressure go up when your spouse or boyfriend/girlfriend says, "We need to talk"? For most people, the answer is a resounding "Yes!" to all of those questions.

But why is that the case? We do not enjoy those moments for one simple reason: at times, we don't like hearing the truth. The scales at the doctor's office are unbiased. They're not your friend or your enemy. They can't hear excuses. It's sole purpose is to tell you exactly how much you

weigh. It doesn't care about your feelings.

The financial planner is usually an unbiased observer of your finances. It's not his/her money. So all they do is advise you as to what you should do to achieve financial peace.

You can avoid dealing with the reality of your financial predicament all you want, but the numbers don't lie.

If that someone special says, "We need to talk," you know he/she is about to tell you the truth about the relationship. You know he/she is not going to say flattering things or brush off a comment you make. It's time to get serious and deal with the truth.

Accepting the truth is difficult. Denis Diderot wrote, "We swallow with one gulp the lie that flatters us, and drink drop by drop the truth which is bitter to us." Translation: Sometimes we actually prefer a lie over the truth.

In order to be saved, we must accept the truth of God's word. We should expect it to be taught in all classes. We should defend it without compromise. Even when it is difficult to accept and incorporate into our lives, we should nonetheless be thankful that God told us the truth.

James Hayes

### Items of Note:

- Bible Bowl practice at 5:00.
- David Johnson, friend of James Hayes, has extensive cancer. He lives in Huntsville, AL.
- Remember in your prayers: JW Head, Rick Reed, Mildred Walker, Addie Farmer, the Newells, the people of Syria and Iraq who are fighting ISIS, our missionaries Waldron and Kachelman, Judy York, JL Shelton (knee), Bill Johnson.

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THOSE WHO WILL SERVE THE CONGREGATION

Sunday School

Read: J. Buchanan

Pray: Brown

Morning Worship

Wait on the Table: Cartwright

Serve: Trent, E. Simpkins, Billingsley

Pray: M. Newell

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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

*“If we had no winter, the spring would not be so pleasant: if we did not sometimes taste of adversity, prosperity would not be so welcome.”*

*Anne Bradstreet*

Proverbs 27:7  
“Hear, O Lord, when I cry  
with my voice, and be  
gracious to me and answer  
me.”

*“Prosperity is only an instrument to be used,  
not a deity to be worshipped.”*

*Calvin Coolidge*

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## Every Action Begins With A Thought

Several years ago, Carson Palmer, a two-time Pro Bowl quarterback for the Arizona Cardinals, injured his throwing elbow. So he didn't throw a ball for a week, but he still practiced mentally. Every day that week he envisioned taking the snap from the center, dropping back, surveying the field, and completing the perfect pass. The following week, Palmer had the best game of his career.

*Popular Science* magazine cited this account in an article about the connection between mind and matter in its September 2015 issue. Author Daniel Engber went on to write: “For more than a century, scientists have been trying to understand how this mental training works. In the

1930s, researchers demonstrated that when you're imagining an action your brain sends signals to your muscles—subtle triggers too weak to make the muscles contract but ones that might help train the body to perform.”

Serious Bible students were aware of this phenomenon long before scientists studied it. Proverbs 23:7: “For as he thinks within himself, so he is.” Jesus said, “That which proceeds out of the man, that is what defiles the man” (Mark 7:20). Paul understood the connection between thoughts and actions: “Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, what-

ever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things” (Phil. 4:8).

Every action begins with a thought. It might be a fleeting thought. It might be a subconscious thought. But every action originated in the recesses of our minds. If we think good things, we will do good things. If we obsess over evil, negative, harmful things, we will do evil, negative, harmful things. Control your thoughts.

“[A]nd we are taking every thought captive to the obedience of Christ” (II Cor. 10:5).

James Hayes

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