

# Pleasant View Proclaimer

**Pleasant View church of Christ**

## Rest For The Weary

**November 6, 2016**

**Issue 287**

One man challenged another man to an all-day wood chopping contest. The challenger worked with all his might, stopping only for a brief lunch break. The other man had a leisurely lunch and took several breaks throughout the day. At the end of the day, the challenger was surprised and somewhat annoyed to find that the other fellow had chopped substantially more wood than he had.

“I don’t get it,” he said. “Every time I checked, you were taking a rest, yet you chopped more wood than I did. How did you do it?”

“Didn’t you notice,” said the winning woodsman, “that I was sharpening my

ax when I sat down to rest?”

We all need to sharpen our ax from time to time.

When was the last time you had nothing to do? When was the last time that you weren’t thinking about the next thing you had to do?

When was the last time you scheduled time in your day or week to do absolutely nothing? Ninety-nine percent of the time we are working, worrying, thinking, stressing, reflecting, concentrating, debating, and on and on. Even our vacations can be stressful. Be sure you packed everything. Worry about the weather. How much do the tickets cost? Can we afford to drive that far? Maybe in

the hustle and bustle of all that, you can actually enjoy the vacation.

You not only need rest when you are tired, but you also need it when you are sick. Your body’s natural defense mechanisms go into high gear when you are asleep. You would not expect your car to last a long time if you kept it running non-stop for five or ten straight years. Your tires would wear out quicker; your oil would be contaminated; your engine would overheat.

Rest. Take a break. It’s good for your body and your soul.

James Hayes

Items of Note:

- Mildred Walker’s birthday was Friday. She is 98 years old!
- Donna Young and Linda Demonbreum are still recovering at home from recent surgeries.
- Haley Rector has begun her fourth round of chemotherapy.
- Continue to pray for Dale Garrett, Randy Baker, Addie Farmer, Mildred Walker, and the upcoming election.

## Great Building Fund Contribution Last Week! Morning Sermon: Why Do Good People Do Bad Things?

THOSE WHO WILL SERVE THE CONGREGATION

Sunday School

Read: Billingsley

Pray: Brown

Morning Worship

Wait on the Table: Reed

Serve: Demonbruem, Gupton, Walker

Pray: Baker

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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

Galatians 1:10

“For am I now seeking the approval of man, or of God? Or am I trying to please man? If I were still trying to please man, I would not be a servant of Christ.”

*“It is amazing how complete is the delusion that beauty is goodness.”*

*Leo Tolstoy*

*“Anyone who keeps the ability to see beauty never grows old.”*

*Franz Kafka*

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## Risky Behavior

Recent studies have shown what Christians have known for years—immoral behavior either shortens lives or ruins lives. The American Journal of Preventive Medicine published the findings of a survey conducted in 1995 and the same survey given a year later. Researchers analyzed the responses of 13,000 teenagers in grades seven to eleven who were asked questions concerning sex, drug use, and other risky conduct. The conclusions were overwhelming and undeniable: Teenagers who engaged in sex and/or drug use were much more likely to become depressed *after* participating in those activities. Prior to such studies many people believed that depres-

sion came *before* illicit activities, but these and other comparable studies are proving otherwise.

Immoral living does not stop at age 18. According to a study by the Center for Disease control, pre-marital and extra-marital sexual activity accounts for nearly 30,000 deaths and around 20 million dollars in adverse health consequences, such as infertility, abortions, and sexually transmitted infections every year. When added together, researchers estimate that each year two million years of life are cut short by this type of risky behavior.

God’s laws, commandments, principles, and standards are not arbitrary and random; they are profitable as a

road map for living a long, fulfilling, contented life. When we refuse to obey them, we are depriving ourselves of one of the greatest joys on earth—pleasing God.

“How can a young man keep his way pure? By keeping it according to Your word. With all my heart I have sought You; do not let me wander from Your commandments . Your word I have treasured in my heart, that I may not sin against You. Bless are You, O Lord; teach me Your statutes.” (Psalm 119:9-12).

James Hayes

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