

Neighborly News

Brought to you by your friends at the Mt. Hebron Church of Christ.

I gave blood today

For several years, I have been giving blood from time to time because I have O+ that is so needed in emergency situations. Usually, I give blood either at the American Red Cross center on Washington Street or at the Huntsville Hospital where I go to visit church members.

Because I was in Kenya, Africa, last year on a mission trip, I have been unable to give blood for one full year. Numerous times this past year I have been called to come and give blood only to have to tell them that I could not do so. Last Saturday, exactly one year had passed.

Today I gave blood. In doing so, it made me think about my blood compared to the blood which Jesus gave on the Cross of Calvary. Think with me for a moment:

I gave about a pint of my blood--Jesus gave it all (in the sense of the total sacrifice of His body for our sins).

My blood was hopefully without any major defects since it will be used for surgeries and such--Jesus' blood was pure and sinless and was used to atone for the sins of all the world.

I sat in a nice comfortable chair in a quiet, air-conditioned building with the best equipment used to ensure sanitary conditions as my blood came out--Jesus' blood was shed on an old rugged cross in the stifling heat with sinful men shouting for Him to die.

My blood came out of my arm via a needle--Jesus' blood came out of wounds spread over His body as He had been inhumanely beaten, whipped, and abused prior to being nailed on the cross!

After I gave blood, I sat around eating a snack and drinking something to give me energy to go back to my work and normal activities--Jesus' blood was shed so that He died and His body was



later taken down and placed in a borrowed grave.

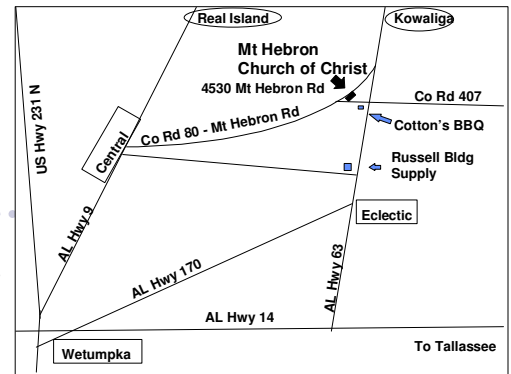
I plan to give blood again in the future so that others can benefit in a medical emergency--Jesus gave His blood ONE TIME to fulfill the needs of the entire world until He comes again!

Today I gave blood. Almost 2,000 years ago, my Savior gave His blood and the world has never been the same since. I wish all my friends could appreciate the difference His sacrifice can make in their lives!

"In him we have redemption through his blood, the forgiveness of our trespasses, according to the riches of his grace," (Ephesians 1:7).

Sign up today to give a pint of your blood and know that it will help a few. While giving, remember that Jesus' blood saves us all.

— Ron Williams, Huntsville, Ala.



Mt. Hebron Church of Christ
P.O. Box 240159
4530 Mt. Hebron Rd.
Eclectic, Ala. 36024

Come and visit us

Sunday
Bible Classes 10:00 AM
Worship Services 11:00 AM & 6:00 PM

Wednesday
Bible Classes 7:00 PM

Two boys from the city were on a camping trip. The mosquitoes were so fierce the boys had to hide under their blankets to keep from being bitten. Then one of them saw some lightning bugs, and said to his friend: -We might as well give up, they're coming at us with flashlights!

"A merry heart doeth good..."
Proverbs 17:22



"Make me to know your ways, O LORD; teach me your paths. Lead me in your truth and teach me, for you are the God of my salvation; for you I wait all the day long." Psalm 25:4-5

How do you handle rejection?

Some people don't handle rejection well.

A soldier was serving overseas and far from home. He became annoyed and upset when his girl wrote breaking off their engagement and asking for her photograph back.

He went out and collected from his friends all the unwanted photographs of women that he could find, bundled them all together and sent them to her with a note which said:

"I regret that I cannot remember which one is you ... please keep your photo and return the others."

How do you handle rejection? It's not a pleasant thing, but we've all experienced it. Rejection by a loved one. Rejection by a boss. But perhaps most difficult to handle is the rejection that comes as a result of living the

Christian life. We want to be accepted. We want to feel like we're "part of the crowd". But, at times, our decision to live a godly life in a godless world will not be appreciated and we will be rejected.

Notice what Peter had to say about this: *"With respect to this they are surprised when you do not join them in the same flood of debauchery, and they malign you," (1 Peter 4:4).*

The message throughout 1st Peter is that we should not be surprised at all by such rejection (4:12), but that it should never deter us from our commitment to live holy lives (1:15).

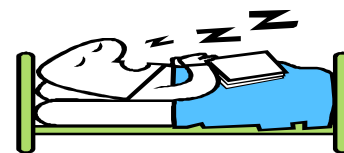
— Alan Smith



Snoring spouses

The marriage bed is a powerful symbol of wedded bliss. But according to a National Sleep Foundation (NSF) poll, 12 percent of married adults are sleeping in separate beds—in most cases just to get a good night's rest. Check out the following results from a survey that show how your bedmate's snoring, restlessness, and mattress hogging can negatively impact your sleep.

- Men who snore a few nights a week: 40%
- Women who snore a few nights a week: 31%
- Men who sleep less because of bedmate: 17%
- Women who sleep less because of bedmate: 30%



So what's the solution?

•**Push twin beds together to make your spouse's movements less disruptive.**

•**Sleep together every other night.** "We can all handle one night of poor sleep, but after two or three, we're in trouble," says Sheila Goss, a marriage and family therapist.

•**Begin the night in the same bed, then separate and reunite for a morning cuddle.** "There is no wrong sleeping arrangement as long as a couple maintains intimacy, even if it has to be scheduled," says Goss. "A 'you come to my bed Tuesday and Thursday, and I come to yours Monday and Wednesday' system can heighten expectations—and fun."

—Ladies' Home Journal (October 2004)

The consequences of stolen words

The Bible speaks often of stealing. In its various forms the word "steal" appears 44 times in the Bible (not to mention other similar words such as rob, covet, etc.). Regardless of the object, stealing is seen to be wrong. It takes from another by stealth, cunning or force what is rightfully his.

Obviously, God disapproves of stealing.

There is an interesting passage in Jeremiah involving this idea of stealing. As with other such thoughts, this one condemns the thief. However, what makes the passage so interesting is the object said to be stolen and the one who did the stealing. The object was God's words, and the thieves were those who claimed to be prophets. The passage reads:

"Therefore, behold, I am

against the prophets, declares the LORD, who steal my words from one another." (Jeremiah 23:30).

When considered in our modern setting, there are still those claiming to be "prophets" who "steal my words." They can be seen on television, heard on the radio and read from in print media. They claim to be spokesmen for God, yet their teachings are foreign to His Word.

Since they substitute their own words they, in essence, steal God's. The results of such actions are devastating. Not only are they themselves ignorant, deceived or dishonest, they endanger the souls of those who would hear and follow their teachings.

These "prophets" of Jeremiah's day were false prophets spoken erroneously. They convinced the ignorant, gullible and hard-hearted of

the truthfulness of their words to the detriment of their lives. Numerous are the "false prophets" of our day who likewise speak erroneously. Sadly, they convince many to follow them, to the detriment of their souls.

Perhaps Peter said it best: *"But false prophets also arose among the people, just as there will be false teachers among you, who will secretly bring in destructive heresies, even denying the Master who bought them, bringing upon themselves swift destruction. And many will follow their sensuality, and because of them the way of truth will be blasphemed," (2 Peter 2:1, 2).* To be certain, the condemnation of God rests upon those who "steal his words."