

Spiritual Exercises

1 Timothy 4:7-8

We continue to take personal inventory – to review what we've done right and what we've done wrong – and when we were wrong promptly admit it.

It is amazing what human beings can achieve through consistent disciplined effort. How many times have we watched seasoned gymnasts or other athletes and marveled at the ease with which they performed? We realize that they developed those abilities through rigorous training, which is what sets the true athletes apart from the spectators. Continuing our regular personal inventory requires similar self-discipline.

Paul wrote to Timothy: "Train yourself to be godly. Physical training is good, but training for godliness is much better" (1 Timothy 4:7-8). The word translated "training" referred specifically to the disciplined training done by gymnasts in Paul's day.

Spiritual strength and agility come only through practice. We need to develop our spiritual muscles through consistent effort and daily discipline. Continuing to take a personal inventory is one of the disciplines we need to develop. Like the athlete, we can motivate ourselves to continue in disciplined routines by looking forward to our reward. This kind of discipline promises "benefits in this life and in the life to come" (1 Timothy 4:8). Results won't happen overnight. But as we continue practicing these disciplines each day, we will eventually reap the benefits.

Insignificant Issues

1 Timothy 4:7-10

Paul warned Timothy **not to argue about insignificant issues** and told him to focus on training himself for spiritual fitness. In recovery it is easy to get sidetracked by new ideas and solutions to our problems or the strengths and weaknesses of certain programs over others. We can keep spiritually fit only by taking regular moral inventory, admitting our failures, and seeking to make amends to those we have wronged. We can make progress in recovery only if we are willing to take the first steps and train hard.

Walk the Walk

1 Timothy 4:11-16

Timothy is admonished to share the Good News of new life in Christ through word and deed. We sometimes forget that **the most effective way to share our story of deliverance is to live it**. Nothing we say can witness as powerfully to God's power as the changes people can see in us can question the evidence of a transformed life. When we entrust our lives to God, we can experience the transforming power promised through Jesus Christ. Allowing God to change us is the best way to help others.

Taking Inventory Leads to Wise Conduct

Spiritual growth always takes place in the context of relationships. So, taking our personal inventory must lead us to make improvements in how we relate to others. We may not be in a position of leadership, but we are always an example to others. When we are taking inventory on a regular basis, everyone wins: We do because we grow; others do because they are encouraged. A successful recovery will lead to the healing of our broken relationships.

Weekly Calendar

Sunday	10:00 am	Bible Study At the building and live stream
Sunday	11:00 am	Worship At the building and live stream
Wednesday	10:30 am	Breakfast At Perkins
Wednesday	7:00 pm	Bible Study – at the Allbrittens
Thursday	6:30 pm	Hymnburgers At Bob & Brenda's

Prayers and Praise

- Prayers for Darcy's sister Nia, who is trying to find a nursing home for Darcy's dad, Jack, who is an escape risk. He has dementia.
- Prayers for all in our congregation and extended family dealing with Covid.
- Prayers for Briley, coping with Marfan's syndrome.
- Prayers for continued healing for Kay's nephew Jeremy.
- Prayers for Gary, Rob, Kyle & Andy as they lead our congregation.
- Prayers for health for Anna's Nana, Bonnie Borgstrom, and for her caregiver Barb
- Prayers for Ryan Burns, Jordan Allbritten, and Thomas Mullinaux, serving in the armed forces.
- Prayers for our widows: Myrna, Ella, Miriam, Louise, Sallye, Millie & Carolyn.

God Works through People

An important part of spiritual growth involves our relationships with other people. Paul gave Timothy specific instructions on how to relate to the people in his church. Paul's advice relates to our relationships as well, especially as we carry the message of hope to others. Caring for each other demonstrates God's power at work within us and also reminds us of how we were cared for when we entered recovery.



Leadership

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Aaron Kays – Building & Grounds		505-879-4624
DaniÅl King – Benevolence		208-970-5078
Les & Teresa Pope – Mountain States Children’s Home		208-524-0238

Web Page: Idahofallschurchofchrist.org

August 14, 2022

Supported Missionaries and Works

Glenn Langston - Blind Ministry	Nathan and Alvin Luther – Philippines	Caleb Odle - Arlington, Texas
Ghana West Africa Water Project		Cimi Kafexhiu - The Church in Durres, Albania

Events Calendar

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| Aug 14-17 th | Salmon Gospel Meeting – “Faith Under Fire”, timely lessons from 1 st and 2 nd Peter from Jason Jackson, <i>Christian Courier</i> , Jackson Tennessee. 720 Bryan Ave., Salmon ID. 7:00 pm. |
| Aug 18 th | Hymnburgers at the Queenans – 6:30 pm. |
| Aug 20 th | Senior Breakfast 10:30 am at the building – all seniors, pre-seniors, and caregivers are invited! [3 rd Saturday] |
| Sep 16-18 th | Idaho Falls Youth Rally – see Andy for details. We will need host families for our September 16 Youth Rally for 45+ teens, so if you are available to host in your home, it would be greatly appreciated. Details to follow. |
| Dec 9 th -11 th | West Yellowstone Winter Retreat is BACK!! We have joined an effort with a few congregations in Wyoming and Montana to bring back the Winter Retreat in December. You must register - registration information is on the table in the foyer. |

Idaho Falls Youth Rally 2022 Sept 16-18



Persistence . Awareness . Character . Trust

The Church of Christ in Idaho Falls

Welcome!

We're a bible-based congregation of Christians meeting in Idaho Falls to praise and worship the one God and to support and encourage each other. All are welcome!

Please join us in our worship services and classes.



Meditation for Today

We should have life and have it more abundantly – spiritual, mental, physical, abundant life – joyous, powerful life. These we can have if we follow the right way. Not all people will accept from God the gift of an abundant life, a gift held out free to all. Not all people care to stretch out a hand and take it. God's gift, the richest He has to offer, is the precious gift of abundant life. People often turn away from it, reject it, and will have none of it. Do not let this be true of you.

I pray that I may hasten to accept the gift of abundant spiritual life. I pray that I may live the good life to the best of my ability.