

NSD Notes

For though I be free from all men, yet have I made myself servant unto all, that I might gain the more. (1 Cor. 9:19)
Volume 3, No. 11 September 13, 2009

Services

- Bible Study 10 a.m.
- Morning Service.....11 a.m.
- Evening Service.....6 p.m.
- Wednesday Meeting.....7 p.m.

News @ NSD

WELCOME VISITORS!

Prayer List

- **Ernest Peeples** - deployed in Iraq.
- **Dema Franklin** – recovering from wrist surgery.
- **Martha & Ken Holloway** – both have close relatives who are ill (Ken’s brother and sister-in-law, Martha’s brother).
- Please continue to pray for **Sally Harper’s** nephew, Isaiah.
- Marie Adams – recovering from hip surgery.
- Jeanne Lynne – in recovery from cancer treatments but still need our prayers.
- Please continue to pray for **Samantha Wilson** and **Cassandra Fredrickson**.
- **Yedid Minjares** is moving back home to Santa Ana this week.

Sam and Vicki Barton – departed this week to their new home in Pensacola, Florida.

Sunday Class
Studies in James

Wednesday Class
Bible Character Studies - Adam

SPRITUAL CONDITIONING

Gary N. Patton

Millions of dollars are spent yearly for memberships in health clubs so that people can exercise and keep their bodies strong and healthy. This is good and we all surely know the importance of trying to keep our bodies in relatively good physical condition. As easy as it is to see the importance of keeping up some type of a conditioning problem physically, it is amazing to see the unbelievably large number of Christians that see no need in keeping themselves in a "spiritual" conditioning program. It is so sad to look about us and see many children of God becoming weak in their faithfulness to the Lord. The enticements of the world, if given favorable attention, will rob the Christian of his strength, just as surely as a deadly virus drains the human body of its strength. There must be a concentrated effort on our part to remain strong spiritually. The Lord knew of the weakening effects of temptation day in and day out that His children would have to face. He also knows that we must strive to be strong, so he challenges us to "be strong in the Lord and in the power of his might." **(Eph. 6:10)**

The life of a Christian is filled with battles against evil and requires a constant program of spiritual conditioning. We must ever be conditioning ourselves to overcome temptations to do evil, temptations to quit and give up in despair, to defend the truth against false teaching, to work when all about us others are unwilling. The one who is unwilling to work at being strong spiritually will more than likely be overcome by evil and die the eternal death separated from God. To be able to fight the battles and overcome the wiles of Satan we must follow the Lord's instructions as to what we must do to remain strong and useful in His kingdom. It begins with letting "the word of Christ dwell in you richly in all wisdom ..." **(Col. 3:16)**. This comes from our being willing to "study to show yourself approved to God, a worker who does not need to be ashamed, rightly dividing the word of truth." **(2 Tim. 2:15)**. The Spirit moved Peter to admonish, "But grow in the grace and knowledge of our Lord and Savior Jesus Christ ..." **(2 Pet. 3:18)**. When we constantly make application of these instructions in our life then He says we will be strong: "I have written to you, fathers, because you have known Him who is from the beginning. I have written to you, young men, because you are strong, and the word of God abides in you, and you have overcome the wicked one." **(1 John 2:14)**. Paul told the Ephesian elders, "I commend you to God, and to the word of His grace, which is able to build you up ..." **(Acts 20:32)**.



North San Diego church of Christ

7090 Miramar Road #102
San Diego, CA 92121

Mailing Address:
P.O. Box 721513
San Diego, CA 92172

Phone: 858-578-0734

<http://www.nsdca.com>

All are welcome to our worship
and study meetings!

... singing psalms and hymns and spiritual songs
with thankfulness in your hearts to God. **Col 3:16**

Create in me a clean heart,
O God,
And renew a steadfast spirit
within me

Hide Your face from my sins,
and blot out all my iniquities.

Make me hear joy and gladness,
That the bones You have
broken may rejoice.

Purge me with hyssop,
and I shall be clean;
Wash me, and I shall be whiter
than snow.

Psalms 51:10-7*
(verses presented in reverse order)

Enter into His gates with thanksgiving
And into His courts with praise
Be thankful unto Him
And bless His name
For the Lord is good

Nettie D. Ellsworth

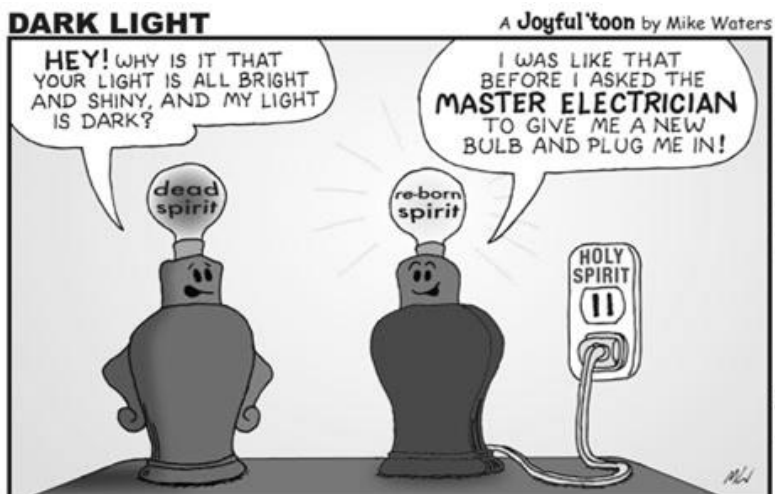
[Spiritual Conditioning]

The taking of nourishment is good for the body, but it alone will not give the strength needed to be victorious. There must also be exercise. We may read the Bible daily, be able to quote a large portion by memory and give the proper meaning of many passages, but if we do not put into practice those things we read, we will not become strong. We must preach, teach, defend, convict, admonish and comfort as we are instructed if we are to remain strong children of God.

A great factor in whether or not one remains strong in the faith is one's attitude. The proper attitude begins with the realization of one's own insufficiency. This means we realize that we will never be able to stand alone, but that we always need God's help to remain strong. The warning is sounded in **1 Corinthians 10:12**, "Therefore let him that thinks he stands take heed lest he fall." Paul realized his constant need for the Lord in his efforts to remain strong in the faith when he said, "I can do all things through Christ who strengthens me." (**Phil. 4:13**). This proper attitude also involves a love for His Word and His Church. When we have a love for the work we are doing we will desire to try to stay strong spiritually so that our labor of love will continue until our death. "Be faithful until death and I will give you a crown of life." (**Rev. 2:10**). Then we can hear Him say, "Well done, good and faithful servant: ... enter into the joy of your Lord." (**Matt. 25:21**).

How strong is your desire to build and maintain your spiritual strength and usefulness to the Lord? If you find that worldliness is becoming more attractive to you, then it is certainly time for you to work on regaining your spiritual strength before it is everlastingly too late.

Charlottesville Beacon. April 5, 2009



ELDERS: Dan Austin, Robyn E. Hamilton

DEACON: Matt Wells

MINISTER: Dan Austin