



Times of Worship

Sunday Bible Classes: 9am

Sunday AM Worship: 10am

Sunday PM Worship: 5pm

Wednesday Bible Study: 7pm

Join us Online

Church Website:

<https://www.westfayettechurchofchrist.com/>

YouTube Channel:

<https://www.youtube.com/channel/UCGckN8D9NwwX3KUbQ4GRKyA>

Interested in a Bible Study?

Please send an email to
patcawthon@gmail.com

Evangelist

Patrick Cawthon

Feeding Your Heart

How is your diet going? We are almost a month into the year. Many people want to improve their health at the beginning of the year. For most, a month or two into the year, they start to give up and say they will try again next year. I am asking about our spiritual diet. What are you feeding your heart?

Jesus teaches us, *“there is nothing outside the man which can defile him if it goes into him; but the things which proceed out of the man are what defile the man.”* **(Mark 7:15)**. His disciples asked Him later what he meant by this saying. He told them whatever we put into our stomach is eliminated but what we put into our heart is what can defile a person. *“For from within, out of the heart of men, proceed the evil thoughts, fornications, thefts, murders, adulteries, deeds of coveting and wickedness, as well as deceit, sensuality, envy, slander, pride and foolishness. All these evil things proceed from within and defile the man.”* **(Mar 7:21-23)**

You have probably heard the saying, “You are what you eat.” I interpret this to mean if you eat a lot of unhealthy food, you will end up being unhealthy. In contrast, if you eat a healthy diet, you will be healthy. A common phrase in computer science is “Garbage in, garbage out.” Whatever you put into the computer,

Week of January 22

Attendance

- ♦ **AM Service** - 65
- ♦ **PM Service** - 49
- ♦ **Wednesday Service** - 54

Contribution

- ♦ Weekly Budget \$2,400
- ♦ Contribution - \$2,342

Upcoming Birthdays and Anniversaries

- ♦ Lou Scott (2/4)
- ♦ Jude Ferguson (2/8)
- ♦ Patrick Cawthon (2/10)
- ♦ Lloyd Fruge' (2/10)
- ♦ Butchers' Anniversary (2/10)
- ♦ Michele Burgess (2/12)

Calendar Items

Congregational Singing on the 5th Sunday which is tonight

Women's Bible Study Tuesday at the building at 11a (Philippians)

Next Men's Meeting is February 26th at 4pm at the building

Today's Lessons

- ♦ Here Am I, Send Me
- ♦ Song Service

Midweek Bible Study

- ♦ Luke 9:23

that is what the computer will produce. The output is directly correlated to the input.

Let me ask us again...how is your diet going? A good way to tell is what have you been producing? We produce what we are thinking. The sins that we partake in is directly related to our thoughts. If we are feeding our heart the good, clean, and pure, we will produce good fruit. If we are constantly feeding our heart a bunch of trash, we will produce rotten fruit.

Paul tells the Philippians to dwell on "*whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.*" (**Philippians 4:8**) He instructs the brethren in Colossae to "*Set your minds on things that are above, not on things that are on earth.*" (**Colossians 3:2**) Time and time again, Jesus, Paul, and other NT writers instruct us to focus our minds on righteous things.

Paul told Timothy to constantly be nourished on the words of faith and of the sound doctrine which he had been following. (**1 Timothy 4:6**) How important is reading your Bible? If we want to produce good fruit, our minds must be nourished on God's word which is sweeter than honey and the drippings of the honeycomb. (**Psalms 19:10**)

Is it possible to read the Bible and produce bad fruit? Yes it is. Reading the Bible will not cure everything but if we don't read our Bible, what are we feeding our heart? The world has plenty for us to eat and get caught up in. It is greatly important for us to pay close attention to what enters into our heart for from the heart is what defiles a man.

Patrick