



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/UCGckN8D9NwwX3KUuQ4GRKyA>

Interested in a Bible Study?

Please send an email to patcawthon@gmail.com

Evangelist

Patrick Cawthon

Too Much Of A Good Thing

Proverbs 25:16 - *“Have you found honey? Eat only what you need, that you not have it I excess and vomit it.”*

Growing up I enjoyed going trick or treating. My friends and I would walk around the neighborhood and get as much candy as we could. At the end of the night when we were back at our house, the trading would start. I would try and get as many Reese’s cups as possible.

I knew if I would eat all the candy that night, my stomach would not be happy about that decision. This is similar to what Solomon is teaching us in this proverb. However, I believe Solomon wanted us to go beyond the practical advice of not having too much sweets in one sitting.

One application from this proverb is thinking about entertainment. Generally speaking, American’s are obsessed about being entertained. According to several studies, Americans spend 5-6 hours on the phones every day. I’m guessing a lot of that time is playing different games, watching videos, and/or scrolling a social media application.

One of the great dangers of a phone (or tablet) is having access to all of the sinful content on the internet. We need to be very careful what our eyes

Week of October 29

Attendance

- ✦ **AM Service** - 66
- ✦ **PM Service** -
- ✦ **Wednesday** - 50

Contribution

- ✦ Weekly Budget \$2,400
- ✦ Contribution - \$2,041

Upcoming Birthdays & Anniversaries

- ✦ Lloyd and Suzanne (11/9)
- ✦ David Barbour (11/12)
- ✦ Sidney Gray (11/13)
- ✦ Ginny Morgan (11/14)
- ✦ Jimmy Fox (11/15)
- ✦ Amy Rushing (11/23)
- ✦ Benjamin Cawthon (11/23)
- ✦ Shawn and Natalie (11/24)
- ✦ John Butcher (11/25)

Calendar Items

Women's Bible Study on
Tuesday at the building at 11a

Song Learning Class November
12 at the building at 4pm

Men's Meeting on November
26th at 4pm at the building

take in and what our ears are hearing. Paul instructs us to dwell on things that are true, honorable, right, pure, lovely, good repute, if there is any excellence or worthy of praise. **(Phil 4:8)**

Another danger is the amount of time we spend on these devices. We may keep our eyes from evil and avoid bad content but fail to redeem the time. In Solomon's words, we are having way too much honey. In order to use "only what we need," we must exercise self-control. For someone who loves honey, it is easy to keep eating it because it tastes so good. There comes a point where it becomes a negative and causes us to vomit.

Another application would be watching too much television. Even if what we are watching is wholesome, too much of it is not good for us. We need to be careful about using bad reasoning. For example, "As long as what I'm watching is not evil, I can watch however much I want." We are called by God to be people of action and people of service.

Are you eating too much honey? Do you feel like you need to be constantly entertained? If so, how do we cut back on our honey intake?

1. Put the phone away. If you have a hard time not checking your phone, it may be time to leave it in another room.

2. Start serving. Instead of using your time entertaining yourself, think about who you can serve and go serve them.

3. Get help. Tell a brother or sister in Christ you are struggling and want them to hold you accountable. Let's make the most of our time instead of wasting so much of it on entertainment

Patrick