

Upon This Rock!

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Pastor's Corner

Spiritual Tidbits...Happiness through Silence, Prayer, & Forgiveness

Submitted by Bro John, Author Unknown

Praise HIM dear saints of God...

I didn't write the submitted article below and I can't remember where it came from. It was taken from an old church newsletter from the year 2003. However I did edit it quite extensively and I believe it's beneficial for us to read.

Love you very much,
Bro. John

The Gift of Silence

We live in a world drunk on words. Words are both the way we speak the truth and also the way we cheapen the truth. The prophet Isaiah said "In returning and rest ye shall be saved. In quietness and in confidence shall be your strength" (Isa. 30:15). We live in a noisy world filled with too many words. In order to find one's center, one's place of rest, one's blessings, one's mission, one's happiness, it is absolutely necessary to find time for silence.

By silence we do not mean just turning off the TV, stereo, video game, MP3 player, or other electronic noisemakers that destroy our quiet, although that is a good start. What we are trying to convey in this context of silence is "*the wordless openness to the moment.*" It is the courageous willingness to listen without having any preconceptions about what we hear. In this context God is the Potter and silence is our willingness to be the clay.

It is not as easy as one might imagine being silent. Simply being quiet is not enough. We must be able to blank out all your restless ideas of what we want to hear. In this wordless moment of openness, we must endeavor to open ourselves up to new and personal spiritual revelation. Silence and an "*emptying out*" can bring about a serenity and insight that all the words in the world could never express. We must sit-down and be quiet in our spirits.

If what has been said about silence thus far sounds a little vague, think of silence as

waiting for God to speak to you. Silence is what allows us to get out of God's way. All of us have superficial parts, as well as deeper parts to our being. True happiness only comes from the deep parts, but the deep parts cannot be reached unless we completely surrender and submit to God. Silence is a way to surrender and to submit that produces true happiness. It is spiritual surrender and submission to God through Christ Jesus that produces the greatest victories in human life. The world is just too full of distractions and seductions to allow us the necessary space in which to find out who we really are and what we really need without being silent before our Creator.

As the Lord leads, we suggest that you consider practicing the spiritual discipline of silence by finding a comfortable place at a good time of the day in your schedule *and just be still*. You may want to start with 2 or 3 minutes each day and work towards longer periods of meditation...listening for the voice of God. You may want to try breathing in through your nose, waiting a beat or two, and then exhaling slowly and completely through your mouth. This rhythmic pattern of breathing may be helpful in settling down your mind and assisting you into presence of God to hear his voice in silence.

Giving Thanks Through Prayer

Blessings from God can be likened unto breathing in. Prayer can be likened unto breathing out. True Christians can be said to breath in their blessings and out their prayers. Prayer is a way of saying to God that we know that our blessings far exceed our virtues...we all know we have been given far more than what we deserve. Part of finding true happiness is learning to be truly grateful for what God through Christ has blessed us with...understanding that it is only because of His grace that we possess what we have, and that there are many people in the world who are less fortunate. This awareness helps produce spiritual humility, and true humility brings peace and happiness. Instead of constantly murmuring and complaining about what has been taken from us (like the children of Israel in the wilderness), in prayer we turn to the greater spiritual reality of what has been given

to us...the Spirit of God, truth, and a place of rest among God's people.

Another part of true happiness comes from sharing our blessings with others. Being thankful and grateful to God in prayer leads us to bless others in the same spirit in which the Lord has blessed us. Charity, compassion, and sacrificial goodness shown by sharing with those in need (the poor, the oppressed, and the less fortunate) produce a peace and happiness that comes only from God. Peace and happiness are the inevitable fruits of humble service in Christ. The impulse for Christians to serve and help others comes in part from our understanding that Jesus constantly serves and helps us, and therefore our blessings always exceed our burdens.

A Heart For Forgiveness

The only way to have peace and happiness is to free ourselves through Christ of the emotions and vices that rob us of our joy. One particular emotion that can be fatal to our peace and happiness (as proven by life experiences) is anger. If we do not manage anger properly, it will ultimately lead us into having a bitter and bad spirit....robbing us of our joy. When we hold or harbor ill feelings because we believe someone has mistreated us, we build up anger which robs us of peace and happiness. It's not necessarily wrong to become angry (Eph. 4:26 says "Be ye angry, and sin not"), however if we continuously harbor angry it will make us bitter. We must learn to manage anger by learning to forgive and allowing God to judge the matter. The Bible tells us that forgiving is always the proper course to take (Matt. 18:21-22). However, it's not always easy to forgive those who we believe have wronged us, especially those who we perceive as unrepentant about what they have done. Nevertheless, we must forgive any and everyone who trespasses against us in order to have peace and happiness. Jesus said that if we will not forgive others, than God the Father will not forgive us (Mark 11:26). God through Christ wants us to have "*a heart for forgiveness.*"

Youth Corner....Choose Your Friends Carefully

YOUNG PEOPLE.....A well known saying states that a man is known by the company he keeps. Take the time to ask yourself the following questions, "Who are the people that I hang around the most and what are their overall mannerisms, attitudes, and values?" "How are they influencing me?" "Am I keeping company with friends who will help my walk with the Lord or hinder it?" "Am I trying to win them to the Lord if they're not saved or in The Body?" "Am I trying to be the proper example so that one day they may choose to follow Christ (if they aren't already)?" Or, "Am I enjoying the pleasures of sin along with my friends who are not trying to be like Christ?"

Those who are closest to us have a great amount of influence on us. For this reason, we as Christians must be able to choose our associates wisely....that is, those we spend a great deal of time with. Above all things we should try to be led by the Holy Spirit in choosing friends, but one of the first things that we should notice is how the person acts and

carries his or herself. We certainly want to be skeptical of becoming friends with people who are "overly worldly." Anyone who is not in The Body of Christ is going to be "worldly" in a certain context (unfortunately even some in The Body are worldly), but we need to make a special effort to understand what we mean here by the term "overly worldly."

In this life we will need strong brothers and sisters in Christ, as well as friends who are led by God to the best of their ability, through God's grace, to hold us accountable, speak the truth in love, and to help us grow. Having worldly or overly worldly friends and spending time with them will put a strain on our spiritual growth. It would be better to have one friend who is mindful of trying to be Christ-like than to have several who are not. The Bible says that "iron sharpeneth iron; so a man sharpeneth the countenance of his friend" (Proverbs 27:17). A true friend that is led by God will help us stay strong in the Spirit.

The Bible says "evil communications corrupt good man-

ners" (1Corinth. 15:33).

Gathering with worldly people and participating in their lifestyle negatively affects us as Christians. 1 John 2:15-16 says, "Love not the world, neither the things that are in the world. If any man love the world, the love of the Father is not in him. For all that is in the world, the lust of the flesh, the lust of the eyes, and the pride of life, is not of the Father, but is of the world." If we hang around worldly people who routinely make bad decisions and choices, then eventually we will become worldly and routinely make bad decisions and bad choices. In Ecclesiastes 4:9-10, we are taught that two are better than one, because they have a good reward for their labor. For if they fall, the one will lift up his fellow. Strong brothers and sisters in Christ are the true friends who will help us when we fall. We receive love, strength, and encouragement from true friends.

I Refuse by Lita Kurtzer

I refuse to be discouraged,
To be sad, or to cry; I refuse
to be downhearted, And
here's the reason why . . .
I have a God who's mighty,
Who's sovereign and su-
preme; I have a God who
loves me, And I am on His
team. He is all wise and
powerful, Jesus is His name;
Though everything is
changeable,

My God remains the same. My God knows all that's happening, Beginning to end. His presence is my comfort, He is my dearest friend. When sickness comes to weaken me, To bring my head down low, I call upon my mighty God; Into His arms I go. When circumstances threaten, To rob me from my peace,

He draws me close unto His breast, Where all my strivings cease. And when my heart melts within me, And weakness takes control, He gathers me into His arms, He soothes my heart and soul. The great "I AM" is with me, My life is in His hands, The "Son of the Lord" is my hope, It's in His strength I stand. I refuse to be defeated, My eyes are on my God;

He has promised to be with me, As through this life I trod. I'm looking past all my circumstances, To Heaven's throne above; My prayers have reached the heart of God, I'm resting in His love. I give God thanks in everything, My eyes are on his face; The battle's His, the victory is mine; **He'll help me win the race.**

Bro Kinte Gordon Speaks.....

Back in 2004, I was invited to the men's Thursday night Bible study by Gavin Jones, a fraternity brother of mine. The first time I attended, I was introduced to a new doctrine that I had never heard before, and thought it was interesting and lined up with what I was reading in the Bible. At Bible study, the brothers always asked when I was going to attend church, mainly Bro Ellis Randall. After about a year of attending Bible study, I finally came out to The Church at Rock Hill, and I have been coming ever since.

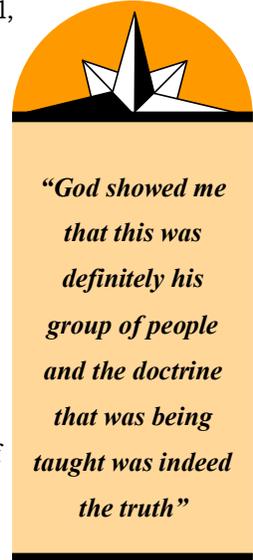
My first impression of The Church at Rock Hill was that it was a lot different from the churches that I grew up in. I knew several brothers from the bible study and several former Winthrop students so I felt right at home and very comfortable with the atmosphere.

As a child I attended a Baptist Church in Chesterfield, SC. I was always taught to attend church whenever possible. I also attended two churches in Rock Hill while attending college. The Church At Rock Hill was very different from any other church that I have attended, but it is a good difference. I enjoy learning about the scriptures and real life issues and struggles that people go through. Still to this day the church has a family atmosphere and I feel like this is truly the place where God wants me to be.

Growing up, I was never taught that we are required to read the Bible for ourselves and search out things to find out if they are the truth. The biggest thing in my life right now is to read the Bible daily and consistently grow spiritually. One of my biggest revelations is that if you want to get better at anything you have to study the manual and for Christians the Holy Bible is the rulebook that we must study daily. II Timothy 2:25: "Study to shew thyself approved unto God". Also, we are to be diligent in attending church and take church as a serious matter, not just a place that we come to every Wednesday or Sunday. With those two things as a part of my life, I know without a doubt that my life will never be the same because we are taught that any spiritual thing is far greater than anything natural (II Corinthians 4:18). My spiritual walk and overall mindset about church has definitely changed in the past 5 years.

I was baptized in December of 2007. Before making the decision to get baptized, I had been coming to the church for around 2 years. God showed me that this was definitely his group of people and the doctrine that was being taught was indeed the truth. Baptism is a symbol of a covering and God led me to be baptized under the covering of The Body of Jesus Christ...his true church.

~Bro Kinte Gordon



WALK WITH GOD
AND YOU WILL
NEVER WALK ALONE!

I Timothy 4:12

Let no man despise thy youth; but be thou an example of the believers, in word, in conversation, in charity, in spirit, in faith, in purity.

In Word

- Psalm 119:11 Thy word have I hid in mine heart, that I might not sin against thee.
- Psalm 119:16 I will delight myself in thy statutes, I will not forget thy word.
- Matthew 22:29 Ye do err, not knowing the scriptures, nor the power of God.
- II Timothy 2:15 Study to shew thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth.
- Matthew 12:37 For by thy words thou shalt be justified, and by thy words thou shalt be condemned.
- I Peter 2:2 As newborn babes, desire the sincere milk of the work, that ye may grow thereby.

In Conversation

- Ephesians 4:22 That ye put off concerning the former conversation the old man, which is corrupt according to the deceitful lusts;
- Philippians 3:20 For our conversation is in heaven; from whence also we look for the Saviour, the Lord Jesus Christ:
- Hebrews 13:5 Let your conversation be without covetousness;
- I Peter 1:15 But as he which hath called you is holy, so be ye holy in all manner of conversation;
- I Peter 2:12 Having your conversation honest among the Gentiles: that, whereas they speak against you as evildoers, they may by your good works, which they shall behold, glorify God in the day of visitation.
- II Peter 3:11 Seeing then that all these things shall be dissolved, what manner of persons ought ye to be in all holy conversation and godliness

In Charity

- I Corinthians 8:1 Charity edifieth
- I Corinthians 13:4 Charity suffereth long, and is kind; charity envieth not; charity vaunteth not itself, is not puffed up,
- I Corinthians 14:1 Follow after charity
- I Corinthians 16:4 Let all your things be done with charity.
- Colossians 3:14 And above all these things put on charity, which is the bond of perfectness.
- I Peter 4:8 And above all things have fervent charity among yourselves: for charity shall cover the multitude of sins.

In Spirit

- Psalm 51:10 Create in me a clean heart, O God, and renew a right spirit within me.
- Psalm 143:10 Teach me to do thy will; for thou art my God: thy spirit is good; lead me into the land of uprightness.
- Proverbs 16:19 Better it is to be of an humble spirit with the lowly, than to divide the spoil with the proud.
- Galatians 5:22-23 But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance: against such there is no law.
- Galatians 6:1 Brethren, if a man be overtaken in a fault, ye which are spiritual, restore such an one in the spirit of meekness; considering thyself, lest thou also be tempted.
- I Peter 3:4 But let it be the hidden man of the heart, in that which is not corruptible, even the ornament of a meek and quiet spirit, which is in the sight of God of great price.

In Faith

- Romans 1:17 For therein is the righteousness of God revealed from faith to faith: as it is written, The just shall live

by faith.

- I Corinthians 4:2 Moreover it is required in stewards that a man be found faithful.
- Hebrews 11:1 But without faith it is impossible to please him: for he that cometh to God must believe that he is, and that he is a rewarder of them that diligently seek him.
- Romans 14:23 Whatsoever is not of faith is sin.
- Luke 16:10 He that is faithful in that which is least is faithful also in much: and he that is unjust in the least is unjust also in much.
- I Timothy 6:12 Fight the good fight of faith, lay hold on eternal life, whereunto thou are also called, and hast professed a good profession before many witnesses.
- II Corinthians 5:7 For we walk by faith, not by sight.

In Purity

- Psalm 119:9 Wherewithal shall a young man cleanse his way? By taking heed thereto according to thy word.
- Matthew 5:8 Blessed are the pure in heart: for they shall see God.
- I John 3:3 And every man that hath this hope in him purifieth himself, even as he is pure.
- I Peter 1:22 Seeing ye have purified your souls in obeying the truth through the Spirit unto unfeigned love of the brethren, see that ye love one another with a pure heart fervently.
- I Timothy 5:22 Keep thyself pure
- Titus 1:15 Unto the pure, all things are pure: But unto them that are defiled and unbelieving is nothing pure; but even their mind and conscience is defiled.
- Proverbs 20:11 Every child is known by his doings, whether his work is pure, and whether it be right.

Examine Yourself www.themidnightcry.com

In his letter to the church at Corinth, the Apostle Paul suggested, "Examine yourselves, whether ye be in the faith; prove your own selves..." (2 Cor. 13:5). May each of us reading this article follow suit and seriously examine our own lives to better evaluate our present spiritual standing in God.

Again in 1 Corinthians 11, Paul wrote concerning the Lord's Supper. After highlighting its origin and importance, he detailed some of the judgments that will result from an unworthy participation of this sacred ordinance. He then continued his letter by strongly stressing the need for every child of God to examine themselves. His words were, "But let a man examine himself, and so let him eat of that bread and drink of that cup. For he that eateth and drinketh unworthily, eateth and drinketh damnation to himself, not discerning the Lord's body. For this cause are many weak and sickly among you, and many sleep. For if we would judge ourselves, we

should not be judged [of the Lord]." (1 Cor. 11:28 & 31).

Self-analysis or self-examination can allow us the opportunity to correct situations in our lives that would otherwise result in God's chastening judgment. The child of God must be able to recognize sin, weakness and hypocrisy, and then correct the same with the help of God.

Self-examination must begin by comparing our past years of serving God with our present spiritual standing.

Since our conversion, have we grown in the Lord?

Is our dedication greater today than when we first started?

Are the marks of true discipleship evident in a continuous self-denial and submission to Jesus or are we just doing our own spiritual thing?

The honest answering of these questions can determine our spiri-

tual need. Let us not forget that truth about ourselves will determine our need for the truth of God's word.

To accept the truth about ourselves and make the changes that are required by God's word will set us free. Jesus said, "If ye continue in my word, then are ye my disciples indeed..." (John 8:31). A mere head knowledge is insufficient. We must "walk in truth." (2 Jn:4, 3 Jn:3-4).

"In our self-examination we should always examine our lives in the light of how Jesus lived.....He is our supreme example and we should only compare ourselves with Him. Do we enjoy the same pleasures, go to the same places, read the same materials, watch the same movies, listen to the same songs, and pursue with fervency the same goals as those in darkness....or....do we endeavor to live a chaste and sanctified (separated) life unto God as Jesus did?"

BE.....

Be Loving.

Be Faithful.

Be Just.

Be Right.

Be Humble.

Be Qualified.

Be Merciful.

Be Prayerful.

Be Modest.

Be Diligent.

Be Honest.

Be Holy.

Be Forgiving.

Be Charitable.

Be Kind.

Be Open.

Be Patient.

Be Meek.

Be Gentle.

Be Sanctified.

Be a Witness.

The Church at Rock Hill

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Service Times

Sunday 12:30pm
Wednesday 7:30pm

Open for prayer one hour before each service.

2010 Meeting Dates

Youth Meeting (Akron, OH) October 8-10
International Meeting (London, UK) Oct 16-17
International/General Mtg (Philippines) Oct 21-24
Minister's Mtg (Tyler, TX) Nov 9-12
Youth Mtg (Mount Carmel, IL) Dec 27-29

2011 Meeting Dates

Minister's Mtg (Springville, AL) Jan 18-20
Minister's Mtg (Phoenix, AZ) Feb 10-13
Minister's Mtg (Hurst, TX) March 15-18
Regional Mtg (Louisville, KY) April 8-10

It's almost that time of year where families enjoy turkey dinners and give the gift of giving; but some families are less fortunate. Please be both mindful and prayerful of any needy families who may be struggling to provide for their families during the Holiday Season. Please submit families names to Sis Kayla Robinson.
"...Remember the words of the Lord Jesus, how he said, It is more blessed to give than to receive." Acts 20:35

CONFUSED?



Read the Directions!

Save The Date!!!



**Bro Edward Miller &
Sis LaQuesha Lyles will unite in Holy
Matrimony on
November 27, 2010
Reception at 5pm Bethelwoods**

Thank You!

Thanks to all for the assistance given to provide Bro Antonio with a care package. He was blessed with a package that included a \$20 gift card for Chick-fil-A, \$5 gift card for Wal-Mart, \$5 in quarters to do laundry, laundry detergent, body wash, body spray, deodorant, Sprite, Chips Ahoy Cookies, Romen Noodles, Church At Rock Hill Sunday service CD & Church At Rock Hill song CD's .