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South Gate Family Counseling Resource
Individual & Marriage & Family Counseling
Brian Gregory - 931-446-5445

Informer

Forgiving Others

Be on your guard! If your brother sins, rebuke him; and if he repents, forgive him. And if he sins against you seven times a day, and returns to you seven times, saying, 'I repent,' forgive him." **Luke 17:3,4**

Jesus makes it clear that His disciples must be forgiving to others, but that does not make it easy. Pat Cook made a few observations as to why it is important to revisit how forgiving we are from time to time.

1) Being Unforgiving is **subtler** than most sins. It's sneaky. It crawls into your spirit so gently, so nobly, so innocently that you don't know it's there until it really has you.

2) It's also **more common** than most sins. We all battle it from time to time. Even though we may not stumble over the "bigger" sins, like the sins of the flesh, lack of forgiveness seems to affect more of us.

3) It's also **more dangerous** than most sins. It may not cause overdoses and car accidents, but it will divide churches, families, marriages, and nations. Being Unforgiving has been called the cancer of the soul. Unchecked, it will eat us alive.

Let each of us strive to forgive others as we have been forgiven.

John

Prevent An Argument

Proverbs 15:1 A gentle answer turns away wrath, but a harsh word stirs up anger.

It might be in the checkout line at the grocery store. It might be in the parking lot at the mall. It might be the kid sitting next to you in school. It might be your coworker at lunch time. The scenes are varied and numerous. Someone says something and you do not like it or appreciate it. An assumption may be made that is incorrect. You may feel attacked. How do you react? How do you respond?

Solomon states there are two ways to respond. Yes, people can rub us wrong. Yes, some people can be obnoxious. But the truth is we are in control of our emotions and our response. We can return insults with insults. We can take what we consider an attack and return the attack. The results will be an escalation of the emotions - primarily anger. How many fights started with a few words and the fists began to fly? I once broke up a fight at school between two best friends. After separating them, they were extremely apologetic to each other and wanted their relationship restored. A few ugly words had the two rolling on the ground punching each other. Harsh words stir up anger.

The second way to respond is with a soft answer. A soft answer will have a calming effect. A soft answer will allow an actual conversation to take place. If there is a difference of opinion then a discussion can occur. Soft answers will allow friendships to continue and prevent the creation of an enemy. The soft answer is God's way. This is not always easy but this is what a Christian will strive to do. Will your next confrontation create more anger or turn away wrath?

Joe

KEEP IN YOUR PRAYERS:

OUR MEMBERS

- Alice Bolton - chemo
- Roberta Bolton
- Ann Brady - MRMCM, Rm. 367
- Bernice Bratton
- Joy Brown & Fred Brown
- Bill Carroll - 2502 Shangrila Trail
- Ruth Childress - NHC Hillview, Rm. 208-B
- Mary Chumbley
- John Churchwell
- Dave Coleman - mild stroke, to have biopsy on mass around kidney, to have port placed in arm future dialysis
- JoAnn Coleman - cataract surgery soon, acid reflux
- Athaleen Cox
- Vera Daniels
- Corrine Goetz
- Eric Hill
- Margaret Johnson - NHC Columbia, Rm. 152-A
- Maetta King - Poplar Estates 215
- Linda Luna
- Frances Petty - NHC Columbia, Rm. 111-A, 375-4887
- Jimmy Quirk
- Virginia Staggs - Poplar Estates, The Gardens, Rm. 6
- Barney Roland
- Melissa Stutts - chemo & radiation
- Myra Thomas - Home
- Donald White - undergoing radiation
- Elaine Whitehead

FRIENDS AND FAMILY

Roy Andrews - NHC Hillview - Rm. 120, Brian Gregory - serious injury to his fingers, Logan Gregory - injuries from bike accident, Carolyn Macer, mother of Joe, Cynthia Cheek Spicer - sister of Myrna Jett, Ray Kuykendall, Herman Willis - brother of Charlie, Greg Grissom - begins treatment tomorrow, James Garner-uncle of Terry Burgess, Wanda Nix, sister of Debbie Massey, Dot Martin, sister of Linda Weaver - Life Care, Rm. Rm. 210, Bob Churchwell- brother of John Churchwell, David Phillips, Laurie Ann Beever - cousin of Kim Fitzgerald and Baileys Christensen - friend of Kim, Tracy Worley, Patricia Luna - aunt of Jason Kelley, Austin Long - uncle of Phillis Churchwell, Susan, Alex and Evan Rector, Shirley Sharp - lung cancer, Debbie Spears, Norma Boyette - sister of Bill Jones & Elaine Whitehead, Roiki Phillips, Juanita Boyd - stepmom of Gary, Kathy Reed - friend of Linda Mabry, Dora Bolton - mother of James, Ginger Chesnut, Elvis Frierson - friend of John Mayberry, Glenda Collins - sister of John Mayberry, Katherine Jones - mother of Alice Bolton, Mike Primm, Nick Tank - student at Baker - leukemia, Clara Harvey, aunt of Ray Rummage, Clarence Weaver - Poplar Estates, Rm. 219, Stacey Brown - cystic fibrosis, Dorothy Rea - sister/Elmer Lusk, Evelyn Felker - sister/Benny Bolton, Ann Graham - Morning Pointe, Rm. 113, Beverly Dawson, Jack & Daisy White, Jane Davis - sister of Nell Hood, Ronnie Springer-leukemia - friend of John & Debbie Massey, David Luther, Jacqueline Potts, Mary Blocker, Mary Robb - NHC Hillview, Rm. 112, Sanai Pettus, 5th grade student at CA - cancer - 8041 Fenwick Lane, Spring Hill, TN 37174.

WORSHIP LEADERS JUNE 5, 2016

SUNDAY 9:00 A.M

Welcome.....Richard Farris
 Song Leader.....Jerry Wilson
 Prayer.....Barry Cross
 Lord's Supper: Presiding.....Kevin Mick
 Barrow Brown David Morgan
 Bill Fuller Jimmy Quirk
 Ed Hargrove David Thomas
 Tommy Hight Jerry Thornton
 Read: Matthew 18:21,22.....Rhett Heflin
 Sermon: Forgiving Family.....John Thomas
 Announcements/Closing Prayer.....Richard Farris

SUNDAY 5:30 P.M.

Welcome/Song Leader.....Donnie Davis
 Prayer.....Greg Lusk
 Read: Matthew 6:1-4.....Gary Boyd
 Sermon: What Is Your Motive?.....Joe Macer
 Lord's Supper Presiding.....Jeremy Britt
 Announcements/Closing Prayer.....David Thomas

Ushers: Charlie Willis,, Sonny Hargrove, Jacob Pollard
 Greeters: Katherine Nicholson, Charlie & Cecelia Willis, Linda Mabry
 Visual: Chase Thomason

Security Team: A.M. Greg Lusk, Jim Anderson P.M. Greg Lusk, Jim Anderson

**If you are unable to keep your appointment to serve, please call Ray Rummage (446-0668) or Joe Williams (388-9183)
 Or go to our website and follow the "Unable to Serve" link and submit the information.**

NURSERY CARE

A.M.....Laura Spires, Anna Quirk
 P.M.....Dana & Jessica Daniels

WEDNESDAY JUNE 8 2016 - 6:30 P.M.

Song LeaderMike Kinzer
 Prayer.....Barry Cross
 Announcements/Speaker.....Jerry Ballard