

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. 12 September 20, 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.
- 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.
- **Ken Holloway’s** brother Chuck and his sister-in-law, Dorothy who are both in poor health.
- Please continue to pray for **Samantha Wilson** and **Cassandra Fredrickson**.

The Barton’s new address in Florida is posted on the bulletin board.

Yedid Minjares can be reached via her email address listed in the directory.

Sunday Class
Studies in James

Wednesday Class
Bible Character Studies - Adam

FIND A HAPPY PLACE

Happiness is elusive it would seem, at least according to the World Book Dictionary. In as much as in the definition the phrase “Life is one long search for happiness.” Is it possible for one to find true happiness in this life? What about bliss, which is happiness on steroids. Or perhaps felicity which is happiness amped a bit from regular old happiness, but doesn’t quite get to the state of bliss? So where does one find the map to that magical land of Pleasantville and happiness?

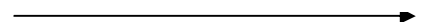
Tal Ben-Shahar, who is a professor at Harvard University, recently wrote a book entitled “Happiness: Learn The Secrets To Daily Joy & Lasting Fulfillment.” In the book, he sets forth the premise that anyone can be trained to be happy, regardless of external circumstances. Earth shattering! But this “discovery” by professor Ben-Shahr is one that has been known for over two millennia. The apostle Paul, as he stood before King Agrippa to give a defense of himself, pointed out, even though he was in custody, “*Consequently King Agrippa, I think myself happy...*” (**Acts 26:2**) Over the years Paul had trained himself to have such an attitude. An attitude and training that he knew others could have if they followed a simple pattern.

Proverbs 15:13

A happy heart makes the face cheerful, but heartache crushes the spirit.

The pattern Paul set forth is the same one that Mr. Ben-Shahar suggests in his book. For in the book he speaks about creating rituals, reflect on what you are grateful for, build meaningful relationships and help yourself by helping others. Part of happiness centers itself around the aspect of contentment, of which Paul pointed out in **Philippians 4:11**, “*for I have learned to be content in whatever circumstances I am.*” That contentment can only be found with an attitude of gratitude (see **2 Cor. 12:9-10** to see contentment even in overt oppressive physical situations).

In **Colossians 4:2** Paul pens, “*Devote yourselves to prayer, keeping alert in it with an attitude of thanksgiving.*” By doing this daily, one is creating meaningful rituals in life.



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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**

But the plans of the Lord stand firm
forever,
the purposes of his heart through all
generations.

Blessed is the nation whose God is
the Lord,
the people he chose for his
inheritance.

From heaven the Lord looks down
and sees all mankind.

Psalms 33:11-13

In heav'nly love abiding
No change my heart shall fear
And safe in such confiding
For nothing changes here
The storm may roar without me
My heart may low be laid
But God is round about me,
And can I be dismayed?

Green pastures are before me
Which yet I have not seen
Bright skies will soon be o'er me
Where the dark clouds have been
My hope I cannot measure
My path to life is free
My Savior has my treasure,
And He will walk with me

Anna L. Waring

[Find A Happy Place]

Building a meaningful relationship is a central thrust of what Paul was trying to get the brethren in Corinth to do as seen in the 12th chapter of his first epistle to them, in verses 13-27. As well he wrote about it to the church in Philippi. "Do nothing from selfishness or empty conceit, but with humility of mind regard one another as more important than yourselves" (**Philippians 2:3**) "Bear one another's burdens, and thereby fulfill the law of Christ." (**Galatians 6:2**)

A premium is placed on the individual to move outside of self and look to be of service to others. It is not merely a suggestion, but an imperative that must be respected and obeyed.

Once again the Bible stands out as the guideline that mankind needs in order to fashion one's life. "All Scripture is inspired of God and profitable for teaching...for training in righteousness." (**2 Tim. 3:16**)

Psalm 68:3

But may the righteous be glad
and rejoice before God;
may they be happy and joyful.

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Wise as Serpents

Matthew 10:16 - Therefore be wise as serpents and harmless as doves.

Love is...

God

Whoever does not love does not know God, because God is love. (1 John 4:8)

The Greatest of all that Endures

And now these three remain: faith, hope and love. But the greatest of these is love. (1 Corinthians 13:13)

Not Working Ill to Our Neighbor

Love does no harm to its neighbor. Therefore love is the fulfillment of the law. (Romans 13:10)

Loving Our Brethren

This is how we know what love is: Jesus Christ laid down his life for us. And we ought to lay down our lives for our brothers. (1 John 3:16)

Known by Actions

Dear children, let us not love with words or tongue but with actions and in truth. (1 John 3:18)

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