

verses, and pick out one that is the favorite among the favorites. That verse can then be written on a small card and memorized.

3. *Bible study.*

The most important goal of follow-up is to teach the young Christian how to feed himself from the Word of God.

During the initial stages of follow-up, you will have to do most of the feeding of the new babe. For many new Christians, the task of learning how to feed themselves from the Word of God is laborious. It has a tendency to appear legalistic and unfruitful. For this reason, the new Christian will often be tempted to quit trying. Realizing this temptation, you will have to work closely with him, encouraging him to stay with it.

Whatever Bible-study method is employed, it should include a period of time when the young Christian prepares the study on his own, and then a period of time when he meets together with a group of people who also have done the study and who share their results and learn from one another. In the early weeks of learning how to do Bible study, you will want to prepare the lesson with the new Christian. There is just no substitute for going through these growth processes step by step.

Disciples are Made not Born. Colorado Springs: Victor. 1988. 83-86.

News:

Please continue to pray for Tatyana's daughter Olga who is undergoing treatments for cancer.

Prayer List:

Healing: Jerry Robinson's mother Norma. Mike and Sandy Cavazos, Ben Atchley, Faye Atchley, Nicolas and Annie Self, Jonda Gardner, Dave Morse, Richard Tuey.

Travels: Tatyana Knowlton, John and Sharon Cunningham.

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Safford Church of Christ

3888 S Hwy 191, Safford, AZ 85546

7 July 2013

Sermon Topics

A.M.: Self Examination

2 Corinthians 13:5-10

P.M.: The 3 Fold Message

Isaiah 33

Wednesday: Solomon's Temple Dedication Prayer

1 Kings 8:22 ff

Pulpit Evangelist
Ken Knowlton: 428-5974

Elders
Ben Atchley: 428-2246
Greg Briggs: 428-8756
John Cunningham: 428-0895

Services

Sunday Bible Class	10:00 A.M.
Sunday Morning Worship	11:00 A.M.
Sunday Evening Worship	6:30 P.M.
Wednesday Evening Class	6:30 P.M.
Thursday Ladies Bible Class	10:00 A.M.

Taking Refuge in God

Miles Custis, Bible Study Magazine

Read Psalm 91

The image of God as our refuge and fortress is comforting in times of trouble. Psalm 91, a psalm of confidence that emphasizes God's protection, opens by affirming the safety we enjoy in His shelter. The psalmist uses two names for God: the Most High and the Almighty. What do these names emphasize about the nature of God? How do they highlight God's ability to protect His people? How is this particularly comforting to you?

The dangers described in Psalm 91:3-6 are things we cannot anticipate – diseases and traps – that can strike at any time. What are some unexpected dangers you have faced in your life? Were you able to rely on God as your refuge and fortress? We can always turn to Him in times of trouble (see also

Romans 5:1-5; 1 Peter 1:3-5).

Psalm 91:7 describes a chaotic battle where thousands are dying. However, those who take refuge in the Most High do not need to fear. The psalmist promises that no evil or plague will affect them (Psalm 91:10). How should you understand this verse in light of the many verses that promise the righteous will suffer (see 2 Corinthians 1:5; Philippians 1:29; 1 Peter 4:12-19)?

The psalmist discusses God's angels in Psalm 91:11-12. They guard and protect God's people even against small accidents (like striking your foot on a stone). Read Matthew 4:6-7. How did Satan distort this passage about angels when he tempted Jesus in the wilderness? How did Jesus respond?

Psalm 91 concludes with God Himself affirming that He will deliver and protect those who call on His name. He promises to answer those who call on Him. Read 1 Kings 18:26-29. How does God's promise here compare with the response the prophets of Baal received when calling upon their god? Reflect on the knowledge that God personally promises to answer you.

Helping a New Christian Become a Disciple: The Proper Christian Diet

Walter A. Henrichsen

When little Deborah Lynn finally came home from the hospital, victorious over her disease, we had to bear the responsibility for feeding her regularly. We fed her not when we wanted to but when she wanted to be fed – and often this was at the most inconvenient times. It would have been cruel to say to her, "Sweetheart, if you want to eat, there is plenty of food in the refrigerator; help yourself."

The proper spiritual diet for a new Christian should include at least:

1. *A consistent quiet time.*

In Mark 1:35 we read of one of the habits the Lord Jesus developed. "And in the morning, rising up a great while before day, he went out, and departed into a solitary place, and there prayed." Each day should begin with a brief period of fellowship with the Lord, for thus the believer gets his spiritual nourishment for the day. The quiet time should include a time of prayer and some time in the Word. A simple acrostic ACTS is useful in helping a person get started in prayer.

Adoration – Begin with a time of worship, praying over the greatness of God. Encourage the new Christian to use some of the great prayers in the Bible such as that in 1 Chronicles 29:11-14.

Confession – This is the time of acknowledging our sinfulness and our

dependence in the Lord. "If we confess our sins, he is faithful and just to forgive us *oursins*, and to cleanse us from all unrighteousness" (1 John 1:9). This verse is the Christian's bar of soap. Let us imagine that my little child, acting in disobedience, goes outside and plays in the mud. As she comes in crying and asking for forgiveness, not only do I forgive her, but I take her to the bathroom, wash her from head to foot, and wash her clothes so that, when we are through, it is as though she had never been outside. This is the promise the Lord Jesus makes to the believer in 1 John 1:9.

Thanksgiving – The long list of sins mentioned in Romans 1 begins with the phrase in verse 21, "neither were thankful." Early in the Christian life the believer must learn the importance of being thankful. This part of the prayer time consists of enumerating the many blessings bestowed on us by our gracious God. Scripture says, "Every good gift and every perfect gift is from above, and cometh down from the Father of lights, with whom is no variableness, neither shadow of turning" (James 1:17).

Supplication – We spend time praying for others – our family, friends, church, country. Take a sheet of paper and draw a line down the middle, entitling the left-hand column "Requests" and the right-hand column "Answers." Beside each request list the date entered. When the prayer is answered, jot down how it was answered with the date.

Help the young Christian to be consistent in having his quiet time by initially having it with him. For example, have a quiet time with him every morning during the first week of his new walk with the Lord. During the second week, meet with him every other morning, and then once a week for the next month or two.

Encourage him to begin with a short period of time with the Lord rather than with a protracted time. This is the beauty of the little plan mentioned in *Seven Minutes with God* (published by The Navigators). It is better to have seven minutes with the Lord consistently every day and stay with it, than to begin by having one hour with the Lord every morning, and then quit in discouragement.

2. *Bible reading.*

"As newborn babes, desire the sincere milk of the word, that he may grow thereby" (1 Peter 2:2). Start the young Christian with a small portion, preferably from the New Testament or the Psalms and incorporate it in his quiet time.

One method that has worked with a great deal of success is to read a paragraph or two and, as you meditate on it, circle or mark one verse that is particularly meaningful. This becomes the favorite verse for the morning. Do this for six mornings, each morning picking out a favorite verse. Then during the quiet time on the seventh morning, review the six favorite