

July 25, 2010
Dr. Woods Watson,
Pastor to Senior and Single Adults

First Baptist Church
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Ministry that includes Married, Never Married,
Separated, Divorced & Widowed.

What are you holding onto?

“... let us throw off everything that hinders and the sin that so easily entangles.” (Hebrews 12:1)

“Test all things; hold onto that which is good.” ([1 Thessalonians 5:21](#))

The best time of the day in the summer is the early morning. It may not be the cool of the day but it is the “not as hot as later” in the day time. This morning after my run I saw a sparrow- like bird (I do not know the names of the small birds but it looked like Fred!). That bird had a katydid (I do not know insect's names either!) in its mouth. The insect was buzzing and making a lot of racket. Finally the little bird let the insect go, figuring that it was not worth the trouble.

In our lives there are some things that we SHOULD let go. Some things ARE worth the trouble to hold onto. How do we know the difference? Consider the following:

Hold on to things that give you nourishment. Eating right is the key to good living physically. I have some friends with physical disorders who refuse to eat right. In the same way spiritually we need regular intake of God's Word, corporate worship, enriching fellowship and periods of prayer.

Hold on to things that give you inspiration. There is no substitute for enduring friendship. I find great motivation in my interaction with

friends who enrich my life and warm my heart. Relationships are worth the time and trouble. Hold on to them. The most important relationship is your relationship with GOD.

Hold on to things that give you correction. Have someone in your life that will be honest enough with you to tell you what you SHOULD know instead of what you want to hear.

Hold on to things that give you exercise. Do you want to grow healthily? You MUST exercise. Sacrificial service to others is a great exercise. Giving things away to bless others can bring you into good health. Even bad times can exercise you well if you respond to them prayerfully.

Some things need to be released. The list is not exhaustive:

1. Grudges against the failures of others. Forgive people and live for today.
2. Rude behavior against others. There is no excuse to be rude and disrespectful.
3. Inconsiderate words. Our language must build others up and encourage them.
4. Past failures. Sometimes the hardest person to forgive is yourself. Let the past go.

Enduring sins. Do not play with sin. It may look good but it is deadly. Let it go!

The rest of the story...



Happy Birthday!

People Now Signing up for “Experiencing God” Woods Will Teach

To prepare for this conference with Henry Blackaby, November 19-20, Woods will lead a church-wide study on “Experiencing God” each week beginning Sunday, August 22. This will be at 4:00 p.m. in Room A-126. Workbooks are \$15.00 each. To register for this study on knowing and doing the will of God, call Liz Seals at 388-0906. Workbook fees must be submitted by Wednesday, August 11.

Note: Childcare available by reservation only.



Senior Adults Day Trip to Layton Castle is Postponed Until October.

CURRENT PICTORIAL DIRECTORY IN THE NEWS

Due to the overwhelming success of our pictorial directory, orders are now being taken for a reprint, for a price of \$15 each. Order forms are at the Information Desk and the church office. Payment must accompany the order form and at least 50 paid orders must be confirmed before the company will reprint. For questions, call Liz at 388-0906.

River Baptism & Fish Fry Fellowship

Wednesday, August 25, join us for this free, fun, meaningful event at Forsythe Pavilion on the Ouachita River. Dinner will be served from 5-6:00 p.m. and baptism from 6-7:00 p.m. Free tickets are available at the Information Center. If you wish to participate as a candidate for baptism, contact rmoody@firstwest.cc or call 322-5730.

2011 Plans Now Being Made

Woods is actively engaging both Singles and Senior Adults in planning activities and ministry events for next year. Please pray for him and these teams as they seek God’s will in every endeavor.

The Well Returns in August

25	Henry Bruzeau	SG
26	Donice Lee	SG
	Shirley Poe	SG
	Pat Doshier	SR
	Sam Henry III	SR
	Shirley Landrum	SR
	Morris Parker	SR
27	Florence Compton	SR
	LaRue Fordham	SR
	Marvin Napper	HB
	Bill Nelson	SR
	Pam Bennett	SG
22	Lois Lovett	SG
	Fred Frantom	SR
	<i>Minnie Ola Spurlock</i>	<i>HB</i>
28	Lois Davis	SG
	Danny Young	SR
29	Carolyn Bates	SR
	Hazel Ray	SR
30	Shirley Godwin	SR
	William Harris	SR
	Tom Chevallier	SG
31	Ed Mathews	SR
	Docie Perkins	SG
	Carolyn Watters	SR
	Edward Whitlock	SR

SR—senior SG—single HB—Homebound

***My Lord knows the way
through the wilderness.
All I have to do
is follow.***

Single Adult Lunch Bunch After the last service each Sunday!

July 25—Piccadilly
August 1—I Hop, WM
August 8—Chili Verde
August 15—Wendy’s
August 22—Arby’s
August 29—Johnny’s, War-

