



# WORDS OF LIFE

## WHY GRATITUDE IS GOOD

Robert Emmons is the world's leading scientific expert on gratitude and in a recent article he stated why gratitude is good for our bodies, minds and relationships. He has studied more than a thousand people, from ages 8-80, and found that people who practice gratitude consistently report a host of benefits.

Physical benefits like: stronger immune systems; less bothered by aches and pains; lower blood pressure; exercise more and take care of their health; and they sleep longer and feel more refreshed upon waking.

Psychological benefits like: higher levels of positive emotions; more alert, alive and awake; more joy, pleasure, optimism and happiness. And then there are social benefits like: helpful, generous and compassionate; more forgiving and outgoing; and these feel less lonely and isolated.

Dr. Emmons says that gratitude has two components and first is "the affirmation of goodness. We affirm that there are good things in the world, gifts and benefits we've received. This doesn't mean life is perfect; it doesn't ignore complaints, burdens and hassles. But when we look at life as a whole, gratitude encourages us to identify some amount of goodness in our life.

The second part of gratitude is figuring out where the goodness comes from. We recognize the sources of this goodness as being outside of ourselves. It didn't stem from anything we necessarily did ourselves in which we might take pride. Gratitude involves a humble dependence on others, whether that is other people being kind to us or God giving us the amazing gifts to enjoy in this life."

Robert Emmons said that gratitude is good and there are four simple reasons why. "First, gratitude allows us to celebrate the present because it magnifies positive emotions. Second, gratitude blocks toxic, negative emotions such as envy, resentment, anger – emotions that can destroy our happiness. Third, grateful people are more stress resistant. In the face of trauma, adversity and suffering, if people have a grateful disposition, they'll recover more quickly. And finally, grateful people have a higher sense of self-worth. When you're grateful, you have the sense that someone else is looking out for you."

The Bible says in Psalm 136, "Give thanks to the Lord for He is good." Friends, God is the source for every good gift and you can rest assured that He is looking out for you. Gratitude is good and so is our Heavenly Father.

Happy Thanksgiving!  
-Gregg

**Sunday:** Bible Study: 9:00 A.M. Worship: 10:00 A.M. Evening Worship: 6:00 P.M.  
**Wednesday:** 6:30 P.M.

**Newsletter Date**  
**November 25, 2018**  
**Vol. 29 Issue 47**



**Shirley Curry** was rushed to Maury Regional after having a heart attack. A stent was put in and she is in stable condition. **Annie Lee** is feeling better after a hard hit in a recent basketball game causing her to fall and hit her head on the floor.

**Bobbie Earnheart**, John Heard's sister, is in the CCU of Maury Regional.

**Roy Skelton** is doing well and has about 7 treatments to go. We pray for success of the treatments.

**Margaret Maynard**, Frankie Gallian's mom, has discontinued all treatments and will be placed on hospice care.

**Ron Burkhead** is struggling with some health and insurance problems. Please keep him in your prayers.

**Elaine Rich** will be starting radiation treatments next week.

**Stephen Pevahouse** had chemo seeds implanted in his liver as a treatment.

**Waynesboro HRC,**  
P. O. Box 510  
Waynesboro, TN 38485

Reba Berry (306B)  
Nell Bevis (105)  
LaKeshia Brewer (211B)  
George Bryant (104)  
Lucille Kephart (308B)  
Barnie Warren (312)

**Boyd Cottages**  
210 Fairlane Dr.  
Shirley Terry (203)

**NURSING HOME SERVICE**

Wednesdays at 4 p.m. -  
**John Heard**



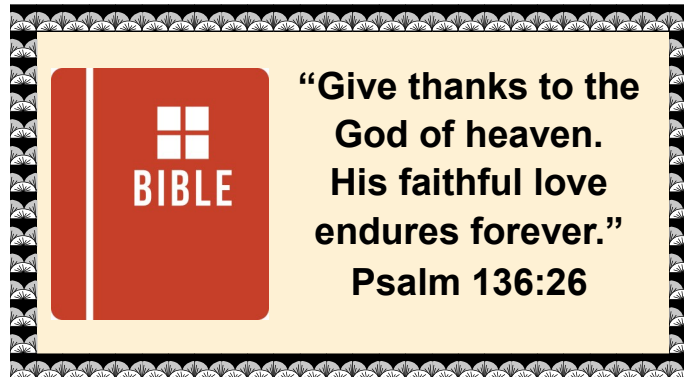
Our deepest sympathy is extended to Richard McNabb and his family in the loss of his mother, **Lucille McNabb**, Tuesday, November 20, 2018. Arrangements are not available now but all will be at McDonald Funeral Home in Centerville.

We also extend our sincere sympathy to Patsy Cook, Wanda Mathis' sister, and her family in the loss of her husband, **Carlie Cook**, Monday, November 19, 2018. The arrangements are not available at this time.

**PRAY FOR OUR**



Richard Alquire  
Cory Park  
Andrew Zills,  
Ft. Campbell, KY



**We must be actively engaged in the practice of Christianity.**

**PRAYER LIST**  
*Our Family*

Alan Bell  
Janelle Bevis  
Lorene Brewer  
Beau Butler  
Neil Davis  
Eloise Duncan  
Fay Gallian  
Jennifer Heard  
Clara Mathis  
Adam Nutt  
David Nutt  
AC Walker

Barnie Warren  
**Our Extended Family and Friends**

Johnny Andrews  
Harper Mae Bastin  
Shirley Bradshaw  
Randy Brewer  
Glenn Brown  
Jason Bunch  
Robert & Darlene Bunch  
Haleigh Butler  
Lillian Butler  
Paulette Crowell  
Dennis Davis

Mary Ruth Davis  
Rose Davis  
Ray Dodd  
Shirley Flanders  
Patti Franks  
Amy Gatlin  
Brently Gobbell  
Mandy Graves  
Melvin Griggs  
Christy Haddock  
Sybil Haggard  
Nellie Hawkins  
Billy Horton  
Faith Horton  
Linda Horton  
Tommy Horton

Reva Horton  
Patricia Jackson  
Robert and Margaret Johnson  
Tonya Jones  
James Kilburn  
Flora Lacher  
Shirley Lindsey  
Judy Long  
Coby Mathis  
Patty Mathis  
Natalie Horton May  
Margaret Maynard  
Arnold McClain  
Rebecca Norman  
Luke Olmstead

Allison Parrish  
Kayla Parrish  
Jasper & Katie Perry  
Frances Price  
Remona Prince  
Keith Reeves  
Elaine Rich  
Holly Rich  
Ricky Neil Risner  
Lisa Roberson  
Jeannine Rose  
Franklin Sharp  
Alex Shelby  
Tommy Shelton  
Carol Simmons

Frankie Skelton  
Roy Skelton  
Sonny Smith  
Jerry Spahr  
Barbara Stewart  
Katherine "Toopie" Stooksberry  
Linda Stutts  
Brooklyn Templeton  
Jack Vandergriff  
Judy Ward  
Angela Williams  
Caden Williams

*Announcements*

- ◆ We will host a **Red Cross Blood Drive** Wednesday, 11-21-18, from 10:30 - 2:30. Please call and schedule to give. All blood types are needed.



- ◆ **Evangelism University** - Savannah, Tennessee  
January 19 - 20, 2019

**Bible Facts**

1. **What king burned in his fireplace the letter sent to him by the prophet Jeremiah?**
2. **What king of Judah was blinded and taken away in chains to Babylon?**

**YOU TELL ON YOURSELF**

You tell on yourself by the friends you seek,  
 By the very manner in which you speak,  
 By the way you employ your leisure time,  
 By the use you make of dollar and dime.  
 You tell what you are by the things you wear,  
 By the spirit in which your burdens you bear,  
 By the type of things at which you laugh,  
 By the records you play on your phonograph.  
 You tell what you are by the way you walk,  
 By the things of which you delight to talk,  
 By the manner in which you can bear defeat,  
 By so simple a thing as how much you eat.  
 By the books you choose from the well-filled shelf;  
 In these ways, and more, you tell on yourself;  
 So there really isn't a particle of sense  
 In making an effort to keep up a false pretense.

Bible Facts      Jehoiachin (Jeremiah 36:23)      Answer to question 1:  
 Zedekiah (II Kings 25:7)      Answer to question 2:

**OUR RECORD for November 18, 2018**

Morning Bible Study.....	105
Morning Worship .....	162
Evening Worship.....	104
Tuesday Evening (11/14/18).....	130

**HONORED TO SERVE**

**November 25, 2018**

**SUNDAY MORNING BIBLE STUDY**

Scripture Reading.....Dawson Mathis  
 Prayer.....Jeremy Heard

**SUNDAY MORNING WORSHIP**

Announcements.....Steven Stegall  
 Song Leader.....Jack Barber  
 Opening Prayer.....Jeff Skelton

**LORD'S TABLE**

<b>Terry Bryant</b>	<b>Noel Gallaher</b>
Anthony Ray	Rick Nelting
Jeremy Heard	Carl Skelton
Jarret Heard	Carl Griggs

**Speaker.....Gregg Lee**

Closing Prayer.....Jeff Duren

**GREETERS**

Allen Mathis and Brian Mathis

**PICK UP CARDS AFTER WORSHIP**

Barrett Gallian, Mason Moore

Ryder and Case Butler

**PICK UP COMMUNION CUPS**

Jarret Heard, Jennifer Heard  
 Darlene Heard, Elizabeth Clay

**NURSERY ATTENDANTS**

Sheryl Skelton and Sheila Mathis

**AUDIO-VISUAL THIS WEEK**

Mollie Meredith, Darla Pinckley, Annie Lee

**SUNDAY EVENING**

Song Leader.....Clint Bryant

Opening Prayer.....Jerry Duren

**Speaker.....Mitchell Skelton**

Lord's Table .....Gregg Lee

Announcements.....Steven Stegall

Closing Prayer.....Jerry Hollis

**WEDNESDAY EVENING 11/28/18**

Song Leader.....Larry Casias

Scripture .....Charles Hunt

Opening Prayer.....Mike Maples

**Speaker.....Gregg Lee**

Announcements.....Mitchell Skelton

Closing Prayer.....David Hardin

**Angel Food Coordinator:**

November: Andrea Skelton

December: Noel & Sue Gallaher

**Prepare Communion:**

November: Kim Haggard

December: Misha Johannes

*Birthdays and Anniversaries  
November and December*

- 20 - Linda Lay
- 20 - Barbara Davis
- 23 - Joshua Canterbury
- 23 - Lori Nutt
- 25 ♥ Carver & Wanda Wentworth
- 26 - Kim Haggard
- 26 - Mitchell Skelton
- 26 - Annie Lee
- 27 ♥ Terry & Scarlett Bryant
- 27 - Bernie Warren
- 28 ♥ Charles & Pam Hunt
- 1 - Mike Betts
- 3 - Misha Johannes
- 4 - Allen Mathis
- 4 - David Hardin
- 4 - Katie Hunt

**EVENTS CALENDAR**

- November 21st: Blood Drive 10:30 - 2:30
- November 22nd: Catherine Farris 9 - 4
- November 22nd: Sheryl Skelton 4 - 9
- November 23rd: Betty Meredith
- November 24th: Lorene Brewer
- November 25th: Lisa White 11-6
- November 26th: Dean Stegall (DAR) 11 - 1
- November 29th: Clara Mathis (TOPS) 4 - 7
- December 1st: The Durens
- December 6th: Clara Mathis (TOPS) 4 - 7
- December 13th: Clara Mathis (TOPS) 4 - 7
- December 14th: Amanda Moore
- December 15th: Janice Martin All Day\
- December 19th: Dean Stegall 10 - 3
- December 20th: Clara Mathis (TOPS) 4 - 7

**CHURCH OF CHRIST**  
P. O. BOX 33  
304 HASSELL ST.  
WAYNESBORO, TN 38485  
RETURN SERVICE REQUESTED

NONPROFIT ORG  
U. S. POSTAGE PAID  
WAYNESBORO, TN  
PERMIT NO. 11

**ELDERS**

- Alan Bell.....722-9251
- Terry Bryant.....722-9693
- Jerry Duren.....722-5928
- Mike Gallian.....722-3934
- Charles Hunt.....722-9658

**MINISTERS**

- Mitchell Skelton**.....722-8227
- Gregg Lee**.....332-5414

**CHURCH OFFICE**.....722-5520  
Betty Meredith.....**Secretary**

**CHURCH WEBSITE:**  
[www.waynesborochurchofchrist.com](http://www.waynesborochurchofchrist.com)

**DEACONS**

- Clint Bryant.....722-0615
- Jeff Duren.....722-2820
- Ben Gallian.....722-7017
- David Hardin.....722-9249
- Jerry Hollis.....722-2363
- Ronnie Mathis.....722-3397
- Richard McNabb.....722-9278
- Cleve Moore.....332-6929
- Jeff Skelton.....332-1326
- A. C. Walker.....722-3301

**CHURCH EMAIL:**  
[waynesborococ@tds.net](mailto:waynesborococ@tds.net)