**Anxiety and Attitude**

Can you remember a more anxious time? We all struggle with anxiety in different ways. Some of us pretend to ignore it. Some of us try to focus on something else. Some of us try to do something about whatever is causing the anxiety. Perhaps, there is a time for each of these approaches.

Our anxiety can be replaced. The Bible says, “Do not be anxious about anything, but in everything by prayer and pleading with thanksgiving let your requests be known to God” (Phil 4:6). We may be anxious about keeping that command, but the Lord gives more grace. He has shown us some interesting ways to help us be relieved of anxiety. The verses surrounding the anti-anxiety verse all help our attitude so that we are able to better handle stressors that cause our anxieties. Those verses teach remind us:

- “Rejoice in the Lord always; again I say, rejoice!”
- “Let your gentle spirit be known to all people.”
- “The Lord is near.”

We are to be joyful because of Christ, and gentle to others and gentle to ourselves as we remember the Lord is at hand. When we have this mindset, it will be easier for us to cast our anxieties on the Lord with prayers and pleadings.

As we cast our anxieties on Jesus, we are promised that “the peace of God, which surpasses all comprehension, will guard your hearts and minds in Christ Jesus” (Phil 4:7). What a blessing it is to be a Christian!

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**Welcome to Lomax!**

A special welcome to our guests!

We are glad to have you visiting with us today! You are welcome here. We know you have a choice of where to worship, and you chose to be with us today — thank you.

At Lomax we want to be the church we read about in the Bible. Our goal is to glorify God with our worship and with our lives and to point people to Jesus Christ.

If you need anything during the service, ushers in the lobby can direct you to restrooms, the nursery, or a telephone. Please do us the favor of filling out a blue card located on the back of the pew in front of you. If you have any questions or if we can help...

For the convenience of our members, due to the recent virus outbreak, you can mail in your weekly contribution.

The address is:
Lomax Church of Christ
P. O. Box 33
Sick:  Lovada Burklow has been moved from ICU to a regular room. Movements are improving. Please keep her in your prayers. Annette Peery is home sick. Bessie Edwards has been moved to NHC Gallatin. George Collison was taken by ambulance to Maury Regional with breathing problems and may be some better and coming home Thursday, Nov. 5th. Mike O’Brien will have a biopsy on his lungs on Thursday, Nov. 5th. John Eglinton, Sr., the father of John Eglinton was taken by ambulance to Maury Regional dealing with a collapsed lung and COPD. Still awaiting results of the COVID test. Patsy Ethridge, the aunt of Tracie Lomax is dealing with Covid and will be put on a ventilator. William McCann, the grandfather of Amy Henderson and Molly McCann, is now at home and recovering. Joe Garner, the grandfather of Corbin Carroll, is also at home and recovering. Please keep those of our congregation who are recovering from the virus—Jeff & Rose Spears, Jeff & Sherri Dye, Donnie DeBord, Dinah Poore, John Eglinton, Sr., the father of John Eglinton was taken by ambulance to Maury Regional dealing with a collapsed lung and COPD. Still awaiting results of the COVID test. Patsy Ethridge, the aunt of Tracie Lomax is dealing with Covid and will be put on a ventilator. William McCann, the grandfather of Amy Henderson and Molly McCann, is now at home and recovering. Joe Garner, the grandfather of Corbin Carroll, is also at home and recovering. Please keep those of our congregation who are recovering from the virus—Jeff & Rose Spears, Jeff & Sherri Dye, Donnie DeBord, Dinah Poore,

Please keep all the patients, nurses and administration at our nursing home during the pandemic in your prayers.

Sympathy: to the family and friends of


Shut-ins: Bessie Edwards, Sharon Edwards, Michael Gray and Jimmy Griner

In Lewis County Nursing & Rehab Center: Gene Durham, Tiny Hinson, Michelle Huff, Tommy Shaw, and Betty Stafford.

Remember our military: Dustin Brugmann (grandson of Jim & Sharon Grinder), Kerry Conkle (grandson of Ralph & Sue Conkle), Jacob Flite (nephew of Tommy & Sandra Clayton), Cameron Hardison (nephew of Don & Barbara Meredith), Ethan Hardison (nephew of Don & Barbara Meredith), and Brent Willis (grandson of Harold & Janice Sublett).

Food For Friends: November 19th

Team 5 (Kay & Kathy)

If anyone can help deliver meals, be at the CSC at 10:30 am

Food for Families

Our monthly Food for Families distribution is Thursday, November 19th.

If you have not brought your grocery items in, please do so by Wed. morning if possible.

Keep Safe

A LOOK AHEAD

Nov. 8—Friends/Family Day
Nov. 26—Thanksgiving
Dec. 12—Community Christmas Meal

BIBLE RESEARCH QUESTION:

Complete Paul’s sentence, “Whether Paul, or Apollos, or Cephas, or the world, or life, or death, or things present, or things to come ———.”

(answer next week)
A special welcome to all our visitors. We are glad you have come our way. Remember that Lomax is truly a growing church for a coming Lord. And remember that The Son always shines at Lomax. And we count everyone because everyone counts. Yes, we face difficulties in our society today but we can go forward if we hold to God’s unchanging hand. Someone sent me the following reasons to rejoice:

1. We rejoice because of the greatness of our Father.
2. We rejoice because of the greatness of His Son.
3. We rejoice because of the presence of The Spirit.
4. We rejoice because of the presence of Heaven.
5. We rejoice because of the comfort of the scriptures.
6. We rejoice because of answered prayer.
7. We rejoice in the family we have in Christ.

Philippians 1 reminds us to rejoice always, Paul reminds us to learn from the past and present and go forward in the midst of the storm.

ON THE LIGHTER SIDE: Waiter. Take the coffee away. It taste like mud. Well. It was ground this morning. A car drives up to the toll bridge and tells the man to deposit 50 cents. Response, I didn’t want to buy the bridge.

Well, son, you have the story of the great war, Son: But dad, What happened to the other men or soldiers?

Boo’s Belyeu

During this unusual time we must challenge ourselves. How much can I do? What is my best course of participation? How can I protect myself and do all I can do? We still have many great opportunities.

“Make a contribution,” we immediately think in terms of monetary. While continuing to contribute to the work of the church is very important, the elders have made it possible to do so online and mail PO Box 33. This is not “make a contribution” I was referring. We “make a contribution” staying in touch. Those of us who get sick or become isolated through quarantine mandatory or self-imposed must quit looking inward and look outward. What call, letter, email, text can I send to encourage someone else. Where is my prayer life? Did I pray this morning? Do I have a prayer list? Who is sick physically or spiritually are they on my list? How much time am I spending reading God’s word? Do you have a schedule, a goal for reading? Matt. 6:21 “For where your treasure is, there your heart will be also.” Where is your treasure? Is it with church? Is it with other Christians? Is it with the Lord?

Authentic Freedom!

“Freedom” is a powerful word, full of all sorts of meaning to different people. Some people think freedom refers to political liberty, such as we have in the United States under the constitution. Others think freedom means being able to do whatever one wants morally. Some even think freedom means doing whatever one wants, regardless of the rule of law.

However, authentic freedom is based on the word of God and the work of His Son Jesus Christ! In John 8:36, Jesus said, “Therefore if the Son makes you free, you shall be free indeed.” One becomes free indeed by knowing the truth (John 8:32; 17:17) and obeying the truth (Matt. 7:21-27). This authentic freedom Christ offers is composed of three facets:

1. Freedom from the burdens of life! In Matthew 11:28, Jesus says the sinner is “heavy laden.” Jesus tells us to bring that burden to Him. Hebrews 12:1 says to “lay aside every weight, and the sin which so easily ensnares us.” Jesus can free us from those weights, as well as the burden of false religion and traditions of men (Matt. 23:3-4).

2. Freedom from bondage to sin! The Jews that Jesus was speaking to in John 8 were not only in bondage to the law and to the traditions of men, but they were also in bondage to sin (John 8:44). Christ not only could free them from the law (Col. 2:14), but also from the guilt of sin (Rom. 3:23-26).

3. Freedom from blindness! Jesus could open their eyes to the truth, if they so desired (John 8:32). Once one recognizes the power and importance of God’s word, he no longer has to worried about being fooled by the false doctrines of men (Eph. 4:14), if he will continue in the things God teaches in His word. Paul’s mission to the Gentiles was to “open their eyes” (Acts 26:18).

So while we celebrate our political and social freedom on July 4th, let us also focus on and remember our spiritual freedom that comes only through Christ Jesus! He frees us from the burdens of life, from bondage to sin, and from blindness! Are you free indeed?

Matt Clifton
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Judsonia, AR
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931-796-5381  
Email: info@lomaxchurch.com

**MINISTERS:**  
Donnie DeBord — 628-9276  
Malcom George - 796-0045  
Robert Pierce—306-3109  
Jeff Spears—306-1362

**DEACONS**  
Lynn Ammons  
(Worship Assign., Grounds)  
Wesley Carroll  
(Transportation, Day School)  
Matthew Farr  
(Special Events)  
Colby Hamm  
(Young Families Ministry)  
Chris Hunter  
(Visitation)  
Greg Mullinicks  
(Audio/Visual, Bulletin)  
Chuck Oppermann  
(Missions)  
Jeff Spears  
(Education)  
Marty Spears  
(Finance)

**ELDERS:**  
Jeff Dye — 306-8463  
John Eglinton—446-5646  
Rick Morrow —615-430-6663  
Mike Parker—628-2961  
(Please leave a message)  
Dan Spears — 796-3056

**Schedule of Services**

- Sunday Bible Study — 9:00 am  
- Worship Services — 10:00 am  
- Sunday Evening — 6:00 pm  
- Wednesday Primetimers - 10:00 am  
- Wednesday Bible Study — 7:00 pm

**Lomax Christian Day School**  
796-7373

**By The Numbers**  
For the week of 11/01  
A.M. Bible Class N/A  
A.M. Worship Service N/A  
P.M. Worship Service N/A  
Wednesday PM N/A  
Contribution: N/A  
Weekly Budget $6,000.00

**It’s About Time**

1 - If there is someone  
Who’s made your life greater  
Be sure to tell them  
Sooner, not later

2 - If there is someone  
Who’s brightened your way  
Don’t wait till tomorrow  
Thank them today

3 - If there is someone  
Deserving your bow  
Then do it, please do it  
Do it right now

4—Potential exists  
In every minute  
The time to show love  
Is while we are in it.

By—Edd Sterchi  
Campbellville, KY

**Last week’s Know Your Bible Answer:**  
“By taking heed thereeto according to thy word”  
Psalms 119:9

November 5th is FHU Day of Giving. Mid-South Youth Camp can be specified.  
We are raising money for repairs on Seward Canteen and the Caretaker Cabin.  
Donations may be done online or given to Boo or Yogie Spears.

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