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While on His way to the Garden of Gethsemane after celebrating the Last Supper with His disciples, the same Jesus who taught His followers to turn the other cheek said something that many find hard to believe. He said to His disciples, "When I sent you out without purse and bag and sandals, you did not lack anything, did you? But now, let him who has a purse take it along, likewise also a bag, and let him who has no sword sell his robe and buy one." (Luke 22:35-37) The disciples responded that they had two swords, and Jesus said that was enough.

Apparently there is a time and a place to use a weapon in defense of others, or yourself. And as Peter demonstrated by swinging wildly and slicing off the ear of the high priest's servant, it's also imperative that if you carry a weapon you must become proficient in its use.

Sadly, the need to protect followers of Christ, and the need to know how to use defensive weapons, was demonstrated in a Church of Christ in Texas last week. As the Lord's Supper was being served, a disturbed individual who had not been satisfied by the minister giving him food instead of money, pulled out a shotgun and killed a man who was passing communion, and another who attempted to stop him. Within six seconds he was, however, stopped by the head of the church's volunteer security team.

In light of renewed concern about the threat of a violent intruder into a house of worship, I want to assure you that we have taken steps to keep everyone as safe as possible. Several of us attended a Sheepdog Seminar a few years ago where we were taught how to protect the flock, and we do have armed individuals in our worship services who train regularly. We also lock the doors shortly after the services begin, and the children's worship leaders and nursery workers have been instructed to take the children to the outdoor nursery playground in the event of an intrusion.

If the need for defensive action to be taken should ever arise, it would be very helpful if everyone would take cover in the pews for a few moments, before going to make sure their children are safe.

Obviously, we pray such action will never be needed. God Bless, Rick



## THE CHATHAM MESSENGER

VOLUME 48

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### Keeping Tabs of Your Resolution

a communion meditation by Chris Luzio

For those that equate starting over on the calendar with starting over in their lives, the new year, 2020, has no doubt brought with it a host of new resolutions. I have never really been one of those people. If a change in your life is beneficial, it is beneficial on the 1st day of the year or on the 5th day of the year...or even on the 362nd day of the year. The 362nd day of 2019 is when I downloaded and started using an app to help me log one of my favorite daily activities: eating.

As a result of my food tracking over the past week, I can tell you that I consumed over 3000 calories on Monday, but that it was somewhat offset by my 87 minutes of exercise that day (broomball). That was also the day that I learned that the hot wings I had for dinner contained more sodium than I should be consuming in 48 hours, let alone in 48 minutes. The app predicted that if I keep eating like I did that day, my weight would go up, and, not surprisingly, by the end of the week, it did.

These are not the only statistics I can report from the last week. My resting heart rate on New Year's Eve averaged about 67 beats per minute and, right before midnight, the noisy room I was in reached more than 90 decibels. Another important daily activity is spending time in the word: Bible reading. Because Rick's chosen *Daily Reading Bible: New American Standard Version* is only available digitally and because my iPad tracks app usage, I can say that I have read for a total of 58 minutes since I started this version on the 365th day of 2019. (Let me know if you need any help getting this version on your device). And lest you think I am bragging with my 58 minutes of daily bible reading in the app, compare that my 144 minutes of social media app usage during the same time span.

Tracking all of your relevant numbers has been called "lifelogging," and is a part of what is known as "the quantified self," a cultural phenomenon brought on by the advances in wearable technology and fitness trackers over the last decade. But to what end? Collecting, averaging, and analyzing data is fun for those who enjoy numbers, but if nothing is done with the information obtained, it has only limited benefit. If I learn that my hot wings have over 4000 mg of sodium, but place the same order next time, nothing really changes. Similarly, if I find myself consuming an overabundance of calories, but don't increase my activity level, nothing really changes.

We find similar warnings in our walk with the Lord in Scripture. James warns of an unuseful faith in his epistle, writing, "What use is it, my brethren, if someone says he has faith but he has no works? Can that faith save him? If a brother or sister is without clothing and in need of daily food, and one of you says to them, 'Go in peace, be warmed and be filled,' and yet you do not give them what is necessary for their body, what use is that? Even so faith, if it has no works, is dead, being by itself (2:14-17). (Continued inside)

**CHATHAM CHRISTIAN CHURCH**  
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**Sunday Worship Service**  
**Bible School**  
**9:15 AM**  
**10:45 AM**

## STATISTICS

Worship NA  
Offering \$6,793.10

## SERVING THIS SUNDAY-1/12/20

Greeters .....	Bonnie Ruebush
Visitors' Stand .....	Rick & Karen Mann
Communion Meditation .....	Chris Luzio
	Paul Hunley
Ushers .....	Mike Donaldson
	Kirk Polley
	Scott Bales
	Duane Carrell
	Chad Formea
	Otto Huber
<b>WORSHIP NURSERY</b>	
Toddlers .....	Erica Blakley
	Reagan Formea
Infants .....	Nikki & Carter Hunley
	Nicole Moore
	Sunday School
Toddlers .....	Julie Divjak
Infants .....	Kristin Polley
	Elizabeth Wright

## The Hidden Word

COLOSSIANS 3:17

"And whatever you do in word or deed, do all in the name of the Lord Jesus, giving thanks through Him to God the Father."

## Let Us Pray For...

--Rick Sanner having heart valve surgery.  
--LouAnn Kunzeman having breast cancer surgery.  
--Judy Marlow recovering from knee replacement.  
--Mary Sexton recovering from a severe bout of acid reflux.  
--Joe Carter recovering from stomach inflammation.  
--Beryl Reese with severe back pain.  
--Glenn Hamilton to begin radiation for a spot on his lung.  
--Shannon Higgins' dad still in ICU with pneumonia.  
--Connor Bales leading college mission trip to Haiti.

## RESOLUTION CONTINUED

James compares this kind of living to a man, after looking at himself in a mirror, who forgets what he looks like when he walks away. For me, the comparison would be to a man looking at the data and making no changes to his life to improve. What good is that?

Whenever we meet around this table, we consume reminders of Christ's sacrifice. The bread reminds us of His body; the cup reminds us of His blood. His blood covers our sin as He repairs the broken relationship with our Heavenly Father. We remember this, but do we do anything with this information? Do we make any changes in our lives or do we grow in response?

Our hope is in the resurrection of Christ. He was raised from the dead so that we may have eternal life with Him. We know this, but do we do anything with this information? Do we make any changes in our lives or do we grow in response?

My prayer for us this morning is that we may use this time not just to remember and reflect on our Lord's sacrifice and on the eternal hope that we have in Christ, but that we also use this time to respond with any necessary changes...changes in thinking and changes in living. For if we encounter Christ, but are not changed, what good is that?



The CCC Christmas mailbox has been put away, but remaining cards are on the window ledge of the office.

The following have mail awaiting them: Bartel, Green, Higgins, Carter, Kunzeman, Marlow, Marlow, McKinnon, Mohler, Montgomery, Smith, Williams, and Wright.



## The Amazing Race

It started here at the church with 42 kids solving a puzzle before receiving a clue which led them to the Hunley farm. There, they either completed a challenging series of basketball shots in the barn or ran around the perimeter of the property four times. Most picked the run and regretted it. Then, clues led them to a bowling alley where as a team they have to average 100 pins a bowler to escape a penalty. One team came within one pin of being excluded, but all received the penalty. The future of professional bowling might be in jeopardy. Onward to Buffalo Wild Wings where each team of four split 50 wings, 1/2 hot (and they were pretty hot) and 1/2 sweet. Teams then raced to Target to solve some riddles before heading to the mall. There, they had to find an identified car parked somewhere in the mall parking lot. Lastly, they raced inside to count the lightbulbs on the merry go round in the center of the mall. In case you are wondering, the answer is 1015. Congratulations to Courtney Bales' team who are the official winners of the CCC Amazing Race for 2019!



# UPCOMING Events!

Last night was a great start to Youth Groups for 2020! Even if you didn't attend in 2019 or missed our first session, you are more than welcome to come have fun with others as we deepen our faith in Christ. In addition to our weekly meetings, some dates have been established for two of the overnight conferences we usually attend. Please see the information below so we can begin making the necessary plans to attend as they will be upon us soon.

- **SuperStart:** We always have a great time in Bloomington at the SuperStart conference for 4th & 5th grade students where we have a ton of fun while learning about the Lord. I'm glad I get to go this year! The theme for SuperStart 2020 is "Game Changer." Our key verse to apply will be from Hebrews 10:23 which reads "Let us hold tightly without wavering to the hope we affirm, for God can be trusted to keep his promise." SuperStart will be on February 28th & 29th. The registration fee of \$50 per person increases after January 29th so I'll get the sign up sheet on the bulletin board this week.
- **Junior High:** The Believe overnight conference is on March 6th & 7th this year. Also, it looks like we will be road tripping to Bloomington as the location has been moved out of Springfield. Over the weekend, we will be discussing Scripture and concepts around the theme "Contact". Ultimately, we will be examining prayer as one of the primary methods of contact God has established with us His creation. The early bird registration fee of \$59 per person is good through February 5th, so keep a look out for more information about Believe over the next few weeks.