

Good News From Chardon

Church of Christ

128 Maple Ave.
Chardon, OH 44024
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Issue 37

It's Good for You

Forgiving others can be good for your health. This conclusion was reached in a recent study completed by Harvard University. 4,598 subjects from five countries – Colombia, Hong Kong, Indonesia, South Africa, and Ukraine – who said they'd been hurt or offended by another person, were studied by international researchers of the Harvard T.H. Chan School of Public Health in Boston, Massachusetts. In the study, subjects were asked to work through a "forgiveness workbook" that directed them in ways to forgive their offenders. The results found that those who completed the exercises in the self-directed workbook experienced reduced symptoms of anxiety and depression compared to those who were not given the workbooks. *

Refusing to forgive leads to bitterness and resentment. Holding a grudge has been likened to a person drinking poison expecting the offender to die.

Get rid of bitterness by forgiving others is what the Bible teaches us. "Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you" (Ephesians 4:32 NIV).

Forgiving others is not only good for our health; each of us also desperately needs forgiveness.

Through our sins, we are the offenders of our holy God. Our sins separate us from Him (Isaiah 59:1-2) and put us on the path of destruction (Romans 6:23).

But God loves us so much that He offers forgiveness to us. His offer came at a great price: the death of His Son, Jesus. God gave His Son to die on the cross for our sins so that we can receive His forgiveness and the gift of eternal life. "In Him we have redemption through His blood, the forgiveness of sins, according to the riches of His grace" (Ephesians 1:7 NKJV).

God will forgive and give eternal life to those who place their faith and trust in Jesus (Acts 16:30-31), turn from their sins in repentance (Acts 17:30-31), confess Jesus before men (Romans 10:9-10), and are baptized (immersed) into Christ for the forgiveness of sins (Acts 2:38). He will continue to cleanse from sin those who continue to walk in the light of His Word (1 John 1:7-9).

Those who accept God's offer of forgiveness must be willing to extend forgiveness to others. Jesus said, "For if you forgive men their trespasses, your heavenly Father will also forgive you. But if you do not forgive men their trespasses, neither will your Father forgive your trespasses" (Matthew 6:14-15 NKJV).

Some ask, "But how can I forgive my offender? He has hurt me!"

Our ability to forgive begins by realizing how badly each of us needs forgiveness from God. When we realize the immense debt that Jesus paid for our forgiveness, we are able to forgive others.

Accept God's forgiveness on His terms. Then extend forgiveness to others. It's good for your mental and physical health now, and it is necessary to have eternal life.

David A. Sargent, Church of Christ at Creekwood in Mobile, AL

Schedule of Services

Greeting: Tom

Song Leader: Dale

Opening Hymn:

114—I Want To Be A Worker For The Lord

Opening Prayer: Robert

Hymn:

561—It Is Well With My Soul

Scripture Reading: Ryan

Ephesians 4:23-32

Hymn:

649—I Gave My Life For Thee

Lord's Supper: Robert

Hymn:

274A—Jesus Loves Me

Sermon: Tom

Invitation Hymn:

644—Trust And Obey

Closing Hymn:

112—Angry Words

Closing Prayer: Ray

**Wednesday night Bible Study
has started again. Come join
us at 7:00 pm. We will be
studying the book of Daniel**

CALENDAR

Sept. 10—Bible study 10 am, Worship 11 am
Speaker Tom. Business meeting

Sept. 13—Bible study 7:00 pm—Rob

Sept. 13—(b) Carson

Sept. 16—(b) Susan

Sept. 17—Gospel Meeting Week

Speaker Mark Lance

Bible study 10 am, Worship 11 am

Pot Luck following worship

Sept. 18-21 7:00 pm

Sept. 19—(b) Ray

Check bulletin board for events in the area & other news

SUNDAY: Bible Study—10:00 am, Worship—11:00 am

Website: Chardonchurchofchrist.org

E-mail: church_of_Christ@roadrunner.com

Pod Cast: Chardon.podbeam.com Follow us on Facebook: Church of Christ

Audio Service: 312-626-6799 Zoom I.D.: 81430241090 Password: 444015

Forgiveness Ephesians 4:23-32

WORD LIST

ANGRY	AWAY	CHRIST
CORRUPT	CREATED	DEVIL
EDIFYING	GOOD	GRACE
GRIEVE	HANDS	HEARER
HEART	HOLINESS	KIND
LABOR	LYING	MAN
MEMBERS	MIND	MOUTH
NEEDETH	NEIGHBOUR	NEW
PUTTING	RENEW	SEALE
SPEAK	SPIRIT	STEAL
TRUTH	WRATH	

X T M A D B E C R E R T Q S H
G K I E N V Q U R C E O Q D H
J N V R E G O R R E R Y B N H
E I I I I B R P I J A D G A J
L C R Y H P U Y L A E T S H L
T G A G L T S M A N H E E S H
G R I R T M E M B E R S W D T
C E A I G D N I K H H M R I U
N O N E E D E T H O D O A O R
K G R D H X B C A L N U T H T
R P O R W E N E R I I T H J S
H O X T U R Z D P N M H P W P
G F G R L P A N S E A L E D E
F Y A W A X T U G S Y N K O A
G N I Y F I D E T S I R H C K

PRAYER LIST

Mynda's sisters-in-law Father's health. As she travels and school starts up

Nina health issues

Mark and **Debbie** as they travel. **Mark's** heart and back.

Roberta, doing Bible study with Tom, stroke recovery

Bonnie as she travels. grandsons **Devin & Dakota**

Wanda's migraines; son **Allen**, sisters **Lorraine & Joyce**. Her niece **Nikki** in bad accident

Mary and family. Mary's friend **Aubrey's** pregnancy.

Kathy, is home. Her sister and friends.

Linda's health, **Tiffany's** health & stress & family

Zarna and her family

Juanita, is at Briar Hill rehab room 100, her sister

Betty and the rest of her family.

Ray and **Barbara** and their family.

Dale's health issues, headaches and his family.

His **Mother**. heart and lungs. 7 year old

girl, **Lucie**, with leukemia. His uncle **James**.

Cousin **Kenny** hernia, Cousin **Joshua** heart issues, Cousin **Randal** physical & mental health

Ray's and his family. **Rebecca's** knee illness

Pat and her family

Robert's friend **Freeman** with cancer

Randy health issues

Brenda's voice, sister **Linda** and sister-in-law **Linda**

as they struggle with cancer. Her son **Mark**

heart, granddaughter **Amanda**

Mike and **Debra** as they travel and return to Florida

Lenise—knee problems

Connie, Sara's mom, heart and pneumonia

One day you will tell your story of how you've overcome what you're going through now, and it will become part of someone else's survival guide.

Ephesians 4:23-32

²³ And be renewed in the spirit of your mind; ²⁴ And that ye put on the new man, which after God is created in righteousness and true holiness. ²⁵ Wherefore putting away lying, speak every man truth with his neighbour: for we are members one of another. ²⁶ Be ye angry, and sin not: let not the sun go down upon your wrath: ²⁷ Neither give place to the devil. ²⁸ Let him that stole steal no more: but rather let him labour, working with his hands the thing which is good, that he may have to give to him that needeth. ²⁹ Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying, that it may minister grace unto the hearers. ³⁰ And grieve not the holy Spirit of God, whereby ye are sealed unto the day of redemption. ³¹ Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice: ³² And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you.