

Feelings Follow Thoughts

By David Wright

Feelings don't readily submit to marching orders. A familiar hymn says, "Sing and be happy." I've always liked that song — its pep and positive message. Everyone doesn't see it in the same way, though. We certainly can choose to sing, but deciding to be happy is a real challenge, especially for people struggling with depression. If emotion did readily submit to our will, then we'd all be happy all the time.

Now here's the good news: Feelings follow thoughts, and thinking patterns do submit to human will. Paul says, "Rejoice in the Lord always; again I will say, Rejoice. ... Whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things" (Phil. 4:4, 8). Why dwell on pure, good, beautiful things? Because you won't know joy if you don't. Feelings follow thoughts.

Let me suggest a habit that may change your life permanently. Make a list of wholesome thinking goals, and read it first thing every morning. Here are some examples:

Today I will look for opportunities to tell others about Jesus.

Today I won't be critical of others.

Today I will live in the moment instead of borrowing tomorrow's troubles.

Today I won't fret about what politicians are doing.

Today I will trust God and be thankful for my blessings.

Today I will think about what I have instead of what I don't.

Today I won't complain about inconveniences (the weather, poor customer service, long waits in traffic).

Make your own list. Read it every morning. And then be surprised by the results. You can't change your feelings, but you can change your thoughts. You can decide what to dwell on. And when you dwell on wholesome things, better feelings naturally follow.

2 Cor. 9:6-7 "A Cheerful Giver" (AM)

1 Pet. 4:1-4 "Ready for Battle" (PM)



SEAGOVILLE
Church of Christ

Seagoville Church of Christ

510 N Kaufman St Seagoville TX, 75159

(972) 287-2036

www.seagoville.org

September 7, 2019

Elders: Monty Lawley, Larry Mathis, Steve McClelen
Deacons: Jason Turner, Leslie Thomas, Rodney Yarbrough, Hesikiah Williamson, Willie Coleman, Sr.

Pulpit Minister: David Wright Youth Minister: Leslie Thomas

Sunday Morning Bible Class	9:00	AM
Sunday Morning Worship	10:00	AM
Sunday Evening Worship	5:00	PM
Wed Evening Bible Study	7:00	PM

Visitors, we are glad you came and hope you will fill out the pink side of the visitor card on the back of the pew in front of you. We have an attended nursery for infants to 18 months. Please come back.



Sept 11 Joyce Jones
 Sept 12 Kayce Douthit
 Sept 13 Stan Hopkins
 Sept 14 Tayja Wells
 Sept 16 Rodney Yarbrough
 Sept 19 Howard Lisle
 Sept 19 Joe Pope

Maurine Ellis (Laura Raney's sister) is in the Methodist Hospital in De Soto. She has pneumonia. Gloria Gray (Teresa Noble's mother) has been diagnosed with breast cancer.

Lisa Ray had colon surgery last week. It went well. Please pray for a speedy recovery.

Steve Landess (Lee Landess's brother) was in a car accident last week. He was taken to Baylor of Dallas. Steve has a head injury. He is now home.

Please continue to remember to pray for those that are recovering from recent surgery/ illness :

Lisa Pack-Jami Wilkinson's friend, Eric Raney, Carl Brown, Barbara McDonald, Kodie Mart in's

grandmother has cancer

2019 Sisters Inspiring Sisters.

Saturday
 September 21,
 2019

Starting at 9:00 am-1:00 pm Will be held in the annex.

Food, fellowship and much more! Come and enjoy this special Day!

Sept 13 Clint & Abigail Cauley
 Sept 18 Rodney & Barbara Yarbrough

Dinner with Family meets every Wednesday evening from 5:30- 6:45. It's okay if you are late . You are still welcome. Only \$2 dollars for each person or \$5 dollars for a family. Joyce and Paula want to especially encourage Christian men to come and lead the prayer before the meal! And if you cannot make it in time to eat they will fix you a to go box. Just text or call and let them know. (loycecell:214 - 674- 2471.

Sunday Morning Adult Bible Classes for the fall quarter-beginning Sunday September the 1st.

Auditorium: Jason Turner - The Passion AND the Glory
 Room 1: David Wright -Multiply: Growing Through Discipleship
 Fellowship Room: Steve McClelen - Worship Through Song, Without Singing

The evangelism team is not door knocking today.

Dear Seagoville Brothers & Sisters,

Thank you so much for all the food, visits, cards, calls and prayers during my recent recovery.

God has truly blessed me through my church family. In Him, - Barbara McDonald

Visitation meeting in room 2 on Sunday September 15th at 4:00 pm.

The Evangelism Team will be going door knocking this Sunday afternoon at 3:30.

Round House tonight!