

# Shepherd's Staff

November 2023

*We gather to worship, we go to serve our Lord.*

***"You will be my witnesses...to the ends of the earth!"***

*Parkersburg Christian Reformed Church*

*Sunday Worship 9:30 a.m. ~ Church School 10:45 a.m.*

## **Our Spiritual Diet**

In our society we have a lot of attention paid to our physical diet with advertisements on television and cooking shows touting better eating habits. The industry also has a large array of supplemental vitamins that we can take all to help us live life to the fullest. While all this is good for us, we often fail to consider our spiritual health and wellbeing. So, what can we do to increase our spiritual health and wellbeing?

One of the things that we find in the Bible is the importance of community. We are called to come together to worship. This gathering helps to make us accountable to each other in our understanding and adherence to what is taught. The Bible even tells us that as iron sharpens iron, so we are to strengthen each other in the benefit of community. This fellowship can then spill over to our meeting in smaller groups. Getting together to discuss the worship service and what we learned can reinforce the teaching and lead us to an enhanced understanding of scripture. We are also able to share a meal within the church community. The monthly meals are a great time to get to know each other better and learn how to pray for one another.

This is a second part of our spiritual health. Do we take the time to "talk with God for a while" every day? This should be a two-sided conversation as we include many headings in our prayer time. We can follow the example of the Lord's Prayer by beginning with a time of praise and worship of God. Many times, our prayers are a laundry list of wants and concerns without any time for praise. Still, we are encouraged by God to tell him what he already knows. God knows our needs but still likes it when we show him our dependence on him for our daily needs. Our prayer should include our concern for others as well. We are stronger in prayer when we add our voice to others for the same item. We must also spend time in prayer listening. We want our prayers answered but seldom take the time to give God a chance to get a word in edgewise. When we listen, we learn through others and scripture the answer. Sometimes we simply see the answer come to us in the events that happen in life. This is how we listen for God in our prayer times.

Of course, no spiritual health will be complete without spending time in the Word of God. This can be done with a time set apart for reading our Bible daily on our own or in a group Bible study. We also can use the daily devotional booklets that are available in Church (the Today booklet). These help us to get a study on a theme for the month using a variety of scripture. We can also get a benefit from using personal devotional books that give us a thought for the day. While these methods are good, we must not sell short the simple reading of scripture in a systematic way. Reading through the entire Bible in a year is a great challenge. It can be very encouraging to see how God is able to guide us even when the chosen family of God goes astray. This is encouraging to us to see that God is forgiving and loving even when we may fail to live as God wants us to. That is the power of reading scripture. God reveals the warts and all in the story of his love for us to give us hope.

The spiritual exercise of actively seeking to grow in the Lord is something that all Christians should do. Let's strive to get our spiritual lives in shape as we seek to understand God's love and purpose for us and in our lives. The benefits are something that will last and eternity.

Pastor Rus

## Thanksgiving Bible Verses for a Day of Gratitude and Praise



1 Chronicles 16:34

"Give thanks to the Lord, for he is good; his love endures forever."

Colossians 3:15

"Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful."

Colossians 4:2

"Devote yourselves to prayer, being watchful and thankful."

1 Thessalonians 5:16-18

"Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus."

Philippians 4:6-7

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

Galatians 6:9

"Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up."





# November Birthdays/Anniversaries



## Happy Birthday

- 11/3 Lois Mennen
- 11/3 Dennis Schipper
- 11/4 Brandy Reints
- 11/6 JoLynne Husz
- 11/8 Rus Boersma
- 11/14 Wendy Armstrong
- 11/17 Annie Allspach
- 11/19 John Husz
- 11/22 Kayla Stirling
- 11/25 Nancy Mehmen
- 11/29 Diane Roberts

## Happy Anniversary

- 11/6 Kevin & Shelly Meester
- 11/10 Dennis & Lois Mennen



**Reminder:** If you have anything you'd like included in the Shepherd's Staff, please try to have it to Wendy Armstrong by the 20<sup>th</sup> of the month.





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