

Peak of the Week Club Competition Score Card

Action: (Pt. Value)	Wed 1/4	Thr 1/5	Fri 1/6	Sat 1/7	Sun 1/8	Mon 1/9	Tue 1/10	Wed 1/11
Attend Sun. AM B.C./5pts.								
Attend Sun. AM Wor./3pts.								
Attend Sun. PM Wor./4pts.								
Attend Wed. PM Meal/2pts.								
Attend Wed. PM B.C./5pts.								
Attend Tue. Ladies B.C./1pt.								
Attend Men's Bus. Mt./4pts.								
Daily Personal Bible Study 5 pts. for each 15 minutes of study (max. 15 pts. per day)								
Daily Prayer Life - 5 pts. for a min. of 10 min. in prayer								
Daily Family Devotional Time 10 pts. for a min. of 15 mins.								
Encouraging Phone Call to Sick, Elderly, Bereaved, Shut- In, or Delinquent Member 2 pts. for each call								
Mail Card of Encouragement to Sick, Elderly, Bereaved, Shut-In, or Delinquent Member 5 pts. for each card mailed								
Mail Card or Letter to One of the Missionary Families We Support - 10 pts. per mailing								
Make Hospital Visit to Sick Member/10 pts.								
Make Home Visit to Sick or Shut-In Member/10 pts.								
Make Encouraging Home Visit to Delinquent Member/15 pts.								
Have Religious Discussion with Non-Member & Invite Them to Attend Services/15pts.								
Conduct Home Bible Study with Non-Member/25pts.								
Memorize Weekly Theme Scriptures/5 pts. Each								
Memorize Weekly Life's Purpose Scriptures/10 pts. each								
Complete Weekly Class Assignment/10 pts. each								
Find Answer for Weekly Bible Brain Teasers/5 pts. each								
Extra Bonus Points								
Daily Point Totals:								
Weekly Point Total:								

The Peak of the Week Club

January 4, 2012

Study Theme:

“9 Weeks to a More Abundant Christian Life”

“I am the door: by me if any man enter in, he shall be saved, and shall go in and out, and find pasture. The thief cometh not, but for to steal, and to kill, and to destroy: I am come that they might have life, and that they might have it more abundantly.”

John 10:9-10

Tonight's Study:

“Better Than Medicine - A Merry Heart”

“A merry heart doeth good like a medicine: but a broken spirit drieth the bones.”

Proverbs 17:22

Peak of the Week Club - Charter Member Certificate

Your attendance at tonight's Bible study service qualifies you to be a "charter member" of our "Peak of the Week Club," with all of the rights and privileges of club membership attendant thereto.

The club will meet for the next nine weeks, Jan. 4 - Feb. 29, 2012, each Wednesday, at 7:00 p.m., in the auditorium of the North Jefferson church of Christ building, 2311 N. Jefferson, Mt. Pleasant, Texas.

Attendance at all class meetings is mandatory for all faithful members of the Lord's church, except when providentially hindered by illness, injury, death, or other special circumstances beyond one's own control (see one of our shepherds for a list of excused absences). Club members will not only be expected to attend all nine class periods, but will also be required to complete all class assignments, and participate in oral discussions during class periods where appropriate.

Additionally, all club members will be encouraged and expected to faithfully attend all of the worship and Bible study services of the Lord's church, and to strive to be more active and involved in all of the activities and outreach of the North Jefferson congregation. Finally, each club member will be expected to strive to improve one's own walk with Christ, during this nine week self-improvement period, by developing a closer personal relationship with the Lord through increased personal Bible study, a more active prayer life, and through personal growth in Christian service to others.

To promote more participation in the club's two month personal spiritual growth challenge, a friendly competition will ensue, on a personal honor point system (see back page of this handout for more details of the point system). The individuals with the top scores will be honored at our regular Wednesday evening supper gathering on March 7, 2012, where prizes will be awarded to the top five individual scorers.

Charter Member Certificate Point Value - 25 Bonus Points

Life's Purpose Memory Scripture

“For he that will love life, and see good days, let him refrain his tongue from evil, and his lips that they speak no guile: let him eschew evil, and do good; let him seek peace, and ensue it. For the eyes of the Lord are over the righteous, and his ears are open unto their prayers: but the face of the Lord is against them that do evil.” I Peter 3:10-12

“9 Weeks to a More Abundant Christian Life”

(Teacher’s Note: For the next 9 weeks of Wednesday evening class time, we will immerse ourselves in a very practical study of Bible-based mental, emotional, & spiritual therapy, that hopefully will lead us to a closer walk with Christ, and a happier, more fulfilling, and more abundant daily life. Our lessons will consist of studying the Scriptures to find the practical Biblical counseling contained therein, that will be good for what ails you! In this series of lessons, we will look at 9 key characteristics of Christian living that will help us to unlock the door of happiness in an unhappy world, by putting these habits into practice by becoming a more faithful servant of God. I hope you will be present for each class period and give yourself wholly to growing in the grace and knowledge of Jesus during the next two months. ...**D.Me.**)

Lesson # 1: “Better Than Medicine - A Merry Heart”

Introduction:

- A. Text – Proverbs 17:22 - “A merry heart doeth good like a medicine: but a broken spirit drieth the bones.”
- B. We live in an often sad world (Examples?..)

I. There Are Two Cures For Man’s Ills

- A. Medicine – helps the physical
- B. A merry heart – helps the emotional/mental

II. The Scriptures Tell Us That God Wants Us To Be Happy

- A. “A merry heart maketh a cheerful countenance: but by sorrow of the heart the spirit is broken.” (Prov. 15:13)
- B. “He that is of a merry heart hath a continual feast.” (Prov. 15:15)
- C. “Why art thou cast down, O my soul? And why art thou disquieted within me? Hope in God: for I shall yet praise him, who is the health of my countenance, and my God.” (Ps. 43:5)
- D. “They shall obtain joy and gladness, and sorrow and sighing shall flee away.” (Is. 35:10)

- E. “But let every man prove his own work, and then shall he have rejoicing...” (Gal. 6:4)

III. The Bible Authorizes Medical Treatment For Physical Ills

- A. Luke, Paul’s beloved physician – Col. 4:14
- B. The Good Samaritan treated the injured man’s wounds with oil and wine – Luke 10:34
- C. Timothy was told to “use a little wine for thy stomach’s sake and thine often infirmities” – I Tim. 5:23

IV. The Relationship Between Mental Distress & Physical Illness

- A. The body is affected by the mind
- B. Personality disorders can be caused by a guilty conscience
- C. Nervousness is more a mental problem than a physical one

Conclusion: (Our Emotions Are Good If Used As God Intended)

- A. “To every thing there is a season, and a time to every purpose under the heaven... a time to weep, and a time to laugh... a time to love, and a time to hate; a time of war, and a time of peace.” (Eccl. 3:1-8)
- B. Contentment and peace should characterize the Christian
- C. Mirth is God’s medicine

Next Week’s Lesson Theme: “Attitudes Determine Altitudes”

Assignment: Find as many N.T. Scriptures as you can, that indicate our attitudes are just as important as our actions in faithful Christian living.

Bible Brain Teaser: Some of the Apostles had nicknames (given by the Lord), but apparently only one of the Apostles had a nickname given to him by the other Apostles. What was the common name and the nickname of this Apostle? (give Script. ref.)