



# Rockwood Church of Christ

## The Proclaimer

January 19, 2020

P.O. Box 416  
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Rockwood, TN 37854  
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**Elders:**

Dana Carter  
Kenneth Carter  
Don Chandler

**Deacons:**

Kendall Bear  
Larry Brackett  
Larry Hill  
Steve McCreary

**Minister:**

Todd Houston

**Secretary:**

Susan Chandler

**Service Times:**

**Sunday**

Bible Study 10 am  
Worship Service 10:45 am  
Worship Service 6 pm

**Wednesday**

Bible Study 7:00 pm

**Email:**

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Rockwoodchurchofchrist.com

## SELFISH FORGIVENESS

Scientific findings have recently confirmed what we Christians have known all along. An unforgiving, grudge-holding spirit is not in our best interest. According to a report heralded by Newsweek, more than 1,200 published studies have been conducted on the subject and the results are both consistent and conclusive: "... increased blood pressure and hormonal changes – linked to cardiovascular disease, immune suppression and, possibly, impaired neurological function and memory are the "specific physiological consequences" of unforgiveness.

One researcher, Everett Worthington, uses language even I can understand: "It happens down the line, but every time you feel unforgiveness, you are more likely to develop a health problem." Dr. Dean Ornish goes even further. "In a way," he says, "the most selfish thing you can do for yourself is to forgive other people."

It seems the Bible has been right all along: "*Blessed are the merciful...*" (**Matthew 5:7**). "*And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you*" (**Ephesians 4:32**). "*Forbearing one another and forgiving one another, if any man have a quarrel against any: even as Christ forgave you, so also do ye*" (**Colossians 3:13**). "*For if ye forgive men their trespasses, your heavenly Father will also forgive your trespasses*" (**Matthew 6:14-15**).

I once heard of an epitaph engraved upon the headstone of an unkempt, long-forgotten grave which read, "Died of Grudgitis." No doubt many death certificates could accurately list "grudgitis" as contributing cause of death. Have you ever heard someone snarl, through clenched teeth, "I'll get even with them if it's the last thing I ever do?" Too often it is.

**Dalton Key**

# Growing By Going Beyond

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**Introduction.** We have all seen a toddler crawling around a room, eagerly eyeing furniture that can be used for leverage when the time comes for “pulling-up.” We have also seen, that toddler reach the pull-up stage and move to walking “with no holds.” We rightly praise and encourage such behavior. We know that growth is only achieved by going beyond present circumstances. What we sometimes forget is, that we (adults) need to grow also. That growth, though it may be imperceptible to the eye, is still real growth. Let us consider some things we need to move beyond in order for us to grow spiritually.

**Beyond Our Own Expectations.** Our achievements will only be as high as our highest goals. If we aspire to be pew-warmers only, that is all we will be. Our minds will not be engaged in the private study of the word of God and our faith will not be challenged by the word’s clash with the world in our daily life. We dare not be content with “just being religious.” Here is a challenge for us: “*Therefore, be imitators of God, as beloved children*” (**Ephesians 5:1**). That ought to raise our goal.

**Beyond Our Hurts, Losses, and Failures.** There is no doubt about it, in this world we will have tribulation (**John 16:33**), or trouble. Persecution is to be expected (**2 Timothy 3:12**). Further, physical accidents and health failures occur regularly, as does death. Christians are not immune to any of these things. Therefore, when these occur in our lives, we must deal with them in a realistic, optimistic manner. This in no way minimizes the importance of our own health or the personhood of those we love. However, if we cannot accept the loss of something or someone that/who is truly gone from this life, we will suffer serious mental and spiritual consequences.

**Beyond the Expectations of Others.** We all have certain limitations. They may be in our physical makeup or circumstances. However, we can move beyond some of those limitations. For example, we may hold a job that pays minimum wages. However, that does not mean that we, or the job, are insignificant. We can work enthusiastically at any job we may hold (**Ecclesiastes 9:10**). We can do the best we can with what God has given, and be satisfied in the realization that we have done so.

**Conclusion.** Growth, by its nature means moving beyond the present circumstance to even better circumstances. If we approach it in that manner, even the most disheartening of circumstances can be faced with courage and optimism. Let us go beyond...and grow.

**Lance Cordle**