



# Rockwood Church of Christ

## The Proclaimer

January 29, 2017

P.O. Box 416  
129 S. Chamberlain Ave.  
Rockwood, TN 37854  
865-354-0855

**Elders:**

Dana Carter  
Kenneth Carter  
Don Chandler

**Deacons:**

Kendall Bear  
Larry Brackett  
Roger Carter  
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 7:30 pm

**Email:**

rockwdcc@gmail.com

**Website:**

Rockwoodchurchofchrist.com

## THEY'RE YOUR BUTTONS!

By Neil Richey

In one of my graduate classes last week my professor made this comment: "Don't blame others for pushing your buttons. They are your buttons."

If we're not careful we have a tendency to blame others for our thoughts and actions. "Well \_\_\_\_\_ just made me so angry that I couldn't control myself," we might say. Or, "I just had to give him a piece of my mind. He had it coming after all."

While the decision to become angry and to negatively react to someone who mistreats us (or in general just rubs us the wrong way) is solely ours, it could be the case that we have stressors in our life that contribute to making it easier for those buttons to be pushed. If you find yourself becoming easily agitated, then here are some things to consider.

**Try not to set unrealistic expectations of yourself relative to your time.** Self-imposed stress makes it easier for those buttons to be pushed.

**Let yourself off the hook.** It's okay to do something other than work – like have a hobby, play with the kids, or work in the yard. Too much time in the office is likely to make it easier for those buttons to be pushed.

**Get to know yourself.** You know what makes you tick. You, better than anyone, know what allows your buttons to be pushed.

**Be flexible.** Life around you is always changing. Learn when and where it's okay to make adjustments. You don't always have to be so rigid with your schedule. A failure to adapt at times can make it easier for those buttons to be pushed.

*"...Take heed to yourself..." (Acts 20:28). "...Come ye yourselves apart into a desert place, and rest awhile..." (Mark 6:31). "Be careful for nothing; but in everything by prayer and supplication with thanksgiving let your requests be made known unto God" (Philippians 4:6).*

*"Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself..." (Matthew 6:34).*

We all experience stress to some extent. Choose not to let stress make a mess out of you. Remember, they're *your* buttons!

## PORTRAITS OF ENDURANCE

Barton W. Stone was born in 1772. In his autobiography he wrote, “My father, John Stone, died when I was very young. I have no recollection of him in life.” He grew up without his father, but he never used his loss as an excuse to rebel or quit. When soldiers returned after the war cussing, drinking, and gambling, he refused to be like them. In spite of an overbearing teacher, he excelled in school. He went on to be baptized and became one of the most influential preachers in his time.

When Moses Lard was twelve his father died of smallpox. His widowed mother lost their home and was unable to provide for six children. When he was seventeen she told him and his brother with tears streaming down her cheeks that they would have to go out and make it on their own. He never saw her again. The only thing she had to give him was a New Testament. At the time Moses could not read or write. Some young men would have become bitter and mean, but not him. He taught himself to write, studied and obeyed the gospel, and became one of the most eloquent authors and preachers of his generation.

J.W. McGarvey’s father died when he was four, His mother later remarried, but his stepfather died when McGarvey was twenty-two. In spite of the afflictions he suffered, he was never resentful toward families with better fortune in life. He is known to this day for his good nature and kindness. McGarvey rose above the disadvantages of life and became one of the most effective writers, teachers, and preachers in the history of the American Restoration.

These stories encourage us but we should not be surprised. The Bible contains many examples of those who rose above the adversity and influence of their early years. Abraham’s father served other gods (**Joshua 24:2**), but Abraham followed the Lord. Moses was the adopted grandson of a pagan king, but he chose to worship God (**Hebrews 11:24-26**). Hezekiah’s father was an idolater, but Hezekiah feared the Lord (**II Kings 16:2-4; 19:1-7**). Josiah was eight when his father was murdered, but he became a king who sought God with all of his heart unlike any king before or after him (**II Kings 22-23**). Daniel was taken from his home when he was a young man and made a eunuch, but he had “*an excellent spirit*” (**Daniel 6:3**). Joseph was taken from his father he loved when he was seventeen, but who can think of a better young man (**Genesis 37-50**)?

We don’t choose many of the circumstances of life, but we decide what we do with them. God gives to every man a will. This is why there is hope for young people in bad homes or with no parents or home at all. They are created in the image of God. They have a conscience. They can know that God is and they can find Him if they choose in spite of conditions which might seem to make that choice impossible. David said, “*When my father and my mother forsake me, then the Lord will take me up*” (**Psalms 27:10**). Ezekiel speaks of a young man “*that seeth all his father’s sins which he hath done, and considereth, and doeth not such like*” (**Ezekiel 18:14**). Let us remember these examples of overcoming affliction, pray for the Lord’s mercy, and patiently do what we can to help those in adversity.