

Proud to Serve in Worship

Opening Prayer	June 6, 2021	June 13, 2021
Song Leader	Wade White	Joe Burnsed
Communion	Joe Burnsed	Joe Burnsed
Assist	Barry Blackburn	Charles Hall
Dismiss Services	Kenneth Jenks	
	Mike Reinitz	

Announcements

Calendar for June –

on the table in the foyer

Worship Services Online –

Go to our website and there is a link at the bottom. Join us from anywhere in the world online.

Subscribe to our You Tube channel

https://www.youtube.com/channel/UC5OdoHWTNUba_av5NqR_Vfg

Worship Zoom Meetings –

add your email and you will get an email when we have services

<https://www.ellabellchurchhome.org/worshipservicesonline.htmand>

Ellabell Church of Christ

I can do all Things
through Him Who
strengthens me.
-Philippians 4:13

June 6, 2021

Speaking Where The Bible Speaks; Silent Where The Bible Is Silent

<https://greatruns.com/savannah-tybee-island-beach/>

The Benefit of Light

During the last 14 years of my career I worked in an office that had no windows. There were times when I would be very busy and work most of the day without venturing outside the building. Because I had no exposure to the outside I had no clue as to what it was like outside. As we'd head out the door at quitting time and walked out into the sunshine I would suddenly feel better. The grogginess of the day seemed to go away and I felt a strange sensation of wellbeing.



This little phenomena is just one of the benefits of light. Science tells us that we receive many health benefits from natural light. Our bodies absorb Vitamin D which helps with bone



loss and heart health. Sunlight also can ward off



depression and improve sleep. Best of all this health benefit is free, all we have to do is go outside into the sunlight.

With this in mind it's easy to see why God used the illustration of light so often in the bible. Is it any wonder why light was the first thing He made during the creation of the world? (Gen. 1:3) In John Chapter 1 Christ is described as the "Light". Jesus said, "I am the light of the world." (John 8:12) Without sunlight plants don't grow so it is easy to understand that if we're not exposed to the "Light" that is Jesus Christ we won't grow spiritually. So just as our bodies need exposure to sunlight to benefit our health our spirits need exposure to the True Light so to continue our relationship with our Heavenly Father.

Jay Launius
Maud church of Christ
Maud, TX



Isaiah 55:9

"For as the heavens are higher than the earth, So are My ways higher than your ways And My thoughts than your thoughts."

