

# Using Our Brain By Memorizing Scripture

By Mike Riley

A saying among scientists who study the human brain is, "Use it before you lose it." We have the power to help keep our brain fit and working well. I recently read where a well known neurologist at Duke University, urges people to perform daily mental exercises such as brushing their teeth with the nondominant hand or taking a new route to work to help stimulate the brain and keep it healthy. The goal is to replace unthinking routine with fresh awareness and new focus.

There's a lesson here for us as followers of Jesus Christ. Even the most valuable spiritual disciplines of Bible reading and prayer, can become so habitual that our minds are not fully engaged.

To avoid slipping into a spiritual rut, why not add Scripture memory to our daily devotional time? It's a mental effort designed to produce spiritual change. The Psalmist wrote, "Your Word I have hidden in my heart, that I might not sin against You" (Psalm 119:11). Paul said, "Do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God" (Romans 12:2 – NKJV).

Let's put our brain to use, memorizing and meditating on the powerful Word of God (Psalm 119:11; Psalm 1:2). By doing so, we allow God's Word to fill our memory, rule our heart, and guide our feet.



## STERLINGTON Church of Christ



P.O. Box 82  
1095 Highway 2  
Sterlington, Louisiana 71280  
[www.sterlingtoncoc.com](http://www.sterlingtoncoc.com)

Sunday Morning Bible Classes - 9:30 AM  
Sunday Morning Worship - 10:30 AM  
Sunday Evening Worship - 5:00 PM  
Wednesday Evening Classes - 6:00 PM.

12/26/21

## Welcome Visitors

If you are seeking a church home, we hope that you will consider joining with us. We are a growing congregation, dedicated to worshiping in truth and spirit. Please fill out the Visitor's Card and place it in the collection plate!

### Elders:

Todd Chapman  
Paul Simpson

### Deacons:

Wayne Fowler David Garris  
Billy Granger Buddy Hollis

### Preacher:

Don Delukie

## Those to Serve

### Today

**Announcements-** Wayne Fowler **Lord's Table-** Don Delukie  
**Opening prayer-** Wes Chapman **Closing Prayer-** Ronnie Hayes

### January 2nd

**Announcements-** Travis Rodgers **Lord's Table-** Wayne Fowler  
**Opening prayer-** Paul Simpson **Closing Prayer-** Damien Miller

• Communion will utilize self-contained, sealed cups available in the foyer. **Please pick one up upon arrival.**

• Giving is available at a central collection container in the foyer or online at [www.sterlingtonchurchofchrist.com](http://www.sterlingtonchurchofchrist.com).

## Announcements

—**Question & Answer Series:** The first Sunday evening of every month Don will be conducting a Question and Answer Series. Please submit your questions via the church email address SCOC2006@att.net or to Don.



## Please Pray For:

Billy Granger, David Reppond, Melannie White, Brenda Purdy, Carolyn Jones, Linda Garris, Ed Haltom, Elaine Sawyer Cardinal, Sharon Sawyer Morris, David Davis, Brenda Fricke, Debbie Walker, Gracie Aaron.

**Bereaved:** Families of Carlton Silmon, Kaleb Hamby, Linda Bibby.

## Continue to Pray For:

Shirley Goodwin, Bobby Barker, Renita Thomas, Elizabeth Hollis, Cyndi Powell, Heath Ray, Terrance Dawson, Ann Bolden, Jamie Ross, Charlie McDaniel Jr, Lewis Bedele, Cindy Jenny, Gay Black, Adam White.

## Weekly Bible Reading Plan

Epistles (Sunday)	The Law (Monday)	History (Tuesday)	Psalms (Wednesday)	Poetry (Thursday)	Prophecy (Friday)	Gospels (Saturday)
<input type="checkbox"/> Jude	<input type="checkbox"/> Deut. 32-34	<input type="checkbox"/> Esther 6-10	<input type="checkbox"/> Ps 149-150	<input type="checkbox"/> Song 7-8	<input type="checkbox"/> Rev 18-22	<input type="checkbox"/> Acts 27-28



### December Birthdays

5 - Joanie Franklin  
14 - Wayne Fowler  
15 - Jonah Scharf  
22 - Brad Farrington  
26 - Matt Scharf  
27 - Rick Cook  
30 - Dwain Flowers

### December anniversaries

5 - Dan and Ethel Ross  
10 - Rick and Sandy Van Loon  
18 - Gary and Sharon Harris  
27 - Leo and Shirley Goodwin  
28 - Tommy and Joanie Franklin

### January Birthdays

1 - John Chisley  
6 - Carolyn Jones  
15 - Tommy Franklin  
21 - Gary Harris  
22 - Gracie Aaron  
25 - Kenny Kimball  
26 - Arthur Binford  
30 - Wes Chapman

### January Anniversaries

6 - Debbie and Rick Cook  
7 - Charles and Brenda Fricke

