

## MEADOWBROOK BAPTIST CHURCH

Worship This Sunday

October 31, 2021 ~ 9:00 AM

In our Sanctuary

(Please wear a mask & Social Distance)

or

Outside Parking Area

Services on YouTube

Meadowbrookbaptist.cc

October 24, 2021

Worship Attendance 27      World Hunger \$16.84

Budget Offering \$6,302.00

Weekly Needs to Date \$113,950.00

Weekly Offerings to Date \$126,403.30

*Share Christ's love with a child  
around the world!*

**« SHOEBOX UPDATE »**

**FILLED SHOEBOXES ARE  
ALREADY BEING RETURNED**

**BUT**

**SHOEBOXES ARE STILL AVAILABLE  
and there is still time**

**for you to have a part in  
this very worthwhile ministry.**

**~PICK UP YOUR SHOEBOX  
TODAY~**

If you have individual items to pack in boxes  
OR had leftover items from filling your box;  
these items should be brought to the church  
no later than **SUNDAY, NOVEMBER 14<sup>TH</sup>.**

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**ALL MONEY DONATIONS and  
ALL FILLED BOXES** must be turned in  
no later than **SUNDAY, NOVEMBER 21<sup>ST</sup>.**

*The shoebox you fill may  
be the door God will use to open  
a child's heart to Jesus Christ!*

## Sick Emotions - Sick Bodies

### DEALING WITH BAD GUILT

Psalm 32:1-2

“A happy person is one whose sins have been forgiven. / When I did not confess my sin, I wore myself out from crying all day long. / My strength was completely drained from me.”

I was talking with a fine young man who grew up in my church and he asked me a strange question. He had given up vacation trips with his wife and three boys because of the cost involved. He was well-off financially and could well afford it, but he felt guilty spending that much money when so many people in our city are homeless and unable to pay for medicine.

I told him I felt guilt like that when I was a new Christian and after praying; studying the Bible and discussing it with strong Christians I admire; I felt God wanted me to tithe; to support a few Christian ministries outside the church and to help people who needed my help. I also told him our family vacations, getting away from schedules and the daily grind, brought our family closer. We got to know each other better; love each other more and build some beautiful memories. I also reminded him of something his grandfather, a wonderful Christian, said, “Give ten percent of your money to your church; put ten percent into retirement; help people in need and have fun with the rest.”

Guilt is “feeling bad when we do something bad” and it is one of God’s greatest gifts. Our conscience is our moral monitor that keeps us from doing things that hurt us and others. On the spiritual side, it is what leads us to **become** Christians. Aware of our guilt, we go to God for forgiveness. It also helps us become **better** Christians. Aware of our guilt, we ask God to forgive us and give us the desire and power to stop doing whatever it is that we are doing. It is how we grow. It is **good** guilt.