



First Baptist
POTEAU

Contact Us
300 N. Witte St.
Poteau, Okla. 74953
(918).647.3474
poteaufbcsecretary@gmail.com

"News to Know"

June 16, 2025



How These Three Things Can Help Your Mental Health

"Think about Jesus' example. He held on while wicked people were doing evil things to him. So do not get tired and stop trying." Hebrews 12:3 (NCV)

God wants you to be healthy in every area of your life—mentally, emotionally, spiritually, and physically. To be strong mentally, you must focus your mind on the right things. Here are three things you can think about to improve your mental health.

Think about Jesus.

You've heard the saying, "You become what you think about most." If you want to become more like Jesus, you have to focus your thoughts on him.

Hebrews 12:3 says, "Think about Jesus' example. He held on while wicked people were doing evil things to him. So do not get tired and stop trying" (NCV).

Think about others.

The Bible says in Philippians 2:4, "Don't just think about your own affairs, but be interested in others, too, and in what they are doing" (TLB).

Do you realize how countercultural that is? Our world teaches you to think about yourself and nobody else. But Jesus was countercultural, and when you think like him, you'll more naturally think of others.

Think about eternity.

"No eye has seen, no ear has heard, and no mind has imagined what God has prepared for those who love him" (1 Corinthians 2:9 NLT). When you start focusing on truths like that, all of your problems seem inferior compared to the glory, joy, and pleasure of the things awaiting you in eternity.

Your mind is your greatest asset and also your fiercest battleground. Ask God to help you make the choice every day to feed on his Word, free your mind of destructive thoughts, and fill your mind with Jesus, others, and eternity. Then you'll be well-equipped to fight the battles in your mind.

Bro. Carlos

Happy Birthday

JUNE

June 08	Bobbie Glenn
June 09	Mary Lou Coffey Euphia Johnson Kathleen Stephens
June 12	Stephanie Harris
June 20	Shellie Mathews
June 23	Joanie Ingram
June 25	Helen Deffenbaugh
June 28	Gideon Crase
June 27	Lane Robertson
June 29	Cleve (Bud) Barnes

Special Prayer needs

John Shoup, Hospice
Carol Camp
Sonja Combes
Kelly Scott, uncle of Charity Crase.

Monthly Financials

June 01.....	\$6,424.00
June 08.....	\$4,455.00
June 15.....	\$5,384.00
June 22.....	\$
June 29.....	\$
Designated-	\$855.00
Weekly Need-	\$6,044.55
Monthly Need-	\$30,222.75
Total Budget-	\$314,316.51

FBC ANNOUNCEMENTS

Unable to attend, John & Joyce Shoup.

Ladies Exercise, choir rm. M-W-F, 11am.

Clothes Closet, Every Wednesday 2-4pm.

NEXT SHEEP'S CROSSING, June 18th.

Looking ahead this week

- 06/17/25 Java & Jesus, Men's Coffee, 10am.
- 06/18/25 Regular Wednesday Night Services, 6pm.
- 06/22/25 Deacon's Meeting, 4pm.

JUNE 22nd WE WILL BE HAVING OUR
CHURCH FELLOWSHIP FISH FRY, FOLLOWED BY
OUR QUARTERLY BUSINESS MEETING
@ 6pm IN THE FAMILY LIFE CENTER.

PLEASE BRING A SIDE DISH OR A DESSERT



This week, welcome team

Rodger & Edmond Stephens

Nursery

Kathleen & Carol Brigance

Kid's Church

Joanie Ingram