

CPC This Week

JANUARY 20, 2010

LEARNING TOGETHER

ARE YOU SOBER?

BY TOM STEIN

In 1 Peter 4, Peter writes, "The end of all things is near. Therefore be clear-minded and self-controlled so that you can pray." He then calls God's people to love, to hospitality, and to using their gifts for God's glory.

In some translations, the word here is "sober." When we think of sobriety, we think of drunkenness. Indeed, the Bible clearly prohibits drunkenness, because when we are drunk, we are not thinking clearly. We are not in our right minds. We are unable to honor God or serve people.

But let's think beyond alcohol. What else might muddle your mind?

* **Drugs - legal or illegal.** Sometimes we need legal drugs to control pain. But when we use them to escape reality, we are cluttering our minds with substances that keep us from living and loving as we should. Illegal drugs are wrong not just because they are illegal, but because of the effects they have on our minds.

* **Caffeine/Energy Drinks.** Am I saying we should never, ever use them? No, but we should take care about them. Sometimes we use them to give us a boost, and when the booster has kicked in, we may struggle to control our thinking, speaking and actions. Have you ever been "wound up" by some drink, then spoke or acted like a fool?

* **Sleep.** This is a blessing. God made it for our good, and part of that good is that when we are well-rested, we can be clear-headed. What is your life like? Have you shaped your world so that you walk through it in a sleep-deprived fog? Would more sleep help you think more wisely?

Most of us would never drink scummy, mucky, filthy water. We know it is bad for us. In the same way, we should strive for clear thinking, so that we may live well during our short time here.

**THIS SUNDAY'S SERMON TEXT:
GENESIS 1:26-31**

**JANUARY VERSES TO
MEMORIZE: PSALM 62**

LIFE TOGETHER

PLEASE PRAY FOR:

- * The youth and adults who will be at Winter Retreat this weekend near Chicago.
- * The men attending the Ohio Valley Presbytery Men's retreat this weekend at Heuston Woods.
- * The Sierra Leone team - leaving January 28.

HELPING HAITI

If you would like to contribute to the work of Gladys Thomas in Haiti in the wake of the recent earthquake, here is the address and website:

**USFCH, PO Box 521171,
Tulsa, OK 74152-1171**

www.usfch.org

**All monies go directly to
Haiti to meet the needs.**

OPEN HOUSE

**PAUL AND DEBBIE HIGGS'
60TH ANNIVERSARY**

**THIS SATURDAY, 1-4 PM
CHRIST UNITED CHURCH
(ON BACKMEYER ROAD)**

CAN YOU...

*** BE A JUDGE FOR THE SCIENCE FAIR
AT CHARLES ELEMENTARY SCHOOL -
FRIDAY MORNING, JANUARY 29?**

PLEASE CONTACT BETH ANN STEIN

*** SERVE ON A TEAM TO HELP CPC
CELEBRATE ITS 25TH ANNIVERSARY?
PLEASE CONTACT TOM STEIN**

PRAYING FOR THE PERSECUTED CHURCH: PAKISTAN

**VOICE OF THE
MARTYRS REPORTS
THE SHOOTING OF
TWO BELIEVERS AT A
WEDDING - FOR
REFUSING TO
CONVERT TO ISLAM.
THE VICTIMS ARE
EXPECTED TO
RECOVER.**

HAPPY BIRTHDAY TO...

**1/21 - Stephanie Lett
1/24 - Gary Eubank
1/24 - Ross Harrington
1/24 - Janice Hitch
1/24 - Levi Munn
1/25 - Bill Trew
1/26 - Twana Cheek
1/26 - Marissa Uphaus**

THIS WEEK'S FRIENDLY REMINDER...

**Each Sunday morning,
our musicians begin
leading "gathering
songs" at 9:20. Please
join us as we enter our
season of worship to the
Lord.**