

**THE SOWER**  
**ARTHUR CHURCH OF CHRIST**  
**415 W. 4TH STREET**  
**ARTHUR, IL 61911**  
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Have you checked out our website lately? ([www.Arthurcoc.com](http://www.Arthurcoc.com))

**WHAT'S IN YOUR DIET?**

That we live in a diet-conscious time can hardly be denied. One can scarcely read a magazine or watch an early-morning show without some reference(s) being made to what we should or should not be eating. Some are on a diet to lose weight, while others are on diets that restrict sugar and salt intake. We are constantly being reminded of the fact that “we are what we eat.” To a significant degree, our health and even our physical lives are dependent upon our choices of food.

This principle carries over into other areas of life as well. What we feed upon mentally will affect the course of one's life. As Solomon, a man well known for his wisdom, declared, “As he thinketh in his heart, so is he” (Proverbs 23:7). The apostle Paul later declared, “Whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report: if there be any virtue, and if there be any praise, think on these things” (Philippians 4:8). The old saying, “Garbage in, garbage out” is sage advice. It was troubling, though not surprising, that by the time a typical American teenager turns 18, he or she has witnessed 40,000 dramatizations of murder and 200,000 other dramatized acts of violence, according to a report in *U. S. News & World Report* even several years ago. Add to that the number of sexual images so common on television, movies, the internet, billboards, etc., and is it any wonder illicit sex among our youth has almost or altogether become expected and violence has become more commonplace?

A positive influence upon old and young comes from feeding upon the word of God, the Bible. In being tempted, Jesus quoted the Old Testament saying, “Man shall not live by bread alone, but by every word that proceeded out of the mouth of God” (Matthew 4:4). In God's word is heart-healthy “milk” for the new student of the word (Hebrews 5:13) and “meat” for the more mature in the faith (v. 14). Feeding upon this word, you will be able to say with David, “How sweet are thy words to my taste! Yea, sweeter than honey to my mouth” (Psalms 119:103). You will also be able to say with Job, “I have esteemed thy words more than my necessary food” (Job 23:12). **Is God's word in your dietary plan?**

*Along this line, the following was taken from a bulletin some  
timeback.*

*--Ron*

***A George Gallup poll revealed how uninformed our citizenry is of the Bible. (This report is from 2008. The situation certainly has not improved since then, but worsened.)***

- \* Less than 50% of adult Americans knew that Genesis was the first book of the Bible.
- \* On an average, American teenagers can name only about three or four of the Ten Commandments of the Old Testament.
- \* Over 75% of the adults asked were unable to name a single prophet of the Old Testament.
- \* Only 34% among adults knew who preached “the Sermon On the Mount.”
- \* Only 35% knew that the Roman Empire ruled Palestine during the time of Jesus.
- \* Only three adults out of ten could name the four accounts of the life of Christ. (Continue on back)

**In a typical day in this country:**

- \* 2,556 babies are born to teenagers out of wedlock.
- \* Six teenagers commit suicide.
- \* 3,200 children run away from home.
- \* 211 are arrested for drug abuse.
- \* 437 are arrested for drinking while driving.
- \* 7,742 teenagers will become sexually active.
- \* 2,795 will become pregnant.
- \* 1,106 will have abortions.

**IS THERE A CONNECTION?**

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**ARISE FROM TRUTH**

In the early 1500s when only the elite clergy of the Catholic Church were privy to the Bible, which was in Latin, men began to translate it into the languages of the People. They took Romans 12:1 to heart and literally sacrificed their physical bodies to imprisonment and even death in order to provide God's Word to the common man in his language.

William Tyndale (1494 to 1536) gave his life (strangled and burned at the stake) in order that the English could have the Bible in their language. From royalty to the lowliest of peasantry, they received Bibles printed in Cologne, Germany and smuggled into England by wealthy, sympathetic merchants. This completely changed the spiritual climate of their nation. For the first time in history, people could read and study God's word and challenge those who were teaching in error while learning how they themselves should live the Christian life.

The Bible is God's word. It can change us for the better, protect us from falling into false beliefs and deliver us from Satan. All scripture from God will teach us, correct us, and train us to be right, according to 2 Tim. 3:16-17. That is why men like Tyndale were willing to die to give it to us. This may be a time that God has given us to read and study the Bible to His Glory and our salvation

--Bill McDonough, Little Rock Ark.

*"Patriotism is not a love of your  
government, but a love of your country."*

## **WAR ON CHRISTIANITY?**

In a country with the motto "In God We Trust" on its currency is it not surprising how quickly Christian principles are being abandoned? In the name of tolerance lifestyles that were once viewed as sin are now defended, with opposers being branded as haters and phobic. As anarchists riot, loot and burn, even such behavior is, by many, to be excused for one reason or another. With reports in August of a mob in Oregon burning flags and Bibles in front of the federal courthouse, one commentator remarked, "It was reminiscent of 1930s' Nazi Germany" when library books were being burned by storm troopers. Commentator Eric Metaxas, being interviewed on the Tucker Carlson TV show, stated concerning the event, "Too many Americans have forgotten that freedom in the U.S. is utterly impossible without the values that come from the Bible", to which Carlson responded, "Christianity limits the excesses of the state. This is why all authoritarian governments hate it--because when your population worships an actual God, that suggests that you [the government] are not God and there are some things you can't do." He then referenced the recent wave of mire-intense anti-Christian persecution in China, with the destruction of church buildings and the arrest and beating of Christians who put God above government. Churches that still meet are forced to sing songs praising the Communist Party, replacing traditional hymns. Preachers are pressured to uplift President Xi and speak evil of the United States in their sermons.

Yes, we are "at war"--at war with the dark forces of evil that are anti-God, anti-Christ and anti-Christians. As Christians, we are urged to "take unto you the whole armor of God, that ye may be able to withstand in the evil day, and having done all, to stand" (Ephesians 6:13).

--Ron

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***"HAVE FAITH IN GOD"*** will be today's message, with Mark 11:23-24 as the text.

**THE BOOK OF GALATIANS** will be our study at our 9:45 Bible class beginning today. This book deals powerfully with the fundamentals of Christian faith.

**PRAYER LIST:** Ruby Bradd (Lincoln; cancer recovery); Wayne Polk (Shelbyville minister; health problems); and the many in the world who are suffering increasing persecution for their faith in Christ. Also remember the many displaced from their homes due to fires, storms, etc.