

Spilman Memorial Baptist Church
601 Madison Avenue
Kinston, NC 28501

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Kinston, NC
Permit #221

THE TIE

Spilman Memorial Baptist Church

Our Mission is to ...

Worship God, Serve Him, and Serve Others

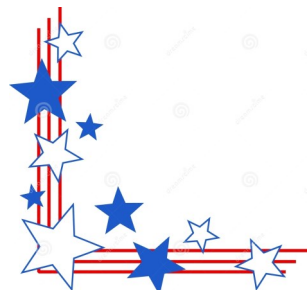
JULY 2024

CHURCH STAFF

Dr. H. Powell Dew, Jr., Senior Pastor
Carol Stevens, Administrative Assistant
Melony Rasbury-Cobb, Pianist/Organist
Michael and Vance Aldridge, Custodians
Michelle Sutton, Finance Assistant
Jerry Crisp, Security



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Emotionally Healthy Discipleship – Be Before You Do (Mark #1)

Last month we began exploring the topic of *Emotionally Healthy Discipleship* in the book by Peter Scazzero. As followers of Jesus Christ, we are called to **walk** in the “way” of Jesus, to **follow** in the “footsteps” of Jesus, and to **obey** what He has taught us as shown in the Bible. Each of these activities can cause us to believe we are a successful disciple of Jesus through what we are “doing” and neglect a critical mark of a disciple – “being” with Jesus.



DR. H. POWELL DEW, JR.

I Know My Doing Exceeds My Being When ...

- I can't shake the pressure I feel from having too much to do in too little time.
- I am ignoring the stress, anxiety, and tightness of my body.
- I am concerned with what others think.
- I am often fearful about the future.
- I am always rushing.
- I am defensive and easily offended.
- I am preoccupied and distracted.
- I fire off quick opinions and judgments.
- I feel unenthusiastic about or threatened by the success of others.
- I spend more time talking than listening.

In Peter Scazzero's book, he challenges us to examine our lives to see if **“My doing exceeds my being.”**

If you answer “yes” to many of these questions, you too may be focusing more on “doing” than “being.”

Peter suggests some steps we can begin to incorporate in our lives to help us transition towards a healthier discipleship journey.

1. Make a Radical Decision

Take deliberate steps to pull away from those things that keep you from spending time with the Lord. It may take a drastic decision to pull away from your present habits and rhythms of life to make space and time to focus on being with Jesus in prayer and study.

2. Feel your Feelings

Many of us have grown up keeping our emotions and feelings hidden. We may have been taught not to show our feelings, especially grief, anger, sadness, and fear. Our spiritual life may have been upward and outward focused instead of taking the difficult journey inward. Evagrius of Pontus, one of the Desert Fathers, summarized it best. *“You want to know God? First know yourself.”* Slowing down to feel is essential if we are to *be before we do*.

3. Integrate Silence

We need to make time for silence before God. Jesus often pulled away from ministering to others to be with His Heavenly Father. We too need to spend time there in silence. In silence we let go, surrendering our will to God's will. In silence we let go of our agendas, allowing communion with God to become the core of our lives.

In silence we let go, allowing God to deeply transform us. In silence we let go, opening ourselves to hear God speak.

(Continued on next page)

Note Changes in Our July Schedule

Bible Study Canceled —July 3rd
Spring Arbor Bible Study Canceled—July 3rd
Church Prayer Time— Moved to July 10th at 11:00 am
Long Range Planning— Moved to July 15th—11:00 am
Leadership Meeting— Moved to July 16th—4:00 pm

Wednesday Bible Study

We began a new Bible Study Series covering the Book of Revelation. We will take a careful walk through the only prophetic book of the New Testament. Please plan to attend this special study. *“Blessed is he who reads and those who hear the words of this prophecy, and keep those things which are written in it: for the time is near..”* (Revelation 1:3)



Join Us at 9:15 am each Sunday Morning
JULY THEME: FOR BETTER OR WORSE

JULY 7TH
REBELS AND SKEPTICS
EZEKIEL 2:3-5; MARK 6:1-13

JULY 14TH
PROPHETS AND KINGS
AMOS 7:7-15; MARK 6:14-20

JULY 21ST
SHEPHERDS AND SHEEP
JEREMIAH 23:1-6; MARK 6:30-34

JULY 28TH
FARMERS AND FEASTERS
2 KINGS 4:42-44; John 6:4-15

Be Before You Do (Mark #1) - Continued

4. Commune with Jesus throughout the Day

Through the centuries, people have observed times of prayer each day. Intentionally setting aside time to pray and read God’s word daily will cultivate a heart of prayer to turn to the Lord throughout the day. It is the distractions that cause us to skip time in prayer. It is the demands of doing that keep us disconnected from the Lord.

Do you need to make some changes in your life?

I recognized I needed to take steps to rekindle my inward walk with the Lord. Over the past month, I have used the Prayer App **Lectio 365** on my phone from 24-7prayer.com. It has a morning and evening devotional that helps provide a rhythm of prayer twice a day. Click on the QR Code and download the app to begin your inward journey today.



MICHELE WILLS	6
SHELLY BANKS	8
R.E. CHEEK	9
DON LOCKAMY	21
MARJORIE FIELDS	23
MARIE BLIZZARD	24
MADISON HERRING	29

Legacy Awards

June 16, 2024



Last month we marked the second of several Legacy Awards being presented to individuals and couples that have served an average of 55 years as members of Spilman. It was my desire to take a few moments to acknowledge their contribution to Spilman Memorial Baptist Church. I believe it is biblical and needful for the body of Christ to say “Thank You” to those that have given selflessly to our Lord and Savior Jesus Christ through their service to His church. The impact they have made in the lives of others that have come through Spilman may never be fully known. Many people are now serving in various places in the world and they remember you and your contribution to their lives.

As your Pastor, I would like to say, “Thank you for a life well lived. We Love and Appreciate You!”

Dr. H. Powell Dew, Jr.

- In Honor of: Tom and Rosa Ann Chaney
 Donna Keith
 Richard and Margaret Moore
 Loretta Skeens



Deacon of the Month

**Larry Williams
 July 2024**

Larry is married to Sylvia Williams and has one daughter Lynn, a son, Stanley and a daughter-in-law Betsy.

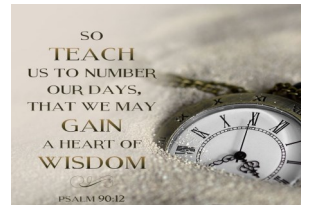
Larry has been at Spilman since 1963. Currently, he is involved with Spilman in many ways. He serves as a Deacon; a trustee, a teacher of the Travis/Daly Class and is Chairman of the Finance Committee.



If you are unable to worship with us in person on Sunday morning, then pull Spilman up on your computer or phone. You can still be a part of our worship by joining us on Facebook Live.

JULY 2024

JULY 3 (WED)	MEN’S FELLOWSHIP BREAKFAST BIBLE STUDY CANCELED	8:00 AM
JULY 4 (THUR)	CHURCH OFFICE CLOSED INDEPENDENCE DAY	
JULY 7 (SUN)	SUNDAY SCHOOL WORSHIP SERVICE TWO PATHS—Proverbs 4:18-19	9:15 AM 10:30 AM
JULY 10 (WED)	MEN’S FELLOWSHIP BREAKFAST MONTHLY PRAYER GATHERING SS CLASS AT SPRING ARBOR WEDNESDAY BIBLE STUDY	8:00 AM 11:00 AM 2:30 PM 6:00 PM
JULY 14 (SUN)	SUNDAY SCHOOL WORSHIP SERVICE WHEN THE BROOK DRIES UP 1 Kings 17:8-16, Psalm 30	9:15 AM 10:30 AM
JULY 15 (MON)	LONG RANGE PLANNING MEETING	11:00 AM
JULY 16 (TUE)	CHURCH LEADERSHIP MEETING	4:00 PM
JULY 17 (WED)	MEN’S FELLOWSHIP BREAKFAST SS CLASS AT SPRING ARBOR WEDNESDAY BIBLE STUDY	8:00 AM 2:30 PM 4:00 PM
JULY 21 (SUN)	SUNDAY SCHOOL WORSHIP SERVICE THE CONSEQUENCES OF SIN 2 Samuel 12:1-15	9:15 AM 10:30 AM
JULY 23 (WED)	MEN’S FELLOWSHIP BREAKFAST SS CLASS AT SPRING ARBOR WEDNESDAY BIBLE STUDY	8:00 AM 2:30 PM 4:00 PM
JULY 28 (SUN)	SUNDAY SCHOOL WORSHIP SERVICE THE BLESSINGS OF OBEDIENCE 2 Kings 5:1-14, Psalm 30:1-12	9:15 AM 10:30 AM
JULY 31 (WED)	MEN’S FELLOWSHIP BREAKFAST SS CLASS AT SPRING ARBOR WEDNESDAY BIBLE STUDY	8:00 AM 2:30 PM 4:00 PM



**JULY 2024
BIBLE READING PLAN**

- 1 Psalm 63-70
- 2 Psalm 71-77
- 3 Psalm 78-84
- 4 Psalm 85-91
- 5 Psalm 92-103
- 6 Psalm 104-107
- 7 Catch Up
- 8 Psalm 108-118
- 9 Psalm 119
- 10 Psalm 120-137
- 11 Psalm 138-147
- 12 Psalm 148-150; Proverbs 1-5
- 13 Proverbs 6-10
- 14 Catch Up
- 15 Proverbs 11-15
- 16 Proverbs 16-21
- 17 Proverbs 22-25
- 18 Proverbs 26-30
- 19 Proverbs 31; Ecclesiastes 1-4
- 20 Ecclesiastes 5-9
- 21 Catch Up
- 22 Ecclesiastes 10-12; Song of Solomon 1-5
- 23 Song of Solomon 6-8; Isaiah 1-2
- 24 Isaiah 3-7
- 25 Isaiah 8-11
- 26 Isaiah 12-17
- 27 Isaiah 18-22
- 28 Catch Up
- 29 Isaiah 23-27
- 30 Isaiah 28-31
- 31 Isaiah 32-36