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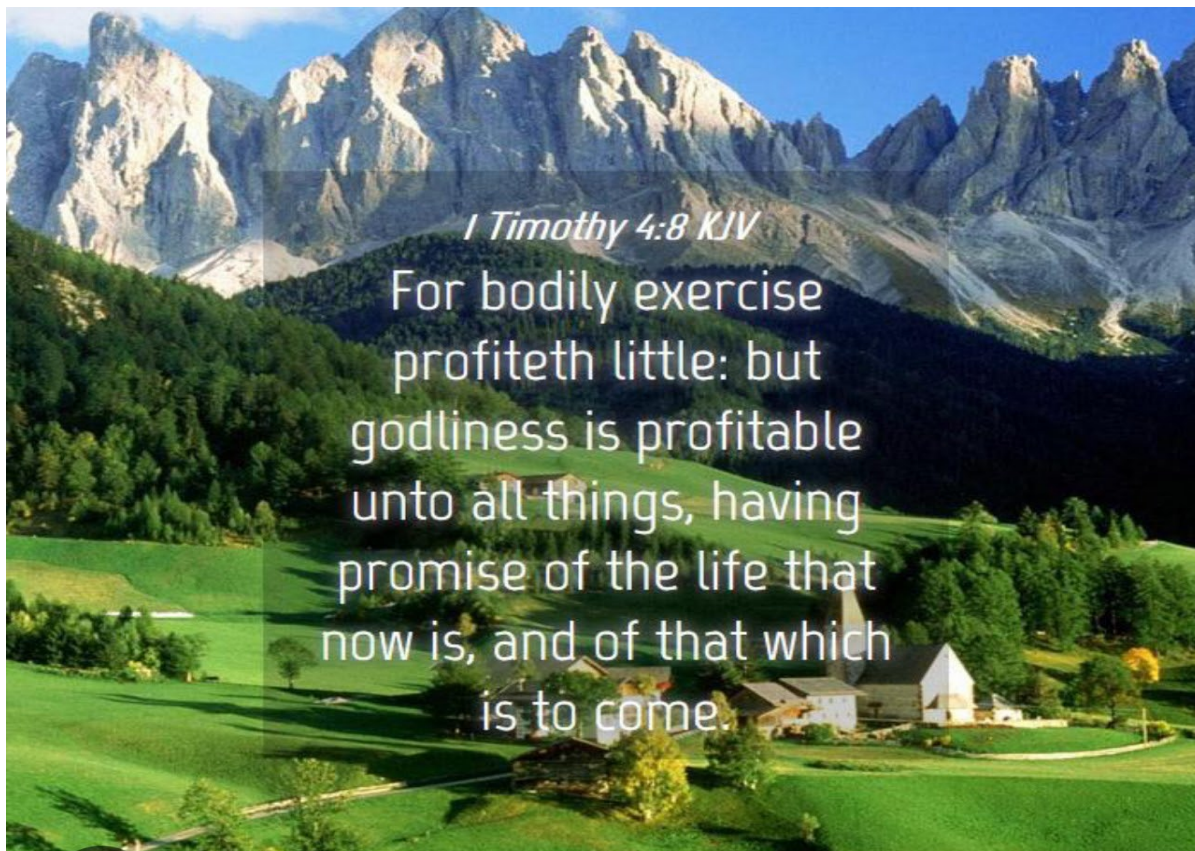
Sent: Saturday, October 19, 2024 5:07 PM

To: Pastor.Campbell <Pastor.Campbell@southcharlottebaptist.org>

Subject: Saturday Eve Barna-Post



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October 19, 2024



Gary L. Norris
Servant

Dear Joseph,

Sunday the 13th was a great day at Manna Baptist Church in Shelby, NC. Stephen Andrew, a senior at Ambassador Baptist Bible College taught the Sunday School Class. I preached the Sunday a.m. service and Zach Bowmaster preached the afternoon service. Pastor Barry McGowin and his wife Karen will return on Monday the 21st and I will head out Tuesday to my next ministry on Tuesday the 22nd.

I did A variety of projects this week ... we did some visitation during the middle of the week ... I put up a new post for the mailbox ... We had a great midweek service ... I went to ambassador Baptist Bible College on Thursday to the Chapel service and really enjoyed seeing everyone.

Friday, I visited with Pastor Bo Wagner and his wife Dana. Bo pastors Cornerstone Baptist Church in Mooresboro North Carolina and has supported my ministry for over 25 years. I Shared with him some of the possibilities of the direction of my new Ministry and ask him to please pray with me. It was a short but great visit.

Saturday morning, we went on a visit. As soon as I returned from the visit, I drove to Hendersonville to attend Dr. Q and Arletta Mease's. Wedding 🧑🏻‍🤰👰🏻💍

This was a busy but very fulfilling week 👍 .

Let us continue to pray 🙏 one for another.

P.S. I know a lot of time has passed since Helene and Milton but please continue to pray ... some have not begun to recover, and it will be a long time before there
anywhere near normal 🙏



Seedline Bible Ministry At Manna Baptist Church



Left To Right ... Dr. Alton Beal, Dr. Ron Comfort, Nathan Barker (Guest Speaker For The Day) And Your Barnabas



Your Barnabas With Dr. and Mrs James Qurollo
"Newly Wed's"

Saturday Eve Barna-Post

THOUGHTS TO PONDER

“Spiritual Exercise”

1 Timothy 4:8 For bodily exercise profiteth little: but godliness is profitable unto all things, having promise of the life that now is, and of that which is to come.

People spend large amounts of money to seek physical fitness. They pay for athletic clubs, clothes, jogging shoes, and special snacks, and drinks. ... Not to mention dumbbells, Treadmill, and gym memberships.

Daily exercise and proper bodyweight are important and beneficial, but they only have limited value. According to today's key verse, physical exercise is really worth very little! But keeping ourselves well exercised spiritually is a very different story.

Two questions will help us to compare spiritual exercise with physical exercise. (1) How long is the average person's physical life? According to Psalm 90:10, it's 70 or 80 years. (2) How long is eternity? It lasts forever! So spiritual exercise is infinitely more valuable than physical exercise.

Today's key verse says that “Bodily exercise Profiteth little”. Yes, It profits, the muscles and the mental capacity. Physical fitness helps to provide fulfillment in our life. But we dare not stop there. The rest of the verse says that” godliness is profitable unto all things.” We cannot become too much like God ... Our goal should be to be more like Christ each and every day that we live. Galatians 5:23 says, there is no law against the fruit of the spirit. There's no such thing as being too productive!

We cannot afford to be half hazard in our spiritual exercise. Like many people who exercise physically, we must have a spiritual "FITNESS PLAN." One description is found in first Timothy chapter 6:11: "Follow After righteousness, godliness, faith, love, patience, meekness." We also need commitment like that of Daniel who "Purpose in his heart" (Daniel 1:8). We may purpose in our hearts to read through the Bible in one year, or have daily devotions, or to be more faithful in all church services, there's a lot of things that we can purpose in our heart, however, the most important thing is to live what we have read in the Bible.


Like Paul, we must daily exercise ourselves to " Press toward the mark for the prize of the high calling of God in Christ Jesus" Philippians 3:14.

How is your spiritual exercise program going?

Something To Think About 

Your Barnabas

Brother Gary L. Norris

Sinner Saved By Grace 

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