



Volume 4, No. 11, November, 2016

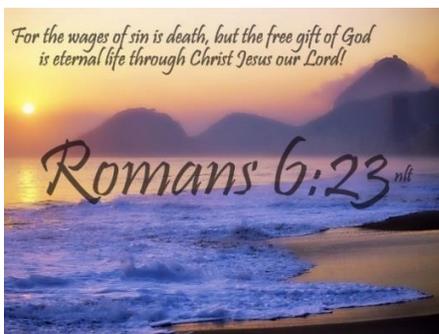
HE PAID A DEBT

*He paid a debt He did not owe,
I owed a debt I could not pay.
I needed someone to wash my sins away.
And now I sing a brand new song,
Amazing Grace all day long.
Christ Jesus paid the debt that
I could never pay.

He paid that debt at Calvary,
He cleansed my soul and set me free,
I'm glad that Jesus did all my sins erase;
I now can sing a brand new song,
Amazing Grace, all day long!
Christ Jesus paid the debt that
I could never pay.

One day He's coming back for me
To live with Him eternally,
Won't it be glory to see Him on that day!
I then will sing a brand new song,
Amazing Grace, all day long!
Christ Jesus paid the debt that
I could never pay!*

*American Folk Hymn
Arranged by Pam Stephenson*



GRATITUDE

Sometimes gratitude is hard to come by until we step back and take a second look at our circumstances. Within the past few weeks, I have seen some of my brothers and sisters in Christ do that; and it has deeply humbled me.

A few weeks ago our corner of Louisiana experienced what authorities have called a thousand-year flood. More than 125,000 homes, businesses, churches, schools, and even prisons, nursing homes, and hospitals were flooded with from three inches to eighteen feet of water that rose so swiftly thousands of people lost their vehicles, their homes, and everything within them, including family treasures and photographs. Thousands had to be rescued from second-story windows or even from their rooftops. Some found themselves trapped in their attics with no exit available. Emergency responders were grossly inadequate; but literally in a flash, what became known as the Cajun Navy was born. Good ole boys from miles around rushed in with their boats and spent many days going from house to house through waters infested with snakes, fire ants, and gators as they rescued people and animals. Through all that, only 13 people lost their lives. It could have been so much worse.

My family were blessed to be across the Mississippi River and thus spared this tragedy. Many of our Christian family were not so blessed. Because they lived in what had previously been considered a no-flood zone, many had no flood insurance. One brother lost a hundred head of cattle in the flood. Yet, when we assembled for the first time after this disaster, I was amazed to look around and see grim faces; but I was the only one who seemed to be crying. When I spoke with these amazing folks the consensus was, "We are alive. We only lost things. By God's grace we will rebuild."

These Christian folks truly demonstrated Paul's admonition in James 1:2-4 to *consider it all joy, my brethren, when you encounter various trials, knowing that the testing of your faith produces endurance. And let endurance have its perfect result, so that you may be perfect and complete, lacking in nothing.*

Southern Louisiana is slowly gutting buildings, treating for mold, and rebuilding, although many of those homes will have to be bulldozed down. It will be years before the area totally recovers. In a recent conversation, I learned that all but six of the cattle our brother lost have wandered back home. The loss of six head is not insignificant, but it is so much better than losing a hundred. Brothers and sisters from across the nation have brought or sent supplies and funds. Neighbors and workers from afar have volunteered hours and hours of hot, grueling labor. We as a group have experienced gratitude beyond anything we have previously experienced. God and His people are amazing.

By Wilburta Arrowood, Napoleonville, LA
©September, 2016

✦✦✦✦

Attitude

There once was a woman who woke up one morning,
looked in the mirror,
and noticed she had only three hairs on her head.
'Well,' she said, 'I think I'll braid my hair today.'
So she did, and she had a wonderful day.

The next day she woke up,
looked in the mirror,
and noticed that she had only two hairs on her head.
'H-M-M,' she said, 'I think I'll part my hair down the
middle today.'
So she did, and she had a grand day.

The next day she woke up,
looked in the mirror,
and noticed that she had only one hair on her head.
'Well,' she said, 'today I'm going to wear my hair in a
ponytail.'
So she did, and she had a fun, fun day.

The next day she woke up,
looked in the mirror,
and noticed that there wasn't a single hair on her head.

'YAY!' she exclaimed! 'I don't have to fix my hair today!'

Attitude is everything.

The above story was shared with me through an e-mail. Having the right attitude is important to moving in a positive direction. When I read this story, it brought to mind what the apostle Paul wrote in Philippians.

10 But I rejoiced in the Lord greatly that now at last your care for me has flourished again; though you surely did care, but you lacked opportunity. 11 Not that I speak in regard to need, for I have learned in whatever state I am, to be content: 12 I know how to be abased, and I know how to abound. Everywhere and in all things I have learned both to be full and to be hungry, both to abound and to suffer need. 13 I can do all things through Christ who strengthens me. Phil 4:10-13

As with the story above, Paul shared/displayed the attitude of contentment and gratitude. Paul knew what really matters is not found in the physical

ATTITUDE
is everything

things we possess in this world, but in the spiritual life we possess; the spiritual life that began when we were born (through baptism) of water and the Spirit. Paul drew strength for his day-to-day physical being from the fact that his spiritual being abode in Jesus Christ. He lived life with the purpose of glorifying the Father and the Son. He rejoiced not based on the circumstances of his physical state but in living to show Christ to a lost world, to share the good news of the risen Savior to all who would listen, and to encourage his brothers- and sisters-in-Christ (then and through the ages to come—**that would be you and me**) to follow his example and to become examples for others. (Going back to Philippians)

14 Nevertheless you have done well that you shared in my distress. 15 Now you Philippians know also that in the beginning of the gospel, when I departed from Macedonia, no church shared with me concerning giving and receiving but you only. 16 For even in Thessalonica you sent aid once and again for my necessities. 17 Not that I seek the gift, but I seek the fruit that abounds to your account. Phil 4:14-17

Paul was grateful for the giving of his Christian family; they had seen a need and an opportunity to share, and Paul was the receiver of their generosity. But Paul, always an encourager of the faith, was rejoicing in seeing the spiritual growth (love, joy, kindness, goodness, faithfulness, self-control) of the brotherhood. They were finding opportunities to serve and to show Christ and their **fruit that abounded to their account** continues in heaven and on the earth as long as we follow their lead. We are such a blessed people...first and foremost

because we are children of God...but also because we have been blessed with the **knowledge of Him** who came to seek and save the lost; and we can share this with others who are in need. May we strive to help others with their needs (physical) and, especially, their need to know Christ Jesus (spiritual).

Paul was grateful for Christ Jesus; Paul gave his life to the One who gave His life for all mankind. *20 I have been crucified with Christ; it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself for me. Gal 2:20*

May we, as children of God, always be grateful for Christ Jesus and as the apostle Paul be on a constant visual to find opportunities to serve and to show Christ to those who are lost.

23 And whatever you do, do it heartily, as to the Lord and not to men, 24 knowing that from the Lord you will receive the reward of the inheritance; for you serve the Lord Christ. Col 3:23-24

Kathy Webber, Rolla, MO
©October, 2016

✠✠✠✠✠

I'M (STILL) THANKFUL FOR THINGS I DON'T HAVE!

I woke up the morning after getting braces and thought:

- I didn't sleep well; I woke up at 4 a.m.
- My head hurts; is that the reason I woke up early?
- My mouth hurts. I expected that; in fact, I expected it to be worse than it is.
- My arthritis is acting up. That happens nearly every morning, and it usually subsides after I'm up and around.
- The cloning amendment passed in MO—will God punish us for this?

Then I thought... you know, I really have it pretty good.

- I don't have cancer. There are at least nine people on my daily prayer list who do.
- I don't have diabetes. There are at least four people on my daily prayer list who do.
- I'm not in prison, but there are many who are or who have sons, daughters, husbands, or other loved ones who are.
- My marriage is still strong after 35 years. I'm very happy about that!
- My children are faithful. What more can I ask for?
- I have wonderful Christian friends who are always there for me. What would I do without them!

- My God has provided abundantly for my physical needs and even more so for my spiritual needs. He loves me when I am unlovable. He paid the cost for my salvation. He is holding my place in heaven for all eternity!

You know, I really have it pretty good! I'm thankful for so many things I don't have!

~~~

It is now 10 years after this piece was originally written. Here's an update.

- Since this piece was written, I have had cancer myself; but God be praised, I'm doing fine!
- I still don't have diabetes, but far too many people I know do have it.
- Prison is still a reality that touches many families.
- It has now been 45 years of marriage for us, and I'm still very happy about that!
- My children are still faithful, and I now have a beautiful daughter-in-law who is also a faithful Christian. Again, what more can I ask for?
- Wonderful Christian friends still bring joy to my life, and I still don't know what I would do without them!
- God continues to provide abundantly, and He continues to love me.

You know, I STILL have it pretty good, and I'm still thankful for so many things I don't have!

Evelyn Waite, Rolla, Missouri  
© 2006/2016

✠✠✠✠✠

## FREE GIFTS FROM GOD

God has given a very special gift. There will never be another gift better than Jesus. We get gifts for our birthdays, anniversaries, and Christmas. We receive a special gift, the gift of the Holy Spirit, when we are baptized. Some day we will receive the special gift of going to Heaven. There is also the gift of prayer and prayers answered by God. One more special gift is our children.

Paul received back his eyesight after losing it on the road to Damascus—that was a very special gift. In Romans 1:11 Paul says, *"I long to see you so that I may impart to you some spiritual gift to make you strong."* And in Romans 6:23, *"For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord."*

Shirley Isbell, Rolla, MO  
September, 2016

✠✠✠✠✠



## WHAT DOES GRATITUDE/THANKFULNESS MEAN?

River, age 9: I have no idea what gratitude means. I would have to see the dictionary definition. Being thankful means enjoying and being happy for what you did.

Bailey, age 10: I don't really know...being happy and thankful for what someone has done for you.

Mason, age 6: saying thank you when people do things for you.

Hunter, age 19: Being happy for and thankful for things that you usually do not think about...the small stuff.

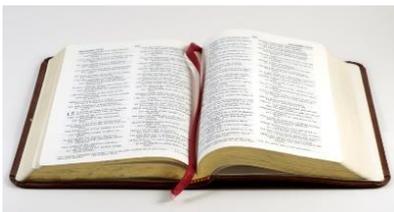
Immanuel, age 9: Gratitude means respect.

Fortress, age 6: It means like...I think it means giving someone a toy.

Rian, age 8: being thankful for people helping you

†††††

## Some Things the Bible Says About Being Thankful



*Sing praises to the Lord, O you his saints, and give thanks to his holy name. Psalm 30:4*

*But we your people, the sheep of your pasture, will give thanks to you forever; from generation to generation we will recount your praise. Psalm 79:13*

*I give thanks to you, O Lord my God, with my whole heart, and I will glorify your name forever. Psalm 86:12*

*Praise the Lord! Oh give thanks to the Lord, for he is good, for his steadfast love endures forever! Psalm 106:1*

*But thanks be to God, that you who were once slaves of sin have become obedient from the heart to the standard of teaching to which you were committed, Romans 6:17*

*Let there be no filthiness nor foolish talk nor crude joking, which are out of place, but instead let there be thanksgiving. Ephesians 5:4*

*Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful. Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts. Colossians 3:15-16*

*Devote yourselves to prayer, being watchful and thankful. Colossians 4:2*

*Give thanks in all circumstances; for this is the will of God in Christ Jesus for you. 1 Thessalonians 5:18*

*Therefore, since we receive a kingdom which cannot be shaken, let us show gratitude, by which we may offer to God an acceptable service with reverence and awe. Hebrews 12:28*

†††††

## Do You Like to Write?



Sunrise is blessed with some very good writers who regularly respond when called upon to contribute. However, Sunrise needs more writers. If you write

poetry or articles that have a spiritual application, please send them to [evelyn@lawaite.org](mailto:evelyn@lawaite.org). Articles should be 500-650 words (there is some leeway on that), and each should be encouraging and uplifting to sisters in Christ. Other guidelines may also apply. If you need to know potential themes for future issues in order to stimulate your creative processes, please contact me at the above email address. Thank you for your contributions to Sunrise!

†††††



*Sunrise* is a monthly newsletter written and/or assembled by members of the Rolla Church of Christ. All previous issues can be accessed by going to <http://www.seekgrowserveandlove.org>. Click on Resources, then on Sunrise Newsletter. You will find the current issue plus all previous issues.

†††††