

# “Garbage In, Garbage Out”

By Mike Riley

The story is told of a teenage girl who one day walked into the kitchen and asked her mother, “Can I go to an adult movie with my friends tonight?” She pleaded by saying, “Their parents let them go, and if they can go, why can’t I go?”

Her mother was preparing a salad for the evening meal, and she said, “Yes, you can go,” Afterward, she took a handful of peelings and cuttings from the vegetables and threw them into the salad.

Her daughter said excitedly, “Mother, why did you do that?” She answered, “I thought if you didn’t care about garbage in your mind, you wouldn’t object to a little garbage in your stomach!”

As the teenage girl carefully picked the refuse out of the salad, she said, “I think I’ll tell my friends that I’ll stay home tonight.”

The Proverb writer tells us to:

“Keep [guard] your heart with all diligence, for out of it spring the issues of life” (Proverbs 4:23).

The physical heart is the command post of human life, for out of it go the orders which the body carries out.

The same holds true spiritually speaking. If the heart [mind] is right, the body will do right (Psalm 119:11; Ezra 7:10; cf. 1 Corinthians 9:16-27).

This is exactly why we need to daily follow the instructions given in 2 Corinthians 10:5, where Paul tells us to keep:

“Casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ.”

Remember, “garbage in, garbage out“.



# STERLINGTON

Church of Christ



P.O. Box 82  
1095 Highway 2  
Sterlington, Louisiana 71280  
[www.sterlingtoncoc.com](http://www.sterlingtoncoc.com)

Sunday Morning Bible Classes - 9:30 AM  
Sunday Morning Worship - 10:30 AM  
Sunday Evening Worship - 5:00 PM  
Wednesday Evening Classes - 6:00 PM.

7/10/22

# Welcome Visitors

If you are seeking a church home, we hope that you will consider joining with us. We are a growing congregation, dedicated to worshipping in truth and spirit. Please fill out the Visitor's Card and place it in the collection plate!

## Elders:

Todd Chapman  
Paul Simpson

## Deacons:

Wayne Fowler David Garris  
Billy Granger Buddy Hollis

## Preacher:

Don Delukie

# Those to Serve

## Today

**Announcements-** Lyle Russell    **Lord's Table-** Wayne Fowler  
**Opening prayer-** Paul Simpson    **Closing Prayer-** Damien Miller

## July 17th

**Announcements-** Wayne Fowler    **Lord's Table-** Rick Cook  
**Opening prayer-** Don Delukie    **Closing Prayer-** Ronnie Hayes

# Announcements

—**Bible Boot Camp VBS: July 30th** Haile Church of Christ is hosting a 1 day VBS for children ages 1-12. For more info and registration email: biblebootcamppreregistration@yahoo.com

—**Question & Answer Series: August 7th** will be our next Question and Answer Series. Please submit your questions via the church email address SCOC2006@att.net or to Don.



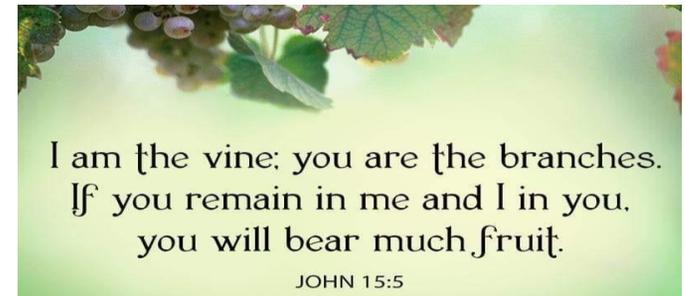
# Please Pray For:

Ed Haltom, Eloise Smith, Gail Poole, Pam Denton, Ronnie Aaron, Joanne Randolph, Kaitlin Simpson, Roosevelt Rogers, Barbara Wheeler, Bart Greenwood, Barbara Binford, Billy Granger, Candy Ellington, Cindy Eaton.

**Bereaved:** Families of Connie Grenfell, Jerry Madden, Jeremy Harris, Barge Elmore, Johnny Coleman.

# Continue to Pray For:

Shirley Goodwin, Bobby Barker, Tricia Muse, Max Aubel, Donna Head, Debra Mike, Trey Jennings, Debbie Walker, Virginia Royal, Renita Thomas, Elizabeth Hollis, Cyndi Powell, Heath Ray, Terrance Dawson, Ann Bolden, Jamie Ross, Charlie McDaniel Jr, Lewis Bedele, Adam White.



## July Birthdays

- |                    |                      |
|--------------------|----------------------|
| 3 - Carol Granger  | 16 - Angelec Brannon |
| 4 - Jansen Chisley | 19 - Debbie Cook     |
| 5 - Lilly Delaney  | 20 - Ronnie Hayes    |
| 6 - Paul Simpson   | 22 - Ethel Ross      |
| 6 - Mary Wyatt     | 23 - Randy Manning   |
| 9 - David Reppond  | 31 - Whitney Chapman |
| 12 - Oddie Cameron |                      |

## July Anniversaries

- 21 - Billy and Carol Granger  
28 - Wayne and Dana Fowler  
30 - Don and Jean Delukie

