

# APPLES OF GOLD



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*(All Scripture references and passages are from the KJV unless otherwise noted. All articles are critiqued and approved by one of our church deacons.)*

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maggiemorrison2@  
gmail.com

The arithmetic teacher proposed the following to the class, "If there are three crows on a fence and one is shot, how many would be left?"

After a short time, Little Johnny shouts out, "Two left."

The teacher's response, "I'm afraid you don't get the point. Let me repeat the joke. There were three crows on a fence and one is shot, how many would be left?"

Johnny replied again, "Two left."

Teacher, "No, none would be left, because when one is shot, the other two would fly away."

Johnny, "That's what I said, TWO LEFT!!!"

*Little Edward ran into the room sobbing as through his heart would break.*

*"What's the problem Edward?" asked his mother.*

*"Oh, daddy was hanging a picture and he dropped it on his toe," replied Edward.*

*"Why, that's nothing to cry about. You should be laughing at that," said his mother.*

*"I did," Edward replied.*

I spent \$80 on a belt that didn't fit...

My wife said it was a huge waist.

One day one of the Sunday School teachers decided to have a lesson on Noah and the Ark.

She asked the question: "Did you know that all the animals came on the ark in pairs?"

After some discussion, the teacher's fears were realized as little David was waving his hand to be called on.

Little David volunteered, "Teacher, all but the worms! They came on board in apples."

Joe: "I know the capital of North Carolina."

Sam: "Really?"

Joe: "No, Raleigh."

# A NEW HEART

On Sunday, January 12, 2020 our pastor made a special point to teach us about our hearts. He was talking about God giving us a new heart when we get saved. He was in Ecclesiastes 9:1-10 and stressed the fact that circumstances don't tell whether we're saved or not. We ALL have good and bad circumstances. However, it's our heart that is changed by God. We've come from darkness to light (II Cor. 4:6). Our heart is now beating for God.

**WE HAVE NEW DESIRES TO PLEASE JESUS.**

The following article is from March 2005 "Apples of Gold." I need to qualify this in that not all of these will be true immediately when you accept Christ as your Savior. There needs to be time to grow and mature spiritually.

## ➡ ACCORDING TO THE BOOK OF I JOHN, IF YOU ARE REALLY SAVED, THEN YOU... ⬅

1. Are **walking in the light of God's Word**. Not walking in sin. Your nature will be like His. If you say you are saved and are not walking in the light, then you are not telling the truth (1:5-7).
2. Have regular **fellowship with God's family** – enjoying and being close to them – not preferring to be somewhere else. You love being in God's house on His day to worship Him and to learn of Him. You do not consider it to be a legalistic duty, but a joy (1:7).
3. Have a keen **sense of personal sinfulness**. Even though you have your old sin nature, you now have a new nature and a new heart in addition. When your old nature sins, you confess to God, repent (turn and go in the other direction), and go on (1:8, 9).
4. Are living in **willful obedience to His Word**. You desire to live right and know His will. In order to obey the Word, you want to know what is in the Word and so you search the Word for guidance and sustenance that you may grow. God's Word will abide (live) in you and you will overcome the wicked one (Satan) (2:3, 4, 14).
5. Are **no longer enamored with the world (including worldly TV and movies)** - not captivated or controlled by what's in the world – not seeking success, popularity, comfort, or things (2:15,16). Sin is not a habit. You don't enjoy sin. God will convict you (2:29; 5:17,18). You obey because you love Jesus. Everything you do should honor God.
6. Are **consumed by the needs of others**. You have compassion. You don't say "that's too bad" and then go on about your business. You do something about it.- a meal, call, card, financial help, visit....you pour your life into that person. Your desire is to encourage others in the Lord and to pray for them (3:17, 18). You have a new heart.
7. Are able to **discern the truth about Jesus Christ and recognize falsehood**, false religions, false teachers, false books. No one can fool or deceive you (4:1-3).
8. **Love your brothers and sisters in Christ**. The way you treat others reveals how you treat God (2:10; 4:20). If you can't love your brothers and sisters, you can't love God. You treat God the same way you treat your spouse, parents, family, and friends. Trust God – trust people; open your heart to people; open it to God. Accept feedback from people; accept it from God.

### OLD TIME MEMORIES FROM OUR SENIORS IN 1955; *(We had been married one year then.)*

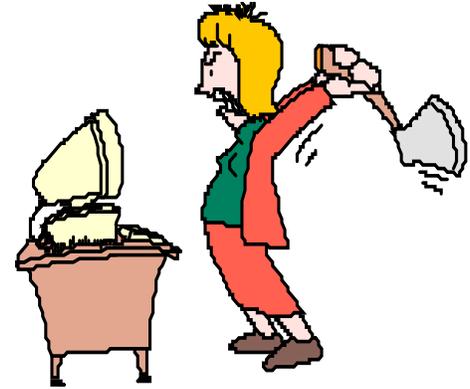
- 'I'll tell you one thing, if things keep going the way they are, it's going to be impossible to buy a week's groceries for \$10.00.'
- 'Have you seen the new cars coming out next year? It won't be long before \$1,000.00 will only buy a used one.'
- 'Did you hear the post office is thinking about charging 7 cents just to mail a letter?'
- 'If they raise the minimum wage to \$1.00, nobody will be able to hire outside help at the store.'
- 'When I first started driving, who would have thought gas would someday cost 25 cents a gallon. Guess we'd be better off leaving the car at home.'
- 'I never thought I'd see the day all our kitchen appliances would be electric. They are even making electric typewriters now.'
- 'The drive-in restaurants are convenient in nice weather, but I seriously doubt they will ever catch on.'
- 'There is no sense going on short trips anymore for a weekend. It costs nearly \$2.00 a night to stay in a hotel.'
- 'No one can afford to be sick anymore. At \$15.00 a day in the hospital, it's entirely too rich for most.'



# COMPUTER “SPELL CHECKERS” ARE *(sometimes)* WORTHLESS

Eye can't promise that each of these noose letters will bee without Miss Steaks. Eye maid a big won last month, and this won mite have sum eye haven't even discovered yet until it's two late. Baton my computer....

Eye halve a spell checker.  
It came with my pea sea.  
It plane lee marks four my revue  
Miss steaks eye can knot sea.  
Eye strike a key and type a word  
An weight four it two say  
Weather eye am wrong oar write,  
It shows me ride a weigh.  
As soon as a mist ache is maid  
It nose bee fore two long  
And eye can put the air roar rite.  
It's rare lea ever wrong.  
Eye ran this threw its check today.  
I'm shore your pleased two no  
It's lead err perfect awl the weigh.  
My checker tolled me sew.



*(This is a repeat article, but was enjoyed by many, so it's worth another look.)*

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## HIDDEN TREASURES



**Last Month's Question:** What is the whole duty of man, as summed up by Solomon?

**ANSWER:** “Fear God, and keep His commandments: for this is the whole duty of man” (Ecclesiastes 12:13). To fear in this context means to reverence and obey, not the feeling of terror (I John 4:18) because “Perfect love casts out (that kind of) fear.” To obey Him first is to follow His way to salvation and not our own. Jesus said “I am the way...”(John 14:6). Then when we are saved we keep His commandments to live a holy life, not for salvation, but for joy in this life and for rewards in Heaven.

**This Month's Question:** What Scripture commands us to pray for the leaders of our nation?

“By prayer we enter into God's holy temple, and penetrate at once to the throne of grace. Prayer is not only the shortest distance to God's mighty throne, it is the only way in....We enter silently into His temple, and lo suddenly we are before His throne” (Armin R. Gesswein).

“Oh, the pure delight of a single hour  
That before the throne I spend,  
When I kneel in prayer and with Thee, Oh God,  
I commune as friend with Friend.” (Fannie Crosby)



*Gems from Pastor  
Rob*

*“All stressed up and  
no place to go.”*

Pastor Rob’s theme for Wednesday nights is now the Book of Proverbs. This special lesson featured “stress.” He began by illustrating our own John Moodie who is a professional violinist. He’s been playing since he was a toddler and has played with some of the world’s greatest orchestras. We’re thankful he’s playing at our church.

Recently our pastor asked him about the strings on his violin. John checks them out prior to each time he plays. If they’re too tight, the notes are a little off. Same with our own emotions. When too tight or loose, we’re a little off and the result is not good.

**FOUR WAYS TO RELIEVE STRESS:**

LEARN TO LAUGH	CULTIVATE CONTENTMENT	ALLEVIATE ANGER	WALK IN WISDOM
Teach your children to laugh and smile. Be fair and fun with kids to also have a sense of humor; use no unwholesome words. “A <b>merry heart</b> doeth good like a medicine: but a broken spirit drieth the bones” (Prov. 17:22).	“But godliness with contentment is great gain. Having food and raiment let us be therewith <b>content</b> ” (I Timothy 6:6-8). Striving after more is stressful.	“A wrathful man stirreth up <b>strife</b> , but he that is slow to anger appeaseth strife” (Prov. 15:18). If we say we can’t control anger, it’s that we don’t want to.	“Without counsel purposes are disappointed: but in the multitude of <b>counselors</b> they are established” (Prov. 15:22). Get advice from others; have family devotions after supper. Attack problems, not people. Love them instead.

**Acrostic for Stress – the negatives:**

- S**elf
- T**ension
- R**equirements
- E**motions
- S**train
- S**ensitivity

**How to handle Stress – the positives:**

- S**it on your ego; say “no” to your control
- T**alk to God
- R**ejoice
- E**xercise
- S**low down and rest
- S**ing and read Psalm 23

**WHY PRAY?**

The word “pray,” “prayer,” or “praying” is mentioned over 700 times in the Bible. It is the best way to communicate with God. It’s our way of sharing all aspects of our lives with Him who is our Creator and Redeemer. It’s a chance to express our gratitude to Him for what He provides, it’s a platform to confess our sins, and it’s the way we worship and obey. It is the time when we acknowledge who is really in control of our lives, and it’s the solution to stress.

### 33 STRESS REDUCERS – Try a few at a time to start.

1. Pray without ceasing – keep the line of communication between yourself and God open always. When you sin, confess it IMMEDIATELY.
2. Go to bed on time.
3. Get up on time so you can start the day relaxed. Getting a late start is a recipe for stress.
4. Say “no” periodically; don’t take on too much.
5. Delegate, ask for help.
6. Get rid of clutter.
7. Less is more.
8. Always allow extra time to do things and get to places; don’t cut it so close. Being late is total stress.
9. Spread out big changes and difficult projects over time. Don’t lump the hard things all together.
10. Take one day at a time.
11. Remember – worry is a sin.
12. Live within your budget. Don’t use credit cards unless you pay off the balance monthly to eliminate interest costs.
13. Have backups for keys, stamps, etc.
14. KMS – Keep Mouth Shut.
15. Do something fun each day.
16. Read the Psalms that provide praise and comfort; especially Psalm 23.
17. Get enough exercise; vary your activities.
18. Eat right – eliminate junk foods and cut down on sweets.
19. Keep a “to do” list – don’t trust your memory. Once it’s written down your mind can relax.
20. Get organized piece by piece; a place for everything. Then you don’t stress out looking for things.
21. Talk to God on the spot. Don’t wait until it’s time to go to bed to pray.
22. Make friends with godly people; get their input concerning how they live life.
23. Keep a list of favorite Scriptures on hand on various topics so you can find something when you need it.
24. Remember that the shortest bridge between despair and hope is often “thank you Jesus!”
25. Laugh.
26. Laugh some more!
27. Develop a forgiving attitude. Most people are doing the best they can. To not forgive results in bitterness and grudges which are very stressful. Get in the habit of “letting it go.”
28. Be kind to unkind people; they probably need it the most.
29. Sit on your ego. Humble yourself.
30. Listen more.
31. Slow down. Life is not a race.
32. Remind yourself that you are not the General Manager of the Universe.
33. Every night before bedtime, think of one thing you’re grateful for that you’ve never been grateful for before. Then thank the Lord for today’s blessings.

### QUOTATIONS

Worry looks at God through circumstances; prayer looks at circumstances through God.

“An atheist cannot find God for the same reason a thief cannot find a policeman” (Alex McFarland).

“Lighthouses don’t fire cannons to call attention to their shining. They just shine! A holy life will produce the deepest impression” (D. L. Moody).

“Within the covers of the Bible are all the answers for all the problems men face” (Ronald Reagan).



(Suggestions for preventing the flu – next page)

Since my money is God's money, every spending decision I make is a spiritual decision.

Marjorie R. Morrison (Mrs. C.E.)  
703 Oakhurst St.  
Kernersville, NC 27284



**SUGGESTIONS FOR  
PREVENTING THE FLU:**

- Stay hydrated
- Exercise regularly
- Get seasonal flu shot
- Wash hands frequently
- Cover up coughs and sneezes
- Avoid touching eyes, nose, and mouth
- Wash hands after using public doorknobs, phones, keyboards, shopping cart handles, public restrooms
- Rest and eat healthy: green tea, Greek yogurt, citrus fruit, mushrooms, almonds, kiwi, dark chocolate, sweet potatoes, bananas, chicken soup
- Vitamin supplements: **Vitamin C** also in strawberries, broccoli, oranges, pineapple, bell peppers; **Vitamin D** also in salmon, sardines, mushrooms, egg yolks, and sunshine; **Vitamins D3, B6, Magnesium, and Zinc**