



Website: <https://churchofchrist20keam.co.za/>
 Facebook: Church of Christ Keam rd
 Leadership: Braam Le Roux - 072 195 6104
 Mike Baisley - 083 500 7271

SUNDAY TIMES:
BIBLE STUDIES: 09H00
WORSHIP: 10H00 TO 11H00
12 APRIL 2026

Preacher: Johan Smulders
Sermon Topic: The Ten Commandments
Scripture reading: Exodus 20:1 - 17
Text: Deuteronomy 6:3

SUNDAY BIBLE STUDY - 9 a.m.

We encourage everyone to attend the morning Bible Study classes, as we study the book of Acts. Johan is facilitating the class. Please join us during this time of learning God's Word. Start reading through Acts!

LADIES' BIBLE STUDY - 10 a.m.

All the ladies are invited to join in and attend the ladies' Bible Study classes.

Song Leader: Braam Le Roux **Scripture Reading:** Braam Le Roux
Opening Prayer: Jan Roberts **Lord's Table:** Chris du Preez
Closing Prayer: Rudi Le Roux **Attendance last Sunday:** 47
Servers: Braam, Rudi, Chris & Jan

PRAYER REQUESTS

Please pray for the members and their families in our congregation who are in need of God's grace, healing and strength through difficult times.

PHYSICAL FITNESS OR SPIRITUAL EXERCISE?

As the Apostle Paul instructs Timothy in the work of ministry, he writes, "For while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come" (1 Timothy 4: 8).

We all understand that physical exercise, when practiced properly and consistently, will help keep us healthy and active throughout our lives.

However, Paul places priority on spiritual activity over bodily movement. In verse 7, he says, "Exercise or train yourself toward godliness, because godliness is good and profitable in every way for the believer."

Just as our personal trainer at the gym or the physical therapist, the Lord has laid out a spiritual workout plan so we can reap the benefits of a godly lifestyle.

- Lead a quiet, peaceful and reverent life in all godliness (1 Tim. 2: 2).
- Profess godliness by doing good works (1 Tim. 2: 10).
- Celebrate the mystery of godliness, which is Christ (1 Tim. 3: 16).
- Follow the words of Jesus Christ, which promotes godliness (1 Tim. 6: 3).
- Avoid fake godliness (1 Tim. 6:5; 2 Tim. 3: 5).
- Godliness with contentment is great gain (1 Tim. 6: 6).
- Pursue righteousness, godliness, faith, love, patience and gentleness (1 Tim. 6: 11).

Godliness finds its place listed among the "Christian Graces" of Peter's second letter. When exercised faithfully, these attributes give us confidence that we are spiritually fit and healthy.

2 Peter 1: 5 – 8, "But also, for this very reason, giving all diligence, add to your faith virtue, to virtue knowledge, to knowledge self-control, to self-control perseverance, to perseverance godliness, to godliness brotherly kindness and to brotherly kindness love. For if these things are yours and abound, you will be neither barren nor unfruitful in the knowledge of our Lord Jesus Christ."

Please keep Thoko and her family in your prayers at the passing of her brother, as well as Nikki Williams, Pam's daughter, who has been diagnosed with cancer.

BIRTHDAYS

No birthdays this week.

ANNIVERSARIES

18 April – Ordene & Leigh Engelbrecht
 Happy anniversary to this wonderful couple. May God bless you as you celebrate this special day!

WELCOME

We welcome all visitors this morning. We believe that you will be blessed as we worship God. Please feel free to ask any questions regarding our worship or about God's Word.

Deuteronomy 6:3

"Hear, Israel, and be careful to obey so that it may go well with you and that you may increase greatly in a land flowing with milk and honey, just as the LORD, the God of your ancestors, promised you."

AREA WIDE WORSHIP ASSEMBLY – (AWWA)

VENUE: BUFFALO FLATS CHURCH OF CHRIST

DATE: 26 APRIL 2026

TIME: 17H00

The Buffalo Flats congregation has extended an invitation to us (20 Keam Road) to support them in this month's AWWA. Please invite your friends and family.



SPIRITUAL EXERCISE

Proverbs 17: 22, "A cheerful heart is good medicine, but a crushed spirit dries up the bones."

Proverbs 17:22 states that a joyful and cheerful heart acts as "good medicine" for the body, while a broken spirit or crushed spirit "dries up the bones," or saps a person's strength. It highlights the connection between mental attitude and physical health, suggesting that a positive outlook promotes healing.

Key Interpretations:

- Joyful Heart (Medicine): A positive, thankful mind-set acts like medicine to lift spirits, invigorate the body, and bring healing.
- Broken Spirit (Dry Bones): Intense sorrow, anxiety, or negativity can cause physical harm, weaken a person, and drain their vitality.
- Context: This verse is a common encouragement to maintain joy, gratitude and a positive attitude, even in difficult circumstances.

Hebrews 12: 11, "No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it."

- While discipline can be challenging, it ultimately leads to positive outcomes. Remember, the effort you put into your workouts will bear fruit in the form of better health, greater strength and spiritual growth.

Bulletin compiled by:

Braam Le Roux

✉ – braamlr@mweb.co.za

☎ - 072 195 6104