

## The Perfect Heart

The human heart is one of the major organs of the human body which must function properly in order for physical life to continue. The heart is a muscle about the size of the fist and is located a little left of the center of the chest. The heart is a small organ comprising less than half a percent of the body weight, yet it plays an important role within the body. The heart's function is to pump blood throughout the body to provide the cells of the body the needed oxygen and other essential nutrients. The flow of blood back to the heart brings waste, or carbon dioxide, from the cells to be released from the body through the lungs. As the book of Leviticus records, "the life of the flesh is in the blood" (Lev. 17:11). It is therefore important that the human heart function properly that the blood essential for life be able to flow throughout the body as God designed.

The term "heart" appears in the pages of Scripture 833 times. However, the word "heart" in the Bible generally refers to the mind and not the physical organ within the chest which pumps blood (Exo. 28:30; 2 Sam. 18:14). For instance, consider the following passage from the book of Genesis: "And God saw that the wickedness of man was great in the earth, and that every imagination of the thoughts of his heart was only evil continually" (Gen. 6:5). The phrase "thoughts of his heart" refers to the mind of man which is the only part of man capable of thinking. Man does not have thoughts within the blood pumping organ called the heart, but man has thoughts within his mind.

As our desire would be for a perfect, healthy heart to pump blood to our body, so we should desire a perfect, healthy mind. Below is a list of some characteristics which compose the perfect heart, or mind:

After the heart of God (1 Sam. 13:14)  
Pure in heart (Matt. 5:8; Psa. 24:4)  
Willing of heart (Exo. 35:5)  
Singleness of purpose (Deu. 4:29; 6:5; 10:12; 11:13; 30:2; Josh. 22:5; 1 Sam. 12:24; 1 Kings 14:8; 2 Chr. 30:12)  
Fearful (Deut. 5:29)  
Accepts Chastening (Deut. 8:5; Heb. 12)  
Full of God's Word (Deut. 11:18)  
Soft, contrite not hardened (Deut. 15:7; 2 Kings 22:19; Psa. 34:18)  
An understanding heart (1 Kings 3:9)  
Perfect through obedience (1 Kings 8:61; 1 Kings 15:14; 1 Chr. 28:9; 1 Chr. 29:9; 1 Chr. 29:19)  
Rejoicing (1 Chr. 16:10)  
Requires preparation (Ezra 7:10)  
Heart of service (Matt. 20:28)  
Upright in heart (Psa. 7:10)  
Clean (Psa. 51:10)

These are just a few of the characteristics which compose the perfect heart. I encourage you to take a concordance and search the term "heart" to see what other characteristics are essential to developing the perfect heart. May we give diligence to training our minds to become more like the mind of Christ (Phil. 2:5).

Chance

## Sympathy

Our deepest sympathy is extended to the friends and family of **Rebecca Dawes** who passed away on Saturday. Rebecca was our beloved sister in Christ, and beloved daughter of **Mary Sanford**. Her funeral is Tuesday, November 10, 2009.

Remember the **Adams House Devo** on Sunday at 2:00 PM. Your presence will be as much of a blessing to you as it will be to the residents of the Adams House.

## Franklin Camp Scholarship Fund

In Memory of Rebecca Dawes  
by  
Eulan & Robbie McCaleb

## Keenagers

Our next trip is to **Jerry Brown Pottery** in Hamilton, Alabama on Wednesday, November 18. The bus will leave at 7:45 AM we will stop and get a biscuit on the way. The cost will be \$3.00. See the sign up sheet on the table in the foyer.

## Elders Meeting

On Sunday, November 15, 2009 the elders meet at 3:00 PM. **Gary Weaver** will chair the meeting.

## Scheduled to Serve: Sunday, November 15

**Elder in Charge:** Gary Weaver  
**Serve in Foyer:** Cecil Gilbert  
**Sound Room:** Ray Bearden  
**Ushers:** David Knight, Dan Kilgore  
**Song Leader: AM:** Hunter McCaleb **PM:** Barry Hyche  
**Prayer: AM:** Dusty Parker **PM:** Brad Strange  
**Preside Lord's Table:**  
AM: Fred Chambers PM: C.A. Prater  
**Assist Lord's Table: AM:** Matthew Cicero, Darin Gilbert, Cody Gilbert, Mark Griffin, Ron Hudson, Nathan Harr  
PM: Nick Rouse

## Closing Prayer:

AM: Brian Wolfe PM: Roland Crawford

## Greeters:

Tommy & Freeda Reid, Paul & Alberta McCaleb

**Speaker: AM: Ronnie Hayes PM: Ronnie Hayes**

**Count Contribution for November**  
Nick Rouse, Shane Sanford, Shawn Sanford

## You're Invited

You are cordially invited to attend a  
Miscellaneous Bridal Tea  
honoring  
**Ashley Gail Crawford**  
Bride-elect of  
**Jesse Cline Smith**  
on Sunday, November 22, 2009  
from 2:00 to 4:00 in the afternoon

Fellowship Hall  
Registered: Target and Bed, Bath & Beyond

## Visitation Team Meeting

Visitation Team #3 will meet on Sunday after our AM worship. Team #3 includes: Gary & Doris Weaver, Leon & Jeanette Jackson, Shawn & Tracie Sanford, Shane & Lynn Sanford, Sandra Burford, Billy & Betty Cash, Judy Clendenin, Darin & Lisa Gilbert, Linda Godsey, Ron & Mary Hudson, Dusty & Heather Parker, Scott & Laura Robbins, Carla Tavel, Brian & Ivy Wolfe, and Gloria Wolfe.

## Bulletin Notice

Due to cut backs and Post Office changes the elders are looking at alternatives to mailing our *Visitor* each week. (Bulk mailing will no longer be available at local post offices's effective this month)

1. Bulletin could be handed out on Wednesday night
2. Sent Via email only
3. Obtained thru our web site

If you have a suggestion or comment please contact the office or the elders by November 16, 2009.

## Mark Your Calendar

Nov. 19 -- Thanksgiving Dinner  
Please see the sign up sheets (for the food and to attend) on the table in the foyer  
Dec. 12 -- Visit Rainbow Omega  
Dec. 13 -- Holiday Fellowship Meal  
Dec. 14 -- Prepare fruit baskets  
Dec. 15-- Deliver baskets/Singing  
Dec. 31 -- New Year's Eve Singing

**OUR RECORD**

**ATTENDANCE:** November 8, 2009  
**BIBLE CLASS:** 170  
**WORSHIP AM:** 203  
**WORSHIP PM** 162  
**CONTRIBUTION:** \$6,390.70

**Adamsville Church of Christ**  
 4207 Veterans Memorial Dr.  
 Adamsville, AL 35005  
 Return Service Requested



**Please worship with us at the following times:**

**SUNDAY**  
 Bible Class 9:30 AM Worship 10:30 AM  
 Worship 5:00 PM

**TUESDAY (September-May)**  
 Bible Class 10:00 AM

**WEDNESDAY**  
 Bible Class 7:00 PM

**EVANGELISTS** Cell Home  
 Ronnie Hayes 566-2171 648-4034  
 Minister  
 Chance Hicks 205-471-9422  
 Associate/Youth Minister

**(AREA CODE 205)**

Office 674-5659  
 Fax 674-5678  
 Line Up Line 674-4530  
 Emergency during service call 674-5654  
 E-Mail: [acofc@charterinternet.com](mailto:acofc@charterinternet.com)  
 Website: [www.acoc.org](http://www.acoc.org)

**SECRETARIES** Cell Home  
 Janice Key 908-3654 674-1619  
 Tracie Sanford 542-3109 648-1690  
 Ann Kilgore 368-6986 368-6986

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**DEACONS**  
 Bob Battles 960-4083 674-0011  
 Ray Bearden 601-2491 491-5245  
 Roland Crawford 288-5116 648-8301  
 Barry Hyche 568-6356 647-3629  
 Lewis Mobley 253-5070 798-0694  
 Jimmy Rivers 903-6476 491-0605  
 Nick Rouse 910-1903 648-0629  
 Shane Sanford 337-6266 648-4022  
 Shawn Sanford 441-0498 648-1690

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Visit our website: [www.acoc.org](http://www.acoc.org) or email us at [acofc@charterinternet.com](mailto:acofc@charterinternet.com)

**NOT AT THE TOP BUT STILL CLIMBING**

When we start out in life there are goals that we set;  
 Like climbing a mountain, much strife may be met.  
 So make this your motto and never forget –  
 We're not at the top but still climbing.

The way may be steep, these mountains, our goals;  
 And steps leading upward find pitfalls and holes.  
 So remember your purpose and don't lose controls,  
 We're not at the top but still climbing.

We may be discouraged somewhere on the way;  
 But we're nearer the top than we were yesterday.  
 Let's rejoice at our progress and sing as we say –  
 We're not at the top but still climbing.

And as we move forward toward goals that we make,  
 Where there are dangers, we can drive down a stake.  
 And move a few stones, while steps upward we take,  
 We're not at the top but still climbing.

We're blazing a trail for others, you see  
 Who'll be climbing a mountain, much like you and me.  
 If we mark all the pitfalls, their motto can be  
 We're not at the top but still climbing.

Grace Lowrey of Pleasant Valley  
 Via — *The Anchor*  
 Pleasant Valley Church of Christ  
 Mobile, Alabama