

I am Down and Hurting, What Can I Do? By David Spoule

Life is so hard—harder for some than for others. Sometimes there are “ups” and then we get hit with “downs.” When those “downs” come, what can we do? Better asked, “What should we do?”

In the Old Testament, the prophet Elijah experienced “ups” and “downs.” As a prophet of God, he did great miracles to point people to the power and the Word of God. Can you imagine any greater “up” than God sending ravens to feed you while there was a drought in the land (**1 Kgs. 17:1-7**), or providing endless food for a widow and her son (17:8-16), or raising the widow’s son from the dead (17:17-24), or calling down fire from heaven to consume a sacrifice (18:20-39)? We may wonder how such a man could ever experience any “downs” after having “ups” like these. But he did. Elijah got so down that “he prayed that he might die and said, ‘It is enough! Now, Lord, take my life!’” (19:4). Through the strength of the Lord, he journeyed forty days to a cave (19:8-9). When you’re down, isn’t that where you’d like to be? In a dark cave and by yourself? When the Lord called to him there, Elijah was depressed. “I alone am left; and they seek to take my life” (19:10). Even after God spoke to him and revealed Himself to him, Elijah again said, “I alone am left; and they seek to take my life” (19:14). Elijah was down and hurting. What could he do? Better yet, what should he do? The Lord did not tell Elijah to just stay in the cave. He did not tell Elijah to close off from others. The Lord did not tell Elijah to chide others for not coming to his side.

Look carefully at three things the Lord told Elijah to do: First, “go” (19:15). He did not tell him to “stay.” God told Elijah to come out of the cave and “go.” Are there any of us who need to hear that? Second, “return” (19:15). He did not just tell him to come out of the cave and go, but He told him to go back and retrace his steps. In retracing his steps, he would need to “do again” those good things that he had been doing before (cf. **Rev. 2:5**). Third, “anoint...anoint...anoint...” (19:15-16). In other words, the third thing that God told Elijah to do was “work.” And the “work” that He gave him to do was “work” for the good of “others.” Do any of us need to hear that? Life is hard. It has “ups” (which we like) and “downs” (which are sometimes devastating). What can we do? What should we do? Three things: (1) Get up and go. (2) Return to doing good things. (3) Work for the benefit of others. As we serve, God will strengthen us and help us to see others (19:18) whom we may help to have an “up” themselves.

Brushy church of Christ
774 Hwy 48 South
Centerville TN 37033



The Brushy Beacon “Abounding in the Word in 2026” March 22, 2026

9 a.m. Sunday Bible Class

Elders

Deacons

10 a.m. Sunday Morning Worship

Ricky Atkinson

Paul Johnston Terry Banks

6 p.m. Sunday Evening Worship

James Atkinson

Justin Atkinson Caleb Truett

7 p.m. Wednesday Bible Study

Tony Duncan

Kevin Johnston

The Sweetness of Friendship by Dan Petty

“Oil and perfume make the heart glad, and the sweetness of a friend comes from his earnest counsel” (**Proverbs 27:9**). Few of life’s blessings are sweeter than close friends. We share many things with good friends. Our children play and grow up together. We worship together. We laugh together and we also cry together. As friends, we have provided a helping hand when help was needed. We have shared each other’s disappointments and we have celebrated each other’s successes. Through the years, we have stayed close, in spite of sometimes being separated by great distance. Now that we are older, we cherish more than ever the times when we get to spend time with our friends. Old friends are the best friends. Friendship is based on honesty, trust, unselfishness, and loyalty. Friends know they can confide in one another. Our friends are those whom we know we can depend on. The sweetness of a friend who gives good counsel is compared to the way oil and perfume bring gladness to the heart. True friends always tell you the truth, even when the truth hurts. “Faithful are the wounds of a friend...” (**Prov. 27:6**). Friends help each other grow and become better in mind and character. “Iron sharpens iron, and one man sharpens another” (**Prov. 27:17**). Good friends tend to rub off on each other. This is why choosing your friends carefully is so important (**1 Cor. 15:33**). Young people should make friends with those who have strong moral and spiritual values, and whose influence will make you a better person. Friends help each other in other ways as well. Sometimes it’s just knowing that your friend is there to help you carry those loads that are especially heavy. “Two are better than one, because they have a good reward for their toil” (**Eccles. 4:9**). Friends always have your back. “A friend loves at all times, and a brother is born for adversity” (**Prov. 17:17**). Both friends and family are needed for support and encouragement, especially in hard times. In times of trouble, you know who your real friends are. They stand by you. “There is a friend who sticks closer than a brother” (**Prov. 18:24**). True friends “stick” with you through thick and thin. The same word is used to describe how Ruth “clung” to her mother-in-law Naomi (**Ruth 1:14**). The bond in such friendship is as strong as kinship. Friends like these are family. The sweetest, most enduring friendships are those where spiritual values are shared and embraced. Our best friends will always be those with a like precious faith. Our dear friends are especially dear to us because we are all part of God’s family. Jesus has called us his friends. “This is my commandment, that you love one another as I have loved you. Greater love has no one than this, that someone lay down his life for his friends. You are my friends if you do what I command you. No longer do I call you servants, for the servant does not know what his master is doing; but I have called you friends, for all that I have heard from my Father I have made known to you” (**John 15:12-15**).

Family News & Notes

Welcome We are so glad you are here and welcome you to a time of Bible teaching and worship. We hope you will come and worship with us again!

TEAM 3 Compassion Card Group You will need to sign cards TODAY. Please go to the Ladies Classroom following the morning worship service. It will not take you long. Please see Justin & Emily if you have questions. James, Kim, Tate Tammy & CJ Glenda David and Crystal Maelynn Keith and Nancy James & Helen

VBS Planning Meeting Today... following morning worship in the Ladies Classroom. There will be a list to sign up to teach or be a teacher assistant, organize kick-off, kick-off meal, skit director, props, & organize ice cream/cookie night. Many ways to participate in helping us have a successful VBS.

4th Sunday Singing Night Jackson Warren will be our speaker for Singing Night tonight. He is the son of Justin & Amber Warren and attends the Nunnelly church of Christ.

Tennessee Children's Home The TN Children's Home is having their Spring Food and Supply Drive. They are asking for nonperishable items and a \$25 donation to buy perishable items. The following is a list of items that are needed. The food truck from the Tennessee Children's Home will be here on March 26, 2026. Ravioli Cream of Chicken Soup Cooking Oil Bisquik Chunky Soup Canned Peaches, Pineapple, Oranges Instant Potatoes Velveeta Cheese Tea Bags Kool-Aid (canisters) Toilet Paper Bar Soap Plastic Wrap Men's Deodorant Laundry Detergent Garbage Bags (13 and 30 Gallon)

Flyers & Stamps are... on the table in the back of the auditorium. We would like for each member to invite 5 others to attend our Friends & Family Day on March 29. How wonderful it would be to fill our building. Also, please be preparing for the fellowship meal to follow the morning worship.

Egg Hunt on April 5 We are collecting prefilled eggs for our Easter Egg Hunt. There will be a box at the front entry of the auditorium. If you have any questions or would like to contribute money to purchase eggs see Crystal Brown or Kim Atkinson.

Brushy Fishing & Picnic We will be going to Bill McDonald's Lake on Beaverdam for some fishing fun on Sunday, April 26. We will eat at 5 P.M. and have our evening worship service at 6 P.M. at the Lake. You can come and fish anytime before 5 or after the evening worship service. There will be a menu for food closer to time.

2-Day Summer Series This year our Summer Series will be on May 2-3 with John Moore Speaking. The theme for the series is ***Faith Grounded in History***. Jonathan Moore is a practicing physician and archaeologist who lives and works in Somerset, Kentucky. He serves as adjunct faculty at Freed-Hardeman University and is a regular contributor to Apologetics Press, along with other scholarly and popular publications. Details to follow soon!

Pray for Those Sick Among Us...

Maeve McDonald, baby Daughter of Roger & Hanna, is in the hospital & very sick with cancer. **Louise Adams** is dealing with blood pressure issues but is feeling better. **Patsy Karkazus**, mother of Dean Nunes, has bulging disks and is in terrible pain. **Junior McCaleb** father of Anna Freeman, is dealing with health issues.

Continuing Prayer Requests

Dealing with Cancer - Glen Herrington, Mauve McDonald, Robin Walters, Hilda Atkinson
Special Requests - Miranda Smith, Judy Goodman, Annis Womack, Karen Bowen, Vera Woods, Paul Johnston, James & Helen Bryant, Bobby McFarlin, Al Batiz

Pray for Those in Nursing Homes

Fred Bowman (Murfreesboro); Jimmy Garner (Perry Co.); Carl Bryant (Life Care Cen't)

Ongoing Prayer Reminders

- All in the military and civil workers overseas and their families right.
- All those Preaching and teaching the Good News all over the world.
- Our Government Leaders – Local, State, and National (1 Timothy 2:1-2).
- Our Elders and Deacons who oversee, care for, serve, and feed us spiritually. (Heb. 13:7)

Upcoming Events

- *Today, March 22 ~ 5th Sunday Singing Night with Jackson Warren Speaking
- *Sunday, March 29 ~ Friends & Family Day with Donnie DeBord (Cindy & Crystal)
- *Sunday, April 26 ~ Fishing at Bill's with Aden Weber Speaking... More Details to Follow

For the Record

Sunday Morning Bible Class	46	Sunday Morning Worship	62
Sunday Evening Worship	39	Wednesday Evening	32
		Contribution	\$2259

You're Invited to...

Friends & Family Day

Sunday, March 29, 2026

with ***Donnie DeBord*** Speaking

9 A.M. Bible Class ~ ***"Where Did Our Blessings Go?"***

10 A.M. Morning Worship ~ ***"Rediscovering the Blessed Life"***

A Fellowship Meal following Morning Worship

1 P.M. Evening Worship ~ ***"Receiving God's Blessings"***

