

# *The Church of Christ @ Fremont*

3361 W. State Street, Fremont, OH 43420

*Sunday Bible Study*                      *10:00 am*

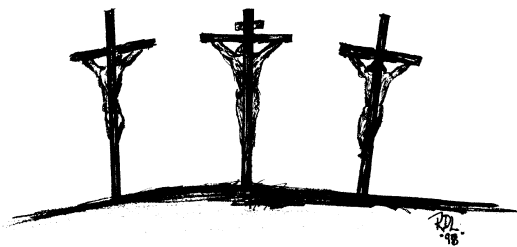
*Sunday Worship*                              *10:45 am*

*Wednesday Bible Study*                      *7:00 pm*

**Preachers:** Sean Rizor and Melvin Monroe

## **7 Things to Remember During the Lord's Supper**

1. One Lord – “There is one Lord” Eph. 4:5
2. Two thieves – “There were also two others, criminals, led with Him to be put to death.” Lk. 23:42
3. Three crosses – Lk. 23:39-43
4. Four parts of His garments – “Then the soldiers, when they had crucified Jesus, took His garments and made four parts, to each soldier, a part, and also the tunic.” Jn. 19:32
5. Five wounds – His back was scourged, head was crowned with thorns, hands and feet were pierced and side was cut opened. Jn. 19:1-2, 34; Psalm 22:16
6. Six hours of agony – He was crucified on the 3<sup>rd</sup> hour and died in the 9<sup>th</sup> hour Mk. 15:25-37
7. Seven statements spoke by Christ – Matt. 27:46; Lk. 23:34, 43-46; Jn. 19:26-30



***Therefore, putting away lying, “Let each one of you speak truth with his neighbor,” for we are members of one another. “Be angry, and do not sin”: do not let the sun go down on your wrath, nor give place to the devil. Let him who stole steal no longer, but rather let him labor, working with his hands what is good, that he may have something to give him who has need. Let no corrupt word proceed out of your mouth, but what is good for necessary edification, that it may impart grace to the hearers. And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption.***  
**Ephesians 4:25-30**

May 10, 2026

Songs: Melvin Monroe

Lord's Supper: Melvin Monroe

Speaker: Sean Rizor

Wednesday Bible Study

Invitation: Chris Frantz

### **Birthdays:**

01 Stacy Appelhans

15 Debbie Hall

### **Prayer List:**

Gen Stanley      Jean Adkins

Nora Wiseman    Mack Stanley

Tina Smith        Heidi Holub

### **What Must I do to be Saved?**

Learn the Truth (hear) - Jn. 8:32, 17:17; Rom 10:17

Believe in Christ – Jn. 8:24, 20:31; Heb 11:6

Repent of all sins – Lk. 13:3; Acts 17:30; Rom 2:4

Confession of Faith – Acts 17:30; Rom 10:10

Baptism – Act 2:38, 22:16

Live Faithfully – Rev 2:10

## PUT ON KINDNESS AND FORGIVENESS

Heath Rogers

*“Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice. And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you”  
(Eph. 4:31-32).*

As Paul concludes his discussion of putting off the old man and putting on the new man, he gives a list of six specific vices that are to be replaced with three God-like virtues.

Bitterness is unresolved anger that poisons the heart, harboring hatred towards others about the past. It is a spirit of resentment that refuses reconciliation, doing nothing to initiate the restoration of relationships.

Wrath is when our anger builds up and boils over, exploding in rage. Anger is from the same Greek word that was used in verse 26 - “Be angry, and do not sin.” Here it suggests a feeling of gnawing hostility towards others, ready to break out in harmful words or actions. Clamor is an outward manifestation of anger, such as noisy contentions or loud quarrelling. Slander is speech that is abusive towards the objects of our anger. Translated from *blasphemia*, it is blasphemy against the good name of a person one hates. Malice is a summary type of term in this list. It would be any speech or action of contempt that intends to harm others.

These sins are a natural (worldly) reaction to those who have harmed us or pose a threat to our pride. Such sins have no place in the life of one who is renewing the spirit of their mind after Christ and patterning themselves after God’s righteousness and holiness (vs. 23-24). Paul admonishes us to put away all of them. We must repent, thoroughly sweeping our hearts of these poisonous vices. In the place of these harmful sins, Paul prescribes three helpful virtues.

“Be kind to one another.” “Kind” is translated from *chrestos*, describing one who is good, gentle and benevolent – in spite of what is done against them. This kindness is not to be reserved for those who are kind to us first. It must be shown to everyone (Matt. 6:44-47; Luke 27-36).

“Tenderhearted” means being understanding, sympathetic, and compassionate.

“Forgiving one another.” In other places, our future forgiveness from God is given as a motivation to be forgiving to others (Matt. 6:14-15; 18:35; James 2:13). Here, Paul uses God’s willingness to forgive our past sins as our motivation to be forgiving to others.

Hatred and harm for brethren have no place in the heart, thoughts, speech, and life of a Christian. This characterized the old man we buried in the grave of baptism. As we renew the spirit of our mind, we will understand the imperative to put on kindness and forgiveness.