

A Nutrition Label on Your Bible?

By: David Sproule

The Food and Drug Administration requires labels on food packages to indicate the % Daily Value of that food item to the FDA's recommendation of 2,000 calories a day. It doesn't matter, in essence, who picks up that package of food. It is going to recommend 2,000 calories. Yet, even the FDA realizes that the caloric needs of each individual person varies.

Every person is different. A person's age, gender, height, weight, metabolism and activity level all affect how much food and how many calories are needed. There is not a "one size fits all" number that can be applied to every individual. These factors (and others) must be taken into consideration.

The same is true when it comes to spiritual nutrition. There is not a "one size fits all" Bible intake schedule that works equally for every single person. Some Christians read nine chapters of the New Testament every day, so that they can read through the New Testament once every month. That's a great practice, but not every Christian can handle that. Many Christians read about three chapters of the Bible every day, so that they can read through the entire Bible in a year. Again, that's a wonderful practice, but it does not necessarily fit every Christian. Other reading plans can take a person through the Bible over a period of three years, or can take a person through the New Testament in a year by reading one chapter per day, or can help a person read the Old Testament once and the

New Testament three times in a year. So many reading plans are available, which is a good thing.

The most important thing that a Christian can do is to take in as many Biblical calories as they can handle each day. Bible reading is not a speed-reading contest, but it is just as (and actually more) critical than one's physical food intake each day. Jesus said, "Man shall not live by bread alone, but by every word that proceeds from the mouth of God" (Matt. 4:4). How many meals do you eat each day? How many snacks do you have? How many cups of coffee or bottles of water? Compare that with how many verses of the Bible (God's spiritual food, Heb. 5:12-13) you take in each day. If your physical body could not survive without an average of 2,000 physical calories per day, how many Biblical calories does your soul need to remain healthy and alive?

May I encourage you to find what works for you. Find the best time of day and the best location for you. Then, find the best reading regimen for you. Read thoughtfully at least a few verses every day. Meditate on them. Pray through them. Then, like a physical appetite, increase your reading a little more to stretch and grow your faith. That's God's daily recommendation (Rom. 10:17; 2 Tim. 2:15; Psa. 119:105; 1 Pet. 2:2).

I Wish I Could Start All Over

By: Selected

With the coming of a new year, my mind is taken back to a poem I memorized when I was twelve years old. I have searched and cannot find who wrote it in one of its several versions, but it is one which has had a profound impact on my life. I hope it will have the same impact on yours!

There are two verses, very similar, and this makes it easier to recall.

*"I came to my teacher with quivering lips,
my task undone.
Teacher, hast thou another sheet for me; I
have soiled this one?
He took the old sheet, stained and blotted,
and gave me a new one clean and
unspotted;
And smiled and said, Do better this time,
my child."*

The name of the teacher in my life doesn't matter (it was A. J. Rollins at Athens Bible School), but his life was devoted to helping every child grow. I can never forget him, for he lived this poem in the way he dealt with me.

There is a new year lying before us, and what a great time to reflect about taking the past year, in which we made so many mistakes and blunders, and letting them be buried as we turn to a new year with a determination to do better this time, my child.

If that first verse was a blessing to you because of an unnamed teacher in your life, the second verse will help you.

"I came to my Father with quivering lips,

*my life undone.
Father, hast thou another life for me; I
have soiled this one?
He took my old life, stained and blotted,
and gave me a new one, clean and
unspotted;
And smiled and said, Do better with this
one, my child."*

Far too many Christians limit God's grace and live a life characterized by depression. They will not forgive themselves for the past and conclude that they "are not worthy to receive grace." They are so ashamed of how little good they have done and feel like God should reject them. "Father, I have soiled my life, and I wish that I had not made such a mess." God waits, ready to take us and our past. He waits, ready to gladly take us with our stained and blotted past and give us a new one.

The rabbis may have set the limit of forgiveness at three, but Peter took that number, doubled it and added one for good measure. Peter's number was seven. Jesus said not just seven, but seven times in one day ([Luke 17:4](#)). Jesus then multiplied that number by seventy!

It's a new year. It's time for a new life! Come humbly before Him! He has a new, unspotted life ready for you!



Upcoming Events

Sat. Jan. 17, 2026: Midtown will host Ladies Day with speaker Erin Tanner. Registration begins at 8:30am.

February 20-22, 2026: Midtown’s Youth Winter Retreat at Peach Valley AIM Camp for 6th –12th grade. Flyers and schedule are in the foyer. It is also available on our website under Files.

Area events:

Area events/details are posted on the bulletin board in the hallway. Please check them out.

Prayer List

Prayer Requests:

Summer Siegel who had surgery in Houston last week and is recovering at home.

Jerri Rosales who went to the hospital for shoulder pain.

Members

Jeff Cannady and Veronica Serenil.

Read the Bible in a year with us!

The January Bible Reading Schedule can be found on the table in the foyer, on our Lightpost app under files, or on our website under files.

Volunteers Needed

The Sign up sheets for ways to serve for 2026 are on the bulletin board in the hallway. Please sign up.

Service Roster

Week of January 11, 2026

Sunday Morning

Scripture Reading.....Caleb Lehtinen
Song Leader Jeff Cannady

Opening Prayer..... Bryant Siegel
Closing Prayer.....Bryce Dolan

Lord’s Supper & Offering

Bread..... Jake Jacobs
Cup..... Barry Lehtinen
Offering..... Ron White
Assist..... Blake Jacobs
Assist..... Luke FitzSimmons
Assist.....Jack Jobes

Sunday Evening

Song Leader Kirk FitzSimmons

Opening Prayer..... Ron White
Closing Prayer..... Steve Randle

Lord’s Supper & Offering.....Clifton Rutherford/
Bryce Dolan

Wednesday Evening

Adult ClassCody McCoy
Song LeaderJack Jobes
Devotional Lupe Escojido

Other

Prepare Communion for Jan.....Ferman Rosales

Congregational News This Week

Birthdays

Richard Hill.....Jan. 11
Rick Bass.....Jan. 15

If you have any prayer requests, upcoming events to be announced, or updates/corrections please contact our secretary, Nina Siegel, at (361) 573-0030 or email office.midtownchurch@gmail.com

Our Elders

Mark FitzSimmons
Ron White

Our Deacons

James Cammock—Evangelism
Lupe Escojido— Benevolence
Doug Jobes—Safety, Men's Encouragement &
Winter Youth Retreat
Kevin Sheeran—Worship Organization and
Communication
Bryant Siegel—Education and Finance

Our Minister

Cody McCoy

Weekly Reading

Arise, shine; For your light has come! And the
glory of the Lord is risen upon you.
Isaiah 60:1

Service Times

Sunday Morning Bible Class.....9:00 A.M.
Sunday Morning Worship.....10:00 A.M.
Sunday Evening Worship.....5:00 P.M.
Wednesday Bible Class.....7:00 P.M.

Attendance Records

Week of January 4, 2026

A.M. Bible Class.....80
A.M. Worship.....100
P.M. Worship.....54
Wednesday Worship.....63

*Financial information is located on the bulletin
board in the hallway.*

Supported Works

Southwest School of Bible Studies

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midtowncoc.org

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