midtown MESSENGER

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Avoid This Diet—It Will Kill You!

By: Dan Jenkins

Our nation is obsessed with dieting. Have you heard of Weight Watchers? Atkins? Mediterranean? Keto? Vegan? Gluten-Free? Nordic? Mayo Clinic? Jenny Craig? Nutrisystem? SlimFast? Grapefruit? Cabbage Soup? Military? Egg? Smoothie? Low-Carb? South Beach? Blood Type? Cookie? Subway? Low-Sodium? etc., etc.?

Just be aware that there is another diet that ensures every goal will be reached—every time. That's good news, but there is another "diet" that fails and is always fatal. Every person who has followed it has died. Keep reading.

It is remarkable how often the Bible mentions eating. It begins in the Garden of Eden, and after the flood there was prohibition of eating blood. At Mount Sinai, God forbade the Jews from eating any animal which died in unusual ways and then there was the restriction of eating any unclean animals. All of those restrictions were for the children of Israel, for after Pentecost, the distinction between clean and unclean animals ended.

There is nothing wrong with following any of the diets in the list we mentioned, but there is definitely a spiritual diet God wants us to follow. In reply to Satan's first temptation, Jesus said than man was not live by bread alone, "...but by every word that proceeds from the mouth of the Lord" (Matt. 4:4). One's spiritual life is determined by whether one feasts on every word which God has given. There is no restriction and this diet ensures that anyone who lives by what God has said will live eternally. You will not find that promise with any earthly diet.

We are born into the family of God, and spiritual growth begins by feasting on the simple principles of living given by God. As we are spiritual, we can then partake of deeper truths. Far too many Christians fail to change from the "milk" of the word to the "solid food" of eternal truths (cf. Heb. 5:12-14). That "milk" of the word is described as knowing what God says about "...repentance... faith...baptisms...laying on of hands...resurrection of the dead and of eternal judgment" (Heb. 6:1-2). If you have been a Christian for many years and are still feasting on these fundamental truths, God has a strong admonition He gives to you and His expectation of your greater growth in Hebrews 5:12-14. Read those verses and think about this!

Now the fatal "diet" many follow is to never become one who seeks to find what God says, but their life consists of living totally in a secular world (which is what Jesus calls, "living on bread alone"). God is concerned about what you eat—are you?

What Do I Do with This Kid?

By: Selected

When a parent first becomes a parent, it can be a bit overwhelming. They immediately start thinking, "What do I do with this kid?" For some, the internet has become a parent's best friend, and maybe ChatGPT has become their co-parent. Is that really the best source?

Then, that kid starts growing up. They start walking, talking and running the house. A parent sometimes looks around and thinks, "What do I do with this kid?" So they ask other parents at school or at the ballgames what they are doing. But is there some other source that they could tap?

Then, here it comes, that kid becomes a teenager. Watch out! If that 4-year-old was running the house before, guess what's happening now! A frazzled parent continues to wonder, "What do I do with this kid?" They think back to what their parents did and what they saw other parents of teens do. Could there be a go-to regimen that could work for all parents of all kids of all ages?

Whatever age your kid is, let me give you four easy things that every parent can do. These are tried and true efforts that faithful Christian parents have utilized for years. It does not guarantee absolute perfection or an easy path every time, but it's built on a firm foundation that won't change.

#1: Pray. Talk to God every day ABOUT your child! Talk to God every day WITH your child! Do you want wisdom? Ask Him for it (Jas. 1:5). Do you want strength? Ask Him for it (Psa. 86:15-16). Don't know what to ask? Talk to Him (1 Pet. 5:7). Let Him "direct your paths" (Prov. 3:6).

#2: Read. Put your phone down and pick up your Bible. Read it yourself every day, in eyeshot of your kids. And, then read it every day with your child! Does your child need greater faith (Rom. 10:17)? Read. Does your child need a deeper love for Jesus (2 Cor. 3:18)? Read.

#3: Put the church at the center. I'm not just saying that as a preacher but as a dad! Do you want your kids to care about God? Do you want your kids to go to heaven? GET THEM IN CHURCH EVERY TIME THE DOORS ARE OPEN! And at EVERY church event! I cannot say that strong enough! Make it "first" (Matt. 6:33)—truly first! That makes a difference!

#4: Serve others. Children need to be raised to look for and recognize "the interests of others" and not just their "own" (Phil. 2:4). Help them to see that there is greatness in serving others (Matt. 23:11), whenever the opportunity is there (Gal. 6:9-10). It forces them to look beyond themselves.

What do I do with this kid? Build intentional, unmovable fixtures into your daily lives that mold them into the image of Jesus. You cannot start too young! Start today!



Upcoming Events

Learn new songs on Sundays from 4pm-4:35pm in the fellowship hall with Randy D'Herde.

Oct. 27: Evening Ladies Bible Study at 7pm at the home of Mandi D'Herde.

Nov. 7-8: Dr. Branyan May, Director of WVBS and Doctor of Astrophysics will be our fall meeting speaker. On Nov. 7th he will have a telescope to show us some of his expertise. More details to come.

Nov. 8- This will be the Sunday for our monthly potluck luncheon for November. Please bring a covered dish/dessert to share. We will also have a 12:45pm afternoon service to follow.

Area events:

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

Prayer List

Prayer Requests:

Veronica Serenil who is awaiting test results on biopsy results, tests and scans done last week.

Sandra Horton who had a procedure Oct. 12th. She had a blockage in her leg.

Angie Hutt who is ill.

Tuesday Morning Ladies Bible Class

The Tuesday Morning Ladies Bible Class meets at 10am here in the fellowship hall. They are studying "Women of the Bible."

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

Service Roster

Week of October 18, 2026

Sunday Morning
Scripture Reading.....James Cammock
Song Leader ..... Randy D'Herde

Opening Prayer.....Ron White
Closing Prayer..... Doug Jobes

Lord's Supper & Offering
Bread..... Benny Horton
Cup.....Jake Jacobs
Offering.....Barry Lehtinen
Assist.....Kanin Jacobs
Assist..... Blake Jacobs
Assist.....Caleb Lehtinen

Sunday Evening
Song Leader ..... Doug Jobes

Opening Prayer.....Bryant Siegel
Closing Prayer..... Billy York

Lord's Supper & Offering.....Benny Horton/ Jake Jacobs

Wednesday Evening
Adult Class.....Cody McCoy
Song Leader ..... Doug Jobes
Devotional..... Genesis Williams

Other
Prepare Communion for Oct.....Bass

Congregational News This Week

Birthdays
Mickey DeDear.....Oct. 19
Corinne Flonnory.....Oct. 20
Pam Stryker.....Oct. 22
Maya McCoy.....Oct. 22
Desmon Flonnory.....Oct. 24
Mary Jo White.....Oct. 24

Anniversaries
Zain & Kendall Terry.....Oct. 21

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
Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth!
Psalm 46:10 NKJV

midtown
CHURCH OF CHRIST

5901 N. Main
Victoria, TX 77904
361-573-0030

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 October 11, 2026

A.M. Bible Class.....65
A.M. Worship.....91
P.M. Worship.....65
Wednesday Worship.....68

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

Supported Works
Southwest School of Bible Studies - Trey Jenkins & Daniel Owens, Joshua Holloway
Home of Recovery and Restoration
India Mission Works
The Manna Project https://mannafarm.org/

midtowncoc.org

Weekly Communication! To receive the *Midtown Messenger* and other congregational news to your inbox each week, please email events.midtowncoc@gmail.com.