

# The Brighton Light

BRIGHTON ARP CHURCH

P.O. Box 28

Brighton, Tennessee 38011

Web site address - [www.brightonarpchurch.org](http://www.brightonarpchurch.org)

E-mail address - [baarp@brightonarpchurch.org](mailto:baarp@brightonarpchurch.org)

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## A Healthy and Happy New Year

Can you believe 2018 is already here? People like to make all sorts of resolutions when the new year arrives. Some people like to commit themselves to being healthier. They might start a diet or join a gym. Those are all good things, but the concern of this article is spiritual health. The Apostle Paul sometimes uses a word for “healthy” to describe teaching which is sound and healthy (see 1 Timothy 1:10; 2 Timothy 1:13; Titus 1:9). What sorts of things can you commit to do in 2018 that will be good for your spiritual health?

The simple answer to this is to spend time in prayer and God’s word. Yet, that answer may be too simple. Not all prayer is good prayer (see Luke 18:11-12) and not all study of the Bible is good (see John 5:39-40). To help in the matter of the study of the Scriptures, there are a few recommendations I would like to make.

The first recommendation concerns reading through the Bible. When the new year approaches, some Christians commit themselves to reading through the Bible in a year. There are many good Bible reading programs out there, but there is one particularly good one I would like to recommend. The 19<sup>th</sup> century Scottish preacher Robert Murray M’Cheyne prepared a reading plan for his congregation, many of whom he was concerned had never read through the entire Bible. His plan goes through the Old Testament once and the New Testament and the Psalms twice each year. While it is not necessary to read through an important book in a relatively short period of time, many have found such a disciplined approach profitable. M’Cheyne’s plan may be found here (or ask your pastor for a copy): <http://www.mcheyne.info/calendar.pdf>

Another way to digest sound doctrine is through the reading of daily devotions. Finding devotional material is not difficult; finding quality devotional material is a different matter. As with all matters concerning the faith, we need to be discerning.

One quality resource for devotions is *Table Talk* magazine. This is a monthly magazine published by Ligonier Ministries ([www.ligonier.org](http://www.ligonier.org)), the ministry founded by R.C Sproul, who recently passed away. The devotions are written from a reformed/Presbyterian perspective. While a yearly subscription to the magazine costs \$23, much of the material can be accessed through the Ligonier website. Also, if you have a smart device, you can download the Ligonier app and access the devotion and lots of other material for free.

Some other recommendations: *Come Ye Apart* by J.R. Miller was first published in 1887 and focuses on the life of Christ in the Gospels. *365 Days with Calvin* (edited by Joel Beeke), takes a different passage of Scripture each day and combines it with comments by John Calvin, along with a meditation/application section written by the editor. Lastly, this past summer I received as a gift from a pastor friend: a devotional book entitled *Voices from the Past*. I cannot recommend this resource highly enough. It contains daily writings from various Puritans. The devotions are rich and challenging, and the teachings on Scripture will help you to grow in the knowledge of Christ as you delved into them daily. I believe that a second volume of this devotion has been published in the last few months.

Different people are going to find different resources to be more to their liking, but the

important thing is to make sure we are spending consistent time in prayer and God's word over the coming year. Hopefully these few suggestions will be helpful, and may you all grow in your devotion to the Lord Jesus Christ in the coming year.

## Prayer List:

Bennett, Mary F - Shut in  
Billings, Richard - (Denise's Dad) Cancer  
Boswell, Charles - Cancer  
Boswell, Mike - Health issues  
Bryant, Ty - Heart  
Rochell, Bobby - Cancer  
Goulder, Martha Jean - Shut In  
Hopper, Claude - Shut in  
McCain, Pat - Health Issues

McCain, Ken - Health Issues  
McCain, Kenny - Health Issues  
Bridges, Lucille - Health Issues  
Pugh, Kaleb - (Laura Kiphart's grandson)  
Trotter, June - Shut in  
Williams, Sandy - (Huffman family) Cancer  
Wilson, Glenda - Bone Cancer  
Winford, Sherry - Health issues  
Yarbro, Ina - Health issues

Rivercity Reformed Presbyterian Church - Church plant in Little Rock Arkansas

### **Military**

Donahoo, Tim  
Dooley, Rod

Starnes, Austin  
Heathman, Matthew

Hill, Debra  
Young III, Robert "Trip"

Billings, Tyler

### **Missionaries**

Coad, Jim & Gala

Rebekah Carson

Brunson, Andrew

## **JANUARY BIRTHDAYS**

1 Beth Crum	17 Phillip Trotter
2 Linda Clarke	18 Adyson Joy Brubaker
3 Mary Pannell	Jeremy Bridges
7 Carol Templeton	19 Johnny Yarbro
Pat McCain	24 Edith Hanks
10 Rachel Young	Linda Bridges
12 Kinney Bridges	26 John Hugues
13 Chelsea Larson	28 London Hill
15 Grace Phillips	31 John Carlyle Ruffin
16 Jeremy Herring	
Martha Jean Goulder	

### **WEDDING ANNIVERSARIES**

*January 8<sup>th</sup> Mr. and Mrs. Nick Goulder*

### **NURSERY ATTENDANTS**

January 7 Helen Woods  
January 14 Leslie Alsbrook  
January 21 Denise Moore  
January 28 Molly Huffman

# January Menu

Jan. 10 Meat, Gravy & Mashed potatoes  
Jan. 17 Spaghetti  
Jan. 24 Family Night - Mexican Dish  
Jan. 31 Mac N Cheese, Chicken Strips

Cost: \$3.00 person  
\$10.00 Family

## Upcoming Events

**PLEASE NOTE:** If you have any ideas or suggestions for the church website, please contact Chris Gravley, webmaster, at 901-674-3851 or e-mail at [chris\\_gravley@bellsouth.net](mailto:chris_gravley@bellsouth.net).

**THE DEACON OF THE MONTH** is Verlie Wells. If you have any requests for the deacons, please contact Verlie at 901-603-6509.

**PLEASE NOTE** If anyone is sick, in need of prayer or a visit, please contact Milton Murphy 901-476-2808.

**PLEASE NOTE:** The women of Richland ARP Church would like to invite the ladies of our church to join them for a Revitalize Women's Conference on January 26<sup>th</sup> and 27<sup>th</sup>. The speaker will be Carole Brewer. She is a singer/song-writer, national conference speaker and host of the BibleChicks.com broadcast. The cost is \$25 per person and includes all meals and materials. If you have questions you can contact Susan Cavin. There are Registration slips in the church office or you can register online at [www.Richlandarp.org](http://www.Richlandarp.org).

**PLEASE REMEMBER:** The Sunday Night Bible Study at 6 p.m.

**PLEASE NOTE:** There will be a communicant's class starting up in January during the Sunday School hour. If you are interested in having your child participate, please let the pastor or a Session member know.

**PLEASE NOTE:** It's Church yearbook time! Please inform the church office of any changes, corrections or additions that need to be made.