

## How's your Diet going?

Johnny Cash wrote a song called bad news: *well bad news travels like wildfire and good news travels slow... they call me wildfire, cuz everybody knows I am bad news.*

Recently, most of us have been feeding at the buffet of bad news.

Constant bad news! Technology has not made it any easier to stop consuming such news, since an overload of information is available 24/7 at our fingertips.

In addition to that any moron can say anything they want and if it is on the internet it must be true... right?? I wonder... have you taken time to consider the cost of this steady diet?

In discussing the consequences of bad news, Forbes magazine featured an article saying, *“Bad news increases the risk for mental illness like anxiety and depression, will shorten your life causes you to become weaker in general and unable to fight off minor illnesses”*

These consequences cause a domino effect that eventually shifts the balances of your brain and body chemistry in negative ways.

Just as your body needs fresh water, our soul needs good news. God's Word tells us this over and over.

Proverbs 15:30 Good news refreshes the bones.

Proverbs 25:25 Like cold water to a thirsty soul, so is good news.

Practically we see this in everyday life. When there is good news, the stock market reacts positively and is up. Bad news and it suffers and is down. Our bodies and souls react in the same way.

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Check out our website...

[MtPleasant.Church](http://MtPleasant.Church)

*Letter from Pastor Chris Continued*

So... let me make a suggestion... We need to limit our intake of bad news and increase our intake of good news. Where do we find this good news? You probably don't have to use grub hub to get it. In fact, I bet there is a Bible laying around your house. If not download the Bible App. Begin looking in the book of Luke, and there you will find an endless supply of good news.

The gospel... It means good news. The message of God's love, grace, mercy, forgiveness and salvation. Sharing this good news was the heart of Jesus' ministry and it is a heart healthy diet for us still today... try it out... taste and see.

In Christ,

*Pastor Chris*

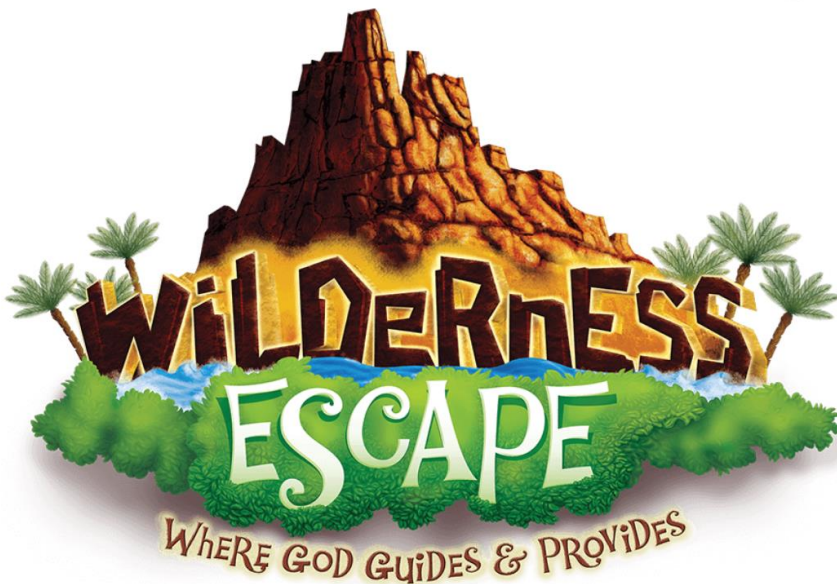
If you still do not have the MTP Church App, download it TODAY!

Watch Sermons | Watch Devotionals | Keep up with Events





**Kids, teachers and parents, I can't tell you how much I miss you all. I can't wait to get back to church with all of you. You all will never know how much you mean to me. We are going to have such a celebration when we all get back to church. I pray for each of you everyday and I hope you have enjoyed doing the activities posted on Facebook as well as continuing your walk with God each day. God Bless you and remember Jesus loves you and so do I.**



**VBS 2020  
July 19-23  
Finale July 26**

**You can register your kids at:  
<https://www.mtleasant.church/mtp-kids/>**

## Dearest mtp students-

I'm sorry that this year hasn't turned out the way you'd hoped and dreamed it would over the year. You are probably grieving many losses right now. Maybe COVID-19 has put someone you love in the hospital. Maybe your parents' jobs have been affected. Your spring sport or musical was cancelled. Your end of year events—poof, gone. Your school's graduation or your end of the year party has been postponed. You miss your friends. You miss the freedom. You miss youth group. You miss hugs and high fives, and it all causes a great deal of uncertainty. Some days may be easier than others for you to stay positive, keep the faith, and other days, you might wrestle with disappointment, doubt, grief, anxiety, fear, or depression.

**Did you know that Jesus' disciples experienced many of these same emotions that you are facing right now? Yes, you are living in an unprecedented time in history. And, yet, you are not alone in the struggle.**

Even though Jesus told them many times in many ways, Jesus' disciples got the wind knocked out of them, too, when He was arrested, crucified, and buried. They rode the roller coaster, too. Their best friend was taken from them. They were living in the in-between like you are now.

So, our hope is that in the midst of the isolation, each day as you read the Bible let Jesus **refine** your thinking as you journal. Let this time propel you to **reach** out and apply what you've read--in your own life.

May your faith rise up, students. May hope abound. May you seize this opportunity to be transformed by the Holy Spirit into a treasure that declares the glory of God to your neighbors and to the nations!

We are in this together.

**MAY YOU SEIZE  
this opportunity  
TO BE TRANSFORMED  
by the holy spirit into  
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OF GOD TO YOUR NEIGHBORS  
and to the nations!**



## MT. PLEASANT CHURCH

6516 OLD GREENSBORO ROAD  
THOMASVILLE, NC 27360  
MTPLEASANT.CHURCH

### Worship Opportunities

Sunday – 8:30am, 9:45am, 11am  
Small Groups – 8:45am, 9:45am, 11am

### Staff

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8:00 AM – 2:00 PM

## OUR MISSION

*To Boldly Share the Unfailing Love  
of Jesus*

## OUR VISION

*To Turn Our Community Upside  
Down for Jesus Christ*

## OUR VALUES

*Authority of Scripture*

*Authentic Relationships*

*Obedient Surrender*

*Expectant Hearts*

- 
- May 1 – Sarah Finch
  - May 2 – Lillie Sink
  - May 3 – Darwin Parks
  - May 4 – Leah Fleming
  - May 6 – Rusty Cagle
  - May 8 – Brandy Gardner
  - May 9 – Kevin Clark, Jake Fleming
  - May 10 – Robert Grubbs, Austin Knolmayer
  - May 11 – Randy Cecil
  - May 12 – Beth Craver
  - May 15 – Anne Edwards
  - May 16 – Melissa Baity
  - May 17 – Chloe Everhart, Jon Sloan
  - May 18 – Doug Aderhold, Cindy Buckner, Riley Green,  
Chip Jordan, Diana Payne, Phil Sloan, David Walser
  - May 19 – Orin Terry
  - May 20 – Don Davis
  - May 22 – Malinda Cagle, Devin James, Janis Wade
  - May 23 – Josh Hall, Donald Kennedy, Ellie Binkley
  - May 26 – Gregory Johnson
  - May 27 – Adam Buckner, Catherine Mendenhall, Nathan Parks
  - May 29 – Amanda Clontz, Eli Fleming, Shane Plott
  - May 31 – Sarah Penry