

"...having the eyes of your heart enlightened..." Ephesians 1:18

New Quarter Begins Today

Welcome Visitors!

You are our honored guests and we are pleased that you have chosen to visit us today. Our goal is to do everything according to God's word, including respecting its silence. This is a church of Christ; we are not a denomination, not part of anything larger than this local church and we have no earthly "headquarters." The five elders oversee this work and, ultimately, we answer only to Christ. The comments you hear today are primarily aimed at our own members, as we examine Scripture and seek to be built up in our faith in Christ. If you don't understand something, please do not hesitate to ask one of the elders. We welcome and appreciate your comments and questions on any issue and especially if you see or hear anything that you feel does not correspond to God's word. We are here to serve; please help us do that.

Please fill out a visitor's card and put it in the collection plate. Thank You

Schedule

The Lord's Day

9:30 AM – Classes

Auditorium: The Gospel

13/14: Jesus in the Gospel of John

10:30 AM – Assembly

Speaking today: David Posey

"Eternal Life"

2 PM Class at the Building

Room 13/14

Minor Prophets

5 PM (building)

Proverbs

Weekly Young Adults Class

Class at Posey's: 5 PM

Tuesday AM Class

10 AM at the Building

Wednesday, 7 PM

Auditorium: The Gospel

13/14: Jesus in the Gospel of John

Men's Saturday Morning Meeting

7 AM, second Saturday of the month (see Tyler Wade)

Information

Website & Online Presence

Visit our website at www.folsomchurch.com for updates and material on current and past classes, and recorded sermons and classes. You will also find a directory of churches on page one. If you are a member of the church here at Folsom, see one of the deacons or elders to inquire about access to the password - protected members section. Find us on Facebook at <https://www.facebook.com/folsomchurch>

Children's Classes

We have classes for children from 18 months and up. Please see the map in the hallway or ask any of the members which room is appropriate for you and/or your child. There are several Bible studies in progress on Sunday afternoon and evening. Check with David Posey if you have questions.

Restrooms

There are two sets of restrooms: one off the first hallway to the right of the lobby and another at the end of the first hallway to the left. Ask anyone and they'll be happy to point you in the right direction.

For Small Children

There is a special room for nursing mothers and a separate "cry room" at the rear of the auditorium. You enter them from the first hallway to the right, across from the restrooms.

View & Junior View

Be sure to pick up a copy of the View and Junior View; both are sent out weekly to our member list and hard copies are printed on Sundays and available in the foyer.

Perfection Anxiety

BY DAVID POSEY

Zach McGinnis spoke on anxiety (worry) a few weeks ago and I know the lessons were well-received, for good reason. Anxiety is a common problem so the topic is instantly relatable. I commend those lessons to you (you can find them at folsomchurch.com). I would like to add my two cents to the topic, if you don't mind.

First, I want to make clear what I am *not* talking about. I am not discussing any form of anxiety or depression that can be diagnosed by a medical doctor or therapist. So I am not talking about what we might call *clinical* anxiety.

I *am* talking about that kind of anxiety that plagues **most** people some of the time, **some** people some of the time — and a **few** people all of the time. Many faithful Christians suffer or have suffered from this. I call it “perfection” anxiety.

Perfectionism is an enemy of joy and is particularly vexing for those who desire, with all their heart, to please God. These people know that they are not perfect and they know — intellectually — that sinless perfection is required to get to heaven. But emotionally, they grieve over their lack of perfect performance.

I understand completely, because I'm one of those. I used to worry that I didn't *know* enough or, more generally, I wasn't *good* enough. I think I've gotten past that (only Jesus was ever “good enough”). But I still struggle with feeling that I don't do enough.

Part of me understands that this comes with the territory of being a preacher and an elder in a church our size. There is always something to do; something to study; someone to send a card to; someone to visit; someone to invite over; someone to teach; someone who has a problem that I need to help them with. But I also realize that that feeling can come from a place of arrogance, thinking “I'm the only one who can do this.”

I readily admit that I don't do everything that I feel I should be doing. James 4:17 becomes a knife in the heart, especially when read out of context. That's the verse that says, “whoever knows the right thing to do and fails to do it, for him it is sin.” I know that verse is not a general maxim (read 4:13-17 to get the context), but still, it sounds like a proverb that ought to make us think. And then there's Jesus' “be perfect like your heavenly Father is perfect...”

The point is that I, and many others, suffer from bouts of perfection anxiety. For me, nowadays, the bouts are rare. But for some, perfection anxiety is constant — and miserable. People have quit attending churches for less.

Is there help? Maybe. First, you have to identify the problem. Here are some common symptoms:

1. Do you have trouble meeting your own standards?

2. Do you often feel frustrated, depressed, anxious, or angry while trying to meet your standards?
3. Have you been told your standards are too high or that you are too “up tight”?
4. Do you find yourself unfairly judging others because they don't measure up to your standards?
5. Do your standards make it difficult for you to meet deadlines, finish a task, trust others, relax, or do anything spontaneously?

If you answer any of these statements with a “yes,” you may have perfection anxiety. It has certain characteristics:

- You feel caught in the cross-fire of “just do it” and “do it perfectly.” It's a conundrum.
- You have an irrational fear of failure and embarrassment.
- You view life in polarities of “all or nothing,” “excellent or

terrible,” with little or no in-between.

- Your self-talks include a lot of “I should have...” and “I ought to...”
- And, you only rarely feel that what you do is good enough or that what you do is enough.

Christians going through this find it hard to follow Paul's exhortation to “rejoice in the Lord always, again I will say, rejoice!” (Philippians 4:4). So, perfectionism takes a toll on happiness and joy. Maria Shriver said, “Perfectionism doesn't make you feel perfect; it makes you feel inadequate.” Of course, that's true. And — not to be harsh — but if you constantly feel inadequate, you are unlikely to be very useful to God.

Even worse, some who struggle with this become judgmental of others. If they can find imperfections in others, then they feel better about themselves. That's a dark, dangerous road to travel. It behooves us to deal with our problem and leave others out of it.

Here are some things to think about.

- We all know better than we do. Paul said, “not that I have already attained [perfection]...” If Paul still had a ways to go, I feel better about where I am. In fact, read all of Phil. 3:12-15.
- Remember, we're saved by grace not by perfect performance.

For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works so that no one may boast...” (Eph. 2:8-9).

- Granted: we should do our best; we should work hard; we should be determined and devoted... but we should also be content (Phil. 4:11-12). But, contentment cannot coexist with perfectionism.
- See if this helps: “The best is the enemy of the good.” Those who insist that the only proper standard is the very best may fail to do much good.

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I've always liked this quote from Vince Lombardi: "Perfection is not possible but excellence is and excellence is what you get when you aim for perfection." Aim for perfection, but don't despair that you are not perfect.

Think about how would perfectionism affects a baseball player who makes an error? Or a musician who misplays a note? How does a perfectionist affect his or her spouse? What might it do to a marriage? How about being a parent. Perfectionists can be really hard on their kids.

If you've concluded that you are, indeed, suffering from perfection anxiety, don't despair too much. A wise person once observed that "the person who says 'I'm not good enough' is closer to God than 10,000 people who say, 'I've made it.'" There's truth in that. But to be a healthy Christian, you need to move on from that.

It's helpful, too, to remember that "Christianity is not about falling; it's about getting up after you fall." I read I John 1:8-10; 2:1 — often. It makes me feel better.

At Folsom, our goal is to provide an environment that lets others know that no one in this church is perfect (by human standards*) — not the preachers, not the elders, not the deacons — no one. All of us, to one degree or another, are messed up. But — and this is important: we *know* we are messed up (that's called being "poor in spirit" — Mt. 5:3) and we know *why* we are messed up (sin — Rom. 3:23) and we know where to find a *solution* for our messed-up-ness (Romans 5:8 — "while we were yet sinners, Christ died for us...").

Don't let perfection anxiety rule in your heart. Embrace God's grace and his truth that can set you free (John 8:32).

* We *are* "made perfect" (or "justified") in a spiritual sense but I'm not talking about that kind of perfection here.

THE CULTURE COLUMN

Escape the Vape

What it is: Between June 28 and August 20, 149 people (mostly adolescents and young adults) have developed a mysterious lung disease, and [according to the CDC](#), every person involved vapes.

Why it's not surprising: A cause has yet to be determined, though they believe an infectious disease can be ruled out. Of course, more information is needed to know exactly what's happening, but it's proving that vaping may not be the "safe" alternative to smoking it's been so heavily marketed to be. And though more teens than ever are vaping (often without their parents knowledge), the negative impact is just starting to be known. If your teen starts experiencing any strange symptoms after using tobacco products, you can report them to the FDA here. And whether you think your teens are vaping or not, it's becoming more imperative to help them see beyond the fruity flavors and clever marketing to the truth of vaping.

Polls

Young adults—including Gen Z—are less trusting of traditional institutions and civic leaders than other Americans, according to the latest data from Pew. To sum up another one of the study's key points, nearly half of young adults are likely to see other people as selfish, exploitative, and out to take advantage of them.

Meanwhile, adults over 65 are far less likely to carry this sort of belief. It's possible that as our teens grow older, their level of interpersonal trust will increase. But researchers are divided on how much of the cynicism and misanthropy is simply generational and will cling to Gen Z throughout their lives. The importance of patriotism, faith in God, and having children is significantly lower

among millennials and Generation Z, compared to previous generations.

In another new poll, conducted by the Wall Street Journal and NBC News, nearly 80% of people aged 55-91 said being patriotic is important to them, while only 42% of millennials and Generation Z, or those aged 18-38, said the same. Thirty percent of millennials and Generation Z said religion was important, compared to the over 75% of baby boomers, with just over 30% of millennials and Generation Z saying it was important to have children.

Areas where the younger generations had placed higher importance compared to boomers were tolerance for others and self-fulfillment, with financial security being almost tied between the two age groups. The importance of hard work was above 80% among all age groups.

Generational and party divisions over American values

The percent who say these subjects are 'very important'

