

September 25, 2022

The View

“Sirs, we wish to see Jesus.” — John 12:21

Welcome Visitors

Our goal at the Folsom church of Christ is to do everything according to God’s word, including respecting its silence.

We are not a denomination, not part of anything larger than this local church; we have no earthly “headquarters.”

The five elders oversee this church and, ultimately, we answer only to Christ. The comments you hear today are primarily for the benefit of 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 the preacher or 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 when is passed.
We do not solicit donations from visitors. See page 4 for more information.**

Schedule

The Lord’s Day

9:30 AM Bible Classes

Auditorium: “Wisdom from Above”

Room 15/16: Old Testament Characters & Their Relationships

Room 12: Young Adult Class: Proverbs

10:30 AM: Assembly

Preaching Today: David Posey

Why We Sing

Livestream at 10:30 <https://tinyurl.com/5f2cbm3y>

Bible Class @ 5 PM — Praying the Psalms (Auditorium)

High School Class, 5 PM @ David & Christie Posey’s home

Middle school class: monthly (contact Dan Stegall at 818-209-9810)

There are several on-going Bible classes in the homes of members. Check with David Posey or one of the other elders if you would like to join one of those classes.

Wednesday 7 PM @ Building

Bible classes for all ages

Auditorium: Wisdom from Above

Room 15/16: Old Testament Characters: Relationships

Room 12: Young Adults Class

Adult classes starting next week (new quarter)

See page 3 for details.

How We Got Our Bible (Mike Wilson, Santa Clara)

See page 4 for the schedule.

Why Do Professional Singers Live So Long?

A Review of the Physiological Effects and Mechanisms of Singing

[I can name many professional singers who seem to outlive life expectancy. Pat Boone, Harry Belafonte, Neil Diamond, are just a few that come readily to mind. Is this a coincidence or does singing really have all the benefits that some claim?

The following is an abstract from a detailed article on the benefits of singing.

The chart to the right summarizes some of these benefits.]

Daily experience suggests that singing can energize us and even provide a physical workout. A growing amount of evidence has been presented to support anecdotal claims of the benefits of singing on health and well-being. Singing has been shown to be related to numerous physiological changes. The cardiorespiratory system is utilized during persistent singing training,

“A growing amount of evidence has been presented to support anecdotal claims of the benefits of singing on health and well-being.”

resulting in enhanced respiratory muscles and an optimized breathing mode. In addition, singing can also cause changes in neurotransmitters and hormones, including the upregulation of oxytocin, immunoglobulin A, and endorphins, which improves immune function and increases feelings of happiness. This review is organized by respiratory, circulatory, and hormonal changes that are collectively a part of singing in a healthy population. The various studies are discussed with the intention of helping researchers and clinicians realize the potential benefit of singing and provide a clinical option as an adjunct therapy for a given situation. Better understanding of physiological mechanisms will lay a solid theoretical foundation for singing activities and will present important implications for further study. Evaluations of existing research and recommendations for future research are given to promote the scale and duration to better demonstrate the effectiveness of singing before it can be recommended in clinical guidelines and satisfy criteria for funding by commissioners of health and social care.

See entire article here: <https://pubmed.ncbi.nlm.nih.gov/28826978/>

- 1 Reduces Stress 
- 2 Improves Mood 
- 3 Lowers Blood Pressure 
- 4 Improves Breathing 
- 5 Reduces Perceived Pain 
- 6 Boosts Immune System 
- 7 Improves Sense of Rhythm 
- 8 Promotes Learning in Children 
- 9 Forges Comforting Memories 
- 10 Promotes Communal Bonding 
- 11 Provides Comfort 
- 12 Motivates 
- 13 Empowers People 
- 14 Promotes Well-Being 

Which Bible Version?

As many of you know or have figured out, I've been using the English Standard Version Bible for many years. Previously, I used the New American Standard Version (NASB) but finally changed to the ESV, primarily because the NASB used archaic pronouns (“Thee” and “Thou”) in reference to deity. In 1995, the Lockman Foundation, publishers of the NASB, changed that, but I stayed with ESV.

In 2020, the publishers updated the text of the NASB to reflect changes in modern English. I've read a review on this translation as well as the publisher's notes on it and it seems to make the version more readable while maintaining its word-for-word (“formal equivalence”) translation policy. I have not abandoned the ESV but I will also be using the NASB in preaching and teaching now and then when I feel it more accurately reflects the meaning of the text.

If you're in the market for a new Bible, I strongly recommend using only one of the versions in the purple above for Bible study. If you need an ESV version, take to me. I may be able to get a gently used one for you at no charge.

The NET (New English Translation) Bible is listed in this section because it includes thousands of translator's notes. I'm not sure how practical it might be for regular Bible study; however.

— DAVID POSEY

| WORD-FOR-WORD Form Equivalence | | MEANING-FOR-MEANING Closest Natural Equivalence | | THOUGHT-FOR-THOUGHT Function Equivalence | | PARAPHRASE Retelling | | | | | |
|-----------------------------------|--------------------------|--|-----------------------------|---|------------------------------------|-------------------------|---------------------------|------|------------------------|-----|------------------------|
| NASB | ESV | NET | KJV | NKJV | GW | CSB | NIV | NLT | NIRV | MSG | GNT |
| CSB | Christian Standard Bible | KJV | King James Version | NIRV | New International Reader's Version | NIV | New International Version | NKJV | New King James Version | NLT | New Living Translation |
| ESV | English Standard Version | MSG | The Message | | | | | | | | |
| GNT | Good News Translation | NASB | New American Standard Bible | | | | | | | | |
| GW | GOD'S WORD Translation | NET | New English Translation | | | | | | | | |

CLASSES NEXT QUARTER

Fall Quarter is starts next Sunday, October 2nd

Sundays at 9:30 AM and Wednesdays 7 PM — Bible Classes for All Ages

Adult Classes

Room 12: Young Adult class: *"Always Be Ready to Give an Answer"* based on I Peter 3:15.

Auditorium: Letters to Timothy and Titus: *"A Guide to the Continuous Growth of the Lord's church"* (see Introduction below).

Room 15/16: *"Relationships: A Deep Dive into Agape (Love)"* – I Corinthians 13, and others.

Sunday Afternoon: Various classes in homes (please check bulletin board, or ask)

Every Sunday at 5 PM

Auditorium: Praying the Psalms • **Room 12:** First Principles (begins October 9th)

Letters to Timothy and Titus: Preview for the Auditorium Class - Fall Quarter

The new quarter is rapidly approaching and will begin Sunday, October, 2nd. We will be studying the letters from Apostle Paul to Timothy and Titus and focus on how the message in these letters provide a plan for the continuous growth of the Lord's church. This article is provided to help with preparation for those who plan to attend this class.

One of the most important things that any one of us can do is help grow and build up the Lord's church. While it is true that neither he who plants nor he who waters is anything, and only God gives the growth (1Cor. 3:7), all of us need to do our part to the best of our ability. *"The whole body, joined and held together by every joint with which it is equipped, when each part is working properly, makes the body grow so that it builds itself up in love"* (Eph. 4:16). What will the church look like in five or ten years and beyond? Will it be a place where members of the community want to come to learn and worship? Will it be building itself up in love? Will there be elders overseeing and deacons helping with the work? The answer to all of these questions can be yes with prayer to God through Christ and by practicing what is taught in the letters to Timothy and Titus. The growth and building up of the Lord's church as it upholds the truth requires continuous effort.

Background: Timothy's name is mentioned some 25 times in the New Testament. In approximately AD 50 Apostle Paul met him when he came to Derbe and Lystra (Acts 16:1). From this, it is assumed that Timothy was probably from this area. We know from 2 Tim.1:5 that Timothy's knowledge of the scriptures was taught and passed onto him by his grandmother Lois and his mother Eunice. We can also determine from Acts chapter 16 that his mother was a Jewish believer and his father was Greek. There was a character about Timothy that caused Paul to want Timothy to accompany him in his work (Acts

16:3). In Paul's writing he often addressed Timothy with endearing terms such as "my beloved" (1Cor. 4:17), "coworker" (1Thess. 3:2) and my "true child in the faith" (1Tim.1:2). In the Philippian letter Paul wrote that he had no one else like him who he could trust to be genuinely concerned for their welfare and how as a son with a father Timothy had proven worth in service to the Gospel of Jesus Christ (Phil. 2:19-22).

Timothy had plenty of opportunities to see Apostle Paul and the example that he demonstrated in teaching the Gospel, in suffering, and in his care for the churches. Timothy was with Paul when he wrote the letter to the Romans (16:21). He worked closely with the church at Philippi and also helped with the work at Thessalonica (Phil. 2:22, 1Thess. 3:2). On Paul's third missionary journey he is again seen with him at Ephesus, and he was then sent to Macedonia and Achaia (Acts 19:21-22, 1Cor. 4:17, 16:10-11). During Paul's imprisonment in Rome, Timothy was also with him (Col. 1:1, Phil. 1:1, 2:19-23, Philemon. 1).

It is generally accepted that Apostle Paul was acquitted at Rome (Acts 28:30-31) and then later imprisoned in Rome again because he asked Timothy to come to Rome and bring his coat, parchments, and belongings left at Troas (2 Tim. 4:9-13, 21). There is uncertainty about the later life of Timothy after this. Paul referred to Timothy as his beloved son in the faith. Timothy demonstrated fidelity, his usefulness in labors, sincere faith, and a genuine concern for the Lord's church. There is no better way for the church to grow and endure than by a thoughtful study and application of the instructions in Apostle Paul's letters to Timothy and Titus.

TERRY RAPOSA

A note about the class in room 15/16. For the foreseeable future, we are devoting this classroom to classes on relationships. This quarter, we will be discussing the basis of all proper and healthy relationships: love. Since the Greek word *agape* is, by far, the most frequently used word for "love," we'll be looking at that word in detail. We'll also discuss *phileo*, *storge* and *eros* (though *eros* word is not used in the New Testament). This class will be heavy on practical application. We'll apply the teaching on love to marriage, parenting and every other relationship addressed in the Bible, including our relationship with each other as fellow Christians. Since the seating in this class is limited, please talk to David Posey or Ben Woodside about joining.

DP