

**University Heights Church  
of Christ**  
445 Columbia Ave.,  
Lexington, KY 40508  
(859) 255-6257  
[www.uheightschurch.com](http://www.uheightschurch.com)

**WORSHIP SERVICES**

**Sunday**

Bible Study: 9:45 AM

Worship: 10:45 AM; 6:00 PM

**Wednesday**

Bible Study: 7:30 PM (This is  
immediately followed by a  
short worship period)

**First Friday of Each Month**

Singing: 7:30 PM

**LEADERSHIP**

**Elders**

Garry Banks, David Collins,  
John Thompson

**Evangelist**

Adam Litmer

**Deacons**

Troy Antle, Richard Brundige,  
Matt Thompson, Adam  
Litmer, Bill Morelan, Jim  
Parsons, Pat Seabolt, Adam  
Daniels, Jamie Powell

**Adam's Office Hours**

Tuesday-Friday (8:30-4:00)

*When he was reviled, he did not revile in return;  
when he suffered, he did not threaten, but continued  
entrusting himself to him who judges justly. (1 Peter  
2:23) I gave my back to those who strike, and my  
cheeks to those who pull out the beard; I hid not my  
face from disgrace and spitting. (Isaiah 50:6)*

How ironic it was that the one being  
unmercifully mocked exercised total self-restraint,  
while those doing the mocking were virtually out of  
control. It was the high priest who tore his robes. It  
was the Jewish leadership that reduced themselves to  
spitting and slapping. After Pilate turned Jesus over  
to the soldiers to carry out the crucifixion, Jesus was  
mocked and spat on all over again by an entire  
battalion of soldiers. What a riotous good time they  
must have had literally manhandling Jesus the Christ.  
(Matthew 27). Jesus just bore it all, and we can only  
marvel and try our very best to emulate Him.

**IN NEED OF PRAYERS**

Jeff Howerton, Rhonda Boyd, Louis Harrod, Paul  
Atkisson, Barbara Matheny, David Morrow, Debbie  
Parker, John Bennett, Robert Brundige, Donald  
Dawson, Gail Stein, Sandy Childress, Susie Burton,  
Jacob Profit, Valerie and Barry Boyd, Jannett's  
mother and stepfather, Sandy Driver, Erlene Young  
(had another fall and broke her wrist), Doris Baker,  
Burnice Richardson, Ruth Poynter, Larry Sells,  
Christian Shadburne, Mattie Johnson (hip  
replacement), Evelyn Damron, Tony Tirey, Rose  
Curtis, Andrew Westphal, Jennifer Dunbar, Jean  
Gartland, Joe Cable, James Ratliff

# University Heights Messenger

Volume 8--Number 7

February 14, 2016

**From My Notebook**

Adam Litmer

*I carry a notebook in my Bible case that I use to record worthwhile  
quotes, sermon ideas, or my own thoughts on spiritual subjects. Perhaps you  
will benefit from some of them.*

“In distinguishing between law and grace it must be understood that we  
are not distinguishing between the Old and New Testament's. What Paul says  
about law (Galatians 2:16; 5:4; Romans 4:13-16; 6:14, etc.) is true of any form  
of God's law from any age. The Law of Moses is a prime example for no one  
was ever saved by keeping it. Yet the same applies to New Testament  
commands as well. No one is saved by perfect law-keeping, Old Testament  
laws or New Testament laws. Once a person has sinned law in any form (a  
system requiring perfect obedience) is powerless to save him. This is why our  
salvation is by faith *through* grace. Never forget that without God's grace no  
one will ever be saved.” (A wonderful thought from an author whose name I  
failed to record. This is a paraphrase of his words)

Those who reject the absolute authority of the Bible because it ‘was  
written in a different culture to different people’ ought to consider: “Paul  
assumed that his experiences and perspectives, even though he was a Diaspora  
Jew from Cilicia, ought to be understood and accepted as normative by the  
Corinthians, even though they were predominately Gentiles in a Greek culture.”  
(Hafemann)

Legalism is not law-keeping. It is depending *solely* upon law-keeping to  
stand just before God.

“A great many claim that we inherited a depraved nature from Adam. They believe the true nature of man to be dark and evil. They would have the darkness hidden behind a cloak—the righteousness of Christ. But that would make the righteousness of Christ a false front, a mask to hide what’s really there. What a sad misunderstanding of Christ and Christianity! Genuine Christianity is not a plot to make us appear something we are not. It gives us the opportunity to BE what God desires us to BE (2 Corinthians 3:18; 2 Peter 1:4; Romans 8:29; 2 Corinthians 5:17)!” (Robert Turner)

“The mirrors must be finely polished that are designed to reflect the image of Christ.” (A.B. Bruce)

Instead of just “attending worship”, *be* a worshipper! You are not a spectator, Christian. You are a priest gathering with other priests to offer up spiritual sacrifices (1 Peter 2:9; Romans 12:1).

“If one chooses to live as though Jesus never lived, they must die as though Jesus never died.” (I heard this interesting statement somewhere. Think about it)

I have noticed that most folks are very quiet and respectful during prayers for in such times man speaks to God. I have noticed many of the same people whisper, play with children, and mess with their phones when Scripture is being read. Yet that is when God is talking to us. “A constant sense of Thy abiding presence!” Let us learn to revere God even more.

It is quite difficult to take the one who claims that he would die for Christ seriously when he will not live for him now.

In Acts 7:57 we find common behavior of truth’s enemies.

- Talk louder
- Refuse to listen
- Attack truth’s messenger

When such behavior is directed toward us let us remember that we enter some very exalted company.

## Mockery and the Essence of Self-Restraint

John Thompson

All too frequently we hear of someone mocked excessively for an extended period of time finally losing control and going on a shooting rampage. Although we cannot conceive ever getting to that point, we do understand that constant exposure to a bad thing can bring us to a breaking point.

Our everyday vocabulary is rich with expressions and phrases pertaining to reaching one’s breaking point. Some of the more colorful ones are: blowing one’s stack; blowing one’s top; losing one’s mind; going ballistic; going berserk; going postal; I just lost it; freaking out; cracking up; going ape; and going off the deep end. The sheer number and variety of such expressions clearly indicate two things. Mockery and other forms of maltreatment are the norm for the powerful and reaching the breaking point is the norm for their victims.

But must one give up all self-restraint when excessively mocked, even when that mockery has been going on seemingly forever? By no means! The Bible tells of one who was the object of mockery in several of its more severe forms and one can only marvel at this man’s self-control. How could he just stand there and take it without “going ballistic” in return?

It is hard to imagine anything more degrading and humiliating than being spit on. It is an expression of one’s utter contempt for another. It is meant to reduce the object of one’s hatred to nothing, to strip him of all dignity, to make him feel powerless. Twice Jesus was spat on, first by the Jewish leaders and then, a few hours later, by the Roman soldiers. *Then they spit in his face and struck him. And some slapped him, saying, “Prophecy to us, you Christ! Who is it that struck you?”* (Matthew 26:67) Jesus was in the midst of maybe as many as 70 men consisting of the high priest, chief priests, and most, if not all, of the Sanhedrin, who had come together that night to try him. Those who mocked him with their spit did not just spit at him; they spit in his face. They got close enough to him to spit in his face. Jesus’ face would have been wet with their spit. Mark’s account adds that Jesus’ face was covered while they were slapping and taunting him to identify who was slapping him. His face was covered while still wet with their spit. They taunted him to prophesy as to who was slapping him, calling him, “you, Christ!” as if Christ was some derogatory term. And through all of this degradation Jesus was the very essence of self-restraint.