

Bible says inner beauty more important than outer

I saw something really disturbing on a television program the other day. Granted, a lot of programs are disturbing these days, but this one really hit a nerve, maybe because it was supposed to be true.

A reporter on an exposé-style news program interviewed mothers of college athletes who had taken steroids, one of whom committed suicide and others who had thought about or attempted suicide.

That athletes would risk their lives to improve their performance is disturbing enough (with multi-million-dollar contracts on the line, it will happen), but one mother said her son took steroids because he was concerned about his appearance. Huh?!

And I thought girls had cornered the market on killing themselves to change their appearance with eating disorders, plastic surgery and the



sharon
corcoran

- use it or lose it

like.

Surely I'm not the only one who sees the need for a better value system, one in which people recognize that looks aren't everything. The Bible contains such values.

Titus 2:6-8 says, "Likewise keep on exhorting the younger men to be sound in mind, in all things showing yourself an example of fine works; showing uncorruptness in your teaching, seriousness, wholesome speech which cannot be condemned; so that the man on the opposing side may get ashamed, hav-

ing nothing vile to say about us."

1 Timothy 4:8 says, "For bodily training is beneficial for a little; but godly devotion is beneficial for all things, as it holds promise of life now and that which is to come."

1 Peter 3:3, 4 advises Christian wives: "And do not let your adornment be that of the external braiding of the hair and of the putting on of gold ornaments or the wearing of outer garments, but let it be the secret person of the heart in the incorruptible apparel of the quiet and mild spirit, which is of great value in the eyes of God."

While recognizing that exercise can be good for you — "beneficial for a little" — the Bible says godly devotion is beneficial for all things.

Such things as seriousness and wholesome speech and being known for doing good are listed as desirable qualities in men. I have read the entire Bible more than once and have never seen any scripture saying men should have big muscles.

Women are encouraged to invest more on the inner person than on fancy hairstyles or expensive clothes. If such simple measures to improve the appearance are frivolous, obviously, painful altering of the body is not in any way recommended.

1 Corinthians 3:16, 17 says, "Do you not know that you people are God's temple, and that the spirit of God dwells in you? If anyone destroys the temple of God, God will destroy him; for the temple of God is holy, which temple you people are."

1 Timothy 6:10 says, "For the love of money is a root of all sorts of in-jurious things, and by reaching out for this love some have been led astray from the faith and have stabbed themselves all over with many pains."

The Bible condemns risking your health and life for something as vain as physical appearance and warns that doing so for money causes nothing but pain.

Hebrews 13:5 says, "Let your manner of life be free of the love of money, while you are content with the present things. For He has said: 'I will by no means leave you nor by any means forsake you.'"

Those who gain an accurate knowledge of the Bible can see the value of being content with the "present things," material things as well as what they are. Nobody is free of problems, and few are completely

satisfied with their appearance, but we can look forward to a better future and keep things in perspective.

A healthy diet, exercise and proper grooming can help us to make the best of what we have without risking everything worthwhile trying to be something we aren't.

The apostle Paul gave a reminder to Christians in Rome that is applicable today: "Consequently I reckon that the sufferings of the present season do not amount to anything in comparison with the glory that is going to be revealed in us." (Romans 8:18)

No matter the difficulties we have to deal with or how unhappy we are with how we look, those things will seem like nothing compared to what we will have under God's kingdom that Jesus taught his followers to pray for. (Matthew 6:9, 10)

matters of record

District Traffic

The following fines were paid in the Sherman County District Court: **July 12** — Andrea E. Eurich, 31, Elizabeth, Colo. was fined \$195 for speeding.

Nathan A. Gates, 19, Columbus, Ind. was fined \$138 for speeding. Cheri C. Knipprrath, 35, Littleton, Colo. was fined \$132 for speeding. Kathryn E. Leon, 24, Rogers, Ark. was fined \$159 for speeding. Kathryn E. Leon, 24, Rogers, Ark. was fined \$10 for failure to wear seat belt.

Michael P. Leon, 24, Tulsa, Okla. was fined \$10 for failure to wear seat belt.

John R. Lindenmuth, 21, Emmaus, Pa. was fined \$177 for speeding.

Patrick T. McGinthy, 23, Columbia, Mo. was fined \$144 for speeding.

Lori. A. Pass, 37, Malibu, Calif. was fined \$135 for speeding. Ray G. Stewart, 66, Williamsburg, Mo. was fined \$138 for speeding.

July 13 — Richard L. Immitt, 51, Wanaque, N.J. was fined \$126 for speeding.

Heather L. Sims, 26, Copper Mountain, Colo. was fined \$90 for speeding.

July 14 — Dale W. Wrenick, 61, Westminster, Colo. was fined \$120

for speeding.

Justin G. Archuletta, 20, Castle Rock, Colo. was fined \$144 for speeding.

Amy D. Swearengin, 19, Oklahoma City, Okla. was fined \$120 for speeding.

Cory M. Bartz, age not given, Littleton, Colo. was fined \$168 for speeding.

Cory M. Bartz, age not given, Littleton, Colo. was fined \$10 for failure to wear a seatbelt.

Alva L. Farris, 63, Stafford, was fined \$90 for speeding.

Janice E. Stuart, 36, Overland Park, was fined \$144 for speeding.

July 15 — Claude P. Lambrey, 35, Las Vegas, Nev. was fined \$104 for over weight limits on wheels and axles.

July 16 — Robert L. Breuer IV, 35, St. Charles, Mo., was fined \$120 for speeding.

Gabriel L. Campbell, 21, Middletown, Ohio, was fined \$132 for speeding.

Cliofoff M. Conklin, 44, Superior, Colo., was fined \$126 for speeding.

Harvest J. Pack, 26, San Diego, Calif., was fined \$168 for speeding. Lindsey S. Herman, 19, of Burlington, Colo. was fined \$144 for speeding.

John D. Knisley, 24, Tampa, Fla.

was fined \$138 for speeding.

Jenny P. Nelson, 23, Littleton,

Colo. was fined \$177 for speeding.

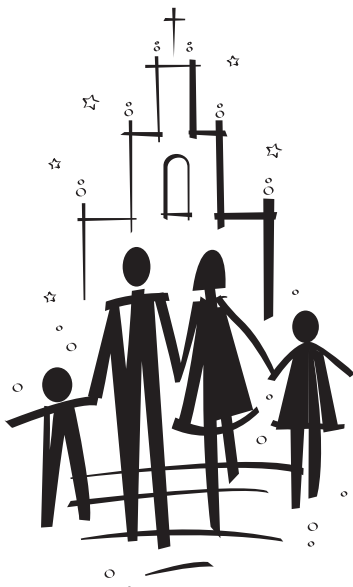
Pablo P. Ramirez, 22, Manassas,

Va. was fined \$114 for speeding.

Aimee L. Schecter, 21, Colorado

Springs, Colo. was fined \$90 for speeding.

Worship warms the heart



Calvary Gospel Church

Pastor: Rev. Steve Rains
Fourth & College • 899-3605
Sunday: Sunday School: 9:15 am
Morning Service: 10:30 am
Small Group Ministries
Wednesday: Prayer and Worship: 7:00 p.m.
Youth @ the Rock House: 7:00 p.m.

Our Lady of Perpetual Help

Pastor: Father Norbert Dlabal
307 W. 13th • 899-7205
Sacrament of Reconciliation:
4:30-5 pm Saturday or by appointment
Mass Schedule:
Saturday: 6 pm, Sunday: 10:30 am
Spanish Mass:
1st & 3rd Sunday: 4 pm

Sonrise Christian Church

Ninth & Caldwell • 899-5398
Minister: Tony Kafka
Youth Minister: Doug Bean
Sunday: Worship Service: 9:30 am
Sunday School: 10:45 am
Wednesday:
Junior/Senior High Meeting: 7 pm
Adult & Children's Classes: 7 pm

Word of Life

Joursquare Church

10th & Clark • 899-5250
Pastor: John Coumerilh
Service Schedule:
Sunday: Worship Celebration
and Kids' Church: 10:30 am
First Wednesday: K.W.A.M.!
Grades 1 through 5: 7 p.m.

Pleasant Home Church

**Serving the rural community
for over 100 years**
Rt. 1, Box 180 • 694-2807 • 3190 Road 70
Pastor: Charlie Busch
694-2242
Sunday: Worship Service: 9 am
Sunday School: 10 am
Evening Service: 6 pm

Bible Baptist Church

Pastor: Glenn Hermanson
Fifth & Broadway
899-7368
Sunday: Sunday School: 9 am
Morning Service: 10 am
Evening Service: 6:30 pm
Wednesday: Evening Bible Study: 7 pm

Church of Jesus Christ of Latter-Day Saints

1200 15th Street • Burlington, CO
(719) 346-7984
Sacrament Meeting: 10 am
Sunday School: 11:15 am
Priesthood/Relief Society: 12 am

Iglesia Del Dios Vivo

La Luz Del Mundo
Spanish Speaking Church
Minister: Esteban Ortiz B.
1601 Texas • 899-5275
Daily Prayer: Sunday thru
Saturday: 5 am & 6 pm
Sunday: Sunday School: 10 am

United Methodist Church

Brewster:
Pastor:
Worship Service: 10:45 am CST
Sunday School: 9:45 am CST
Winona:
Minister: Rev. Bob Winters
Worship Service: 9 am CST
Sunday School: 10:15 am CST

First Christian Church

(Disciples of Christ)
Pastor: John Park Winkler
Eighth & Arcade • 899-5233
Sunday: Worship Service: 10:30 am
Sunday School: 9:15 a.m.
Activities: Junior High & High School Youth Groups,
Adult Bible Study, Choir, Men's and Women's Groups,
Devotions Study, Monthly Fellowship
Special Notice: Handicap Accessible, Hearing
Assistance Equipment and Infant and Toddler
Nurseries Available

Kanorado

United Methodist Church

Pastor: Leonard Cox
399-2468
Sunday: Sunday School: 9 am
Worship Service: 10:15 am

Church of the Nazarene

Pastor: Bob Willis
Third & Caldwell
899-2080 or 899-3797
Sunday: Sunday School: 9:45 am
Worship Service: 10:50 am
Evening Service: 6 pm
Wednesday: Evening Service: 7 pm

First United Methodist Church

1116 Sherman
899-3631
Pastor: Rev. Janet Hernandez
Saturday: Informal Worship: 5:30 pm
Sunday: Sunday School: 9:15 am
Worship Service: 10:30 am

Goodland Bible Church

109 Willow Road • 899-6400
Pastor: Chad DeJong
Sunday: Sunday School: 9:30 am
Morning Worship: 10:45 am
Evening Worship: 6 pm
Wednesday: AWANA (Winter)
and prayer: 7 p.m.

First Baptist Church

Pastor: John Meckling
Fifth & Center • 899-3450
Sunday: Sunday School for all ages:
9:15 am (Child care provided)
Morning Worship: 10:30 am
Wednesday: Bible study 7 p.m.
Call church for information
Thursday: Bible study 9:30 a.m.
Wheatridge Center

St. Paul's Episcopal Church

13th & Center
Church 890-2115 or Rectory 890-6969
Priest: Father Hal Lycett
Holy Eucharist: 10:00 a.m. Sunday
10:00 a.m. Thursday
Morning Prayer: 8:00 a.m. Wed. - Sun.
For emergencies Wed. - Sun. 890-6969
Sr. Warden for emergencies
Mon. and Tues. 890-3320

Grace Fellowship Church

104 E. Hwy 24 • 899-6423
Pastor: Bob Snyder
Residence: 890-0134
Sunday: Sunday School: 10 am
Worship Service: 11 am
Wednesday: Bible Study: 7 pm
Sunday: Bible Study: 7 pm

Seventh Day Adventist Church

1160 Cattletrail
Pastor: Jim Martin
Saturday: Sabbath School: 9:30 am
Worship Service: 11 am

Emmanuel Lutheran Church

13th & Sherman • 890-6161
Pastor: Scott Grimshaw
Sunday: Christian eduction/fellowship:
10:15 a.m.
Worship Service: 9 am
Wednesday: Confirmation: 6 pm

Church of Christ

401 Caldwell
899-6185
Sunday: Bible Study: 9:45 am
Worship Service: 10:45 am
Wednesday: Bible Study: 7 pm

**The following sponsors urge YOU to attend
your chosen House of Worship this Sabbath:**

Short & Son Trucking
Hwy. 24

Koons Funeral Chapel
North Main

Atens Department Store
1103 Main

Good Samaritan Center
208 W. 2nd

KLOE/KKCG/KWGB
3023 W. 31

Bateman Funeral Home
211 E. 11th



You are invited
*Relay for Life
of Sherman County*

Friday, Aug. 13

The Sherman County Fairgrounds

Survivor Walk 7 p.m.

Luminaries lit 9 p.m.

Theme Basket Auction

Kiwanis will serve supper