#### **BIBLE TRIVIA**

1. What is the name of the village where Jesus turned water into wine?

2. Which prophet was called by the Lord as a boy and anointed Saul as Israel's first king?

3. Who was the first hunter mentioned in the Bible?

4. Which Pharisee had a private meeting with Jesus at night?

5. What does the name "Mara" mean?

### SERMONS FOR SUNDAY



A.M. Jamie Cobb "It's Me?" (2 Samuel 12:1)

P.M. Jamie Cobb "Shine as Lights" (Philippians 2:15)

WEDNESDAY NIGHT BIBLE DEVOTIONAL

**Bro Philips** 

Welcome Visitori

We want to personally thank you for joining us today. It is our prayer you leave our worship service with an uplifted spirit. Below is what you can expect during our services.

**SINGING:** Non-instrumental singing plays a great part of our worship services. We hope that you will find this to be an uplifting praise to the Lord. (Eph. 5:19)

**LORD'S SUPPER:** Each Sunday we observe the Lord's Supper, which reflects on the death, burial and resurrection of our Lord Jesus, and the hope of everlasting life we now can live through Him. (I Cor. 11:23-26)

**CONTRIBUTION:** During the service, we as members are given the opportunity to give a portion of what God has given us. This money is used to support the church and to help spread God's Word. (I Cor. 16:2

# **Schedule of Services**

### **Sunday:**

Bible Study	9:00 a.m.
Sunday Morning	10:00 a.m.
Sunday Evening	5:00 p.m.

## Wednesday:

Wednesday Night 7:00 p.m.



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# **The Intense Workout**

Once there was a healthy and fit man that was shopping at the grocery store when a very unhealthy and out of shape man commented on his appearance. "Look at how fit you are" he said. "I have tried my entire life to be fit, but I have come to the conclusion that I am just not made that way."

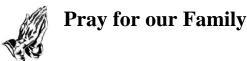
The fit man pointed at the man's basket that was filled with boxed processed food, all kinds of surgery sweets including ice cream and a 24 can box of soda water. He then pointed at his own grocery basket that consisted of fresh produce, chicken, rice, orange juice and water. Then with a smile the man said, "Well You are what you eat".

The truth is, it's not easy to be fit and healthy. You must eat the right kind of food and exercise daily. You must also repeat this process each day for as long as you want to be fit and healthy.

This man never ever had a chance of being fit and healthy eating "junk food" and sitting on the couch. It's easy to understand this with the physical body, but many cannot see this with the spiritual.

Despite the fact that bodily exercise profits a little, but godliness is profitable for all things, having promise of the life that now is and of that which is to come. 1 Timothy 4:8

#### Continue-



**Terry Peavler** will have a CT scan on April 2<sup>nd</sup> and is scheduled for an ERCP on April 11<sup>th</sup>.

Sandra Collins and Family Please remember in prayer the Joseph, Ross, and Collins families.

**Lydia Walden** has asked for prayers for her aunt **Yolanda** and family concerning health. **Lydia** is also still dealing with pain.

**Carl Ring** is going through extensive dental work and has been in a lot of pain. Continue to pray for him and **Doris** as she cares for him.

Kenny Stine has asked for prayers for his family Cheryl, Brad, and Chris.

**Glynn Cobb** (**Jamies Cousin**) will be having a defibrillator implanted soon.

**Callie Fitch (Veta Redmond Sister)** has been diagnosed with cancer of the pancreas, pray she does well with treatment. **Cliff Redmond** has not been feeling well.

Mark Florez is doing remarkably well, his donor Aaron Abel is feeling much better, they are home.

Michael and Andrea Rucker are both having procedures done due to health issues. Continue to keep them both in prayer.

**Erin LeDoux** has been diagnosed with Lupus and will have radiation soon for cancer.

Please remember: Angela, Don, Ben, Faye Jones, and Lakeisha Howard (Precious), Ronald Shepherd, Richard Jordan, Glynn Cobb, Ernest Johnson, Debbie Hollander, Martha Polk, Rex McCracken, Johnny Atkinson, Cedric Rucker, Larry Moore, Charles Smith, Mark Kuhn, Andrescia Frank, Curtis Williams, Gov. Clements, Chloe Phillips, Erin LeDoux (COBB), Krystal Spearman, Cliff & Veta Redmond, Sandra Collins, Ira Goode, Sandra Frasier, Tywanna Williams, Karen Gentry, Yvonne Warner, Pattie Yazell, Andrea Rucker, Jackie Crawford, Michael Howsley, Lydia Walden, Barbra Marsh, Emileigh Marsh, Linda Allee, Susan Wyche, Mark Florez, Linda Carpenter, Russel Dukes Jr and ALL the first responders and police.

WEEKLY BIBLE	E READING PLAN
MONDAY	TUESDAY
DEUTERONOMY 8-9	DEUTERONOMY 30-31
WEDNESDAY	THURSDAY
DEUTERONOMY 32:48- 52:34	JOSHUA 1-2
FRIDAY	SATURDAY
JOSHUA 3-4	STUDY FOR CLASS BOOK OF ROMANS
SUNDAY	MEMORY VERSES
	JOSHUA 1:8-9
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Sunday Morning Bible Class (Romans 16)

### **Bible Trivia Answers**

- 1. John 2:1-11
- 2. 1 Samuel 9:1-15
- 3. Genesis 10:9
- 4. **John 3:1**
- 5. Exodus 15:23/Ruth 1:20

### **Continue-**

Knowing this information from 1 Timothy 4:8 you would think that the Church building would be filled up on Sundays like the Gym but it's not.

The fact is, we have many members who only use the facility every other week if that. Some are here every Sunday, but without a steady diet of the word of God at home you're just spinning your wheels.

We cannot let the world turn us into an unhealthy and out of shape Christians!

If we are to be a healthy and fit Christian, we will need a good steady diet of the word of God along with a daily "Intense Workout". We are to exercise to godliness. 2 Timothy 4:7-8

Christians are to always steadfast in the truth, when others see us, they should see a great warrior for the Lord that's ten-foot tall.

Filled with strength from God and able to overcome anything this old world must throw at us. John 10:27-29

Our mouth filled with the word of God! Ephesians 5:19

The Christian is only able to do this with the knowledge of the Bible. If you think for one minute that you can overcome anything without the word of God, you are truly lost because the word of God is the truth and we are Sanctify through the truth. John 17:17

I pray that we may all have a steady diet of the word of God along with a daily "Intense Workout" for God's approval. 2 Tim 2:15