





WELLNESS 101

Classroom #308

Sunday, 6/13 following the 10:30 worship service

OR

Monday, 6/14 from 6 to 7:15 pm

Are You Well?

Do you suffer from: Fatigue? Stress? Pain? Digestive, Heart and/or Respiratory Issues?

Did You Know:

- Only 10% of Americans eat the recommended servings of fruits and vegetables you need on a daily basis!
- Each year 10 million TONS - over 21 billion pounds - of toxic chemicals are released into our environment of which 2 million tons are recognized carcinogens!
- The human body is made up of 27 trillion or so cells... And 40 BILLION of them die every day!
- It can take up to 3 days for the average capsule vitamin to make it through your system! There is a reason they are called "bed pan pills"!

1 Corinthians 6:19-20 states: *Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore, honor God with your bodies.*

Join Terra Kirchner, DPT and Doreen Strayer for a FREE educational **WELLNESS 101** class to learn about better nutrition, how to feel better and live longer the way God intended!

For more information, contact Doreen Strayer.

We Look Forward To Seeing You!
God Bless And Stay Healthy!

Living Hope

by Brian Johnson and Phil Wickham

Verse 1

How great the chasm, that lay between us
How high the mountain, I could not climb
In desperation, I turned to heaven
And spoke Your name, into, the night
Then through the darkness,
Your loving kindness
Tore through the shadows of my soul
The work is finished, the end is written
Jesus Christ, my living hope

Verse 2

Who could imagine, so great a mercy
What heart could fathom, such boundless
grace
The God of ages, stepped down from glory
To wear my sin, and bear my shame
The cross has spoken, I am forgiven
The King of Kings calls me His own
Beautiful Saviour, I'm Yours forever
Jesus Christ, my living hope

Chorus 1

Hallelujah, praise the One who set me free
Hallelujah, death has lost its grip on me
You have broken every chain,
There's salvation in Your name
Jesus Christ, my living hope
Hallelujah, praise the One who set me free
Hallelujah, death has lost its grip on me
You have broken every chain,
There's salvation in Your name
Jesus Christ, my living hope

Verse 3

Then came the morning, that sealed the
promise
Your buried body, began to breathe
Out of the silence, the Roaring Lion
Declared the grave, has no claim on me
Then came the morning, that sealed the
promise
Your buried body, began to breathe
Out of the silence, the Roaring Lion
Declared the grave, has no claim on me
Jesus Yours is the victory

Chorus 2

Hallelujah, praise the One who set me free
Hallelujah, death has lost its grip on me
You have broken every chain,
There's salvation in Your name
Jesus Christ, my living hope
Hallelujah, praise the One who set me free
Hallelujah, death has lost its grip on me
You have broken every chain,
There's salvation in Your name
Jesus Christ, my living hope,
Jesus Christ, my living hope
God You are, my living hope

Mighty To Save

by Ben Fielding and Reuben Morgan

Verse 1

Everyone needs compassion
Love that's never failing
Let mercy fall on me
Everyone needs forgiveness
The kindness of a Savior
The hope of nations

Chorus

Savior He can move the mountains
My God is mighty to save
He is mighty to save
Forever Author of salvation
He rose and conquered the grave
Jesus conquered the grave

Verse 2

So take me as You find me
All my fears and failures
Fill my life again
I give my life to follow
Everything I believe in
Now I surrender

Chorus

Savior He can move the mountains
My God is mighty to save
He is mighty to save
Forever Author of salvation
He rose and conquered the grave
Jesus conquered the grave

Bridge

Shine your light
And let the whole world see
We're sing-ing for the glory
Of the risen King Je-sus

Bridge

Shine your light
And let the whole world see
We're sing-ing for the glory
Of the risen King

Chorus

Savior He can move the mountains
My God is mighty to save
He is mighty to save
Forever
Author of salvation
He rose and conquered the grave
Jesus conquered the grave

Chorus

Savior He can move the mountains
My God is mighty to save
He is mighty to save
Forever
Author of salvation
He rose and conquered the grave
Jesus conquered the grave

His Mercy Is More

by Matt Boswell and Matt Papa

Chorus

Praise the Lord His mercy is more
Stronger than darkness new every morn
Our sins they are many His mercy is more

Verse 1

What love could remember no wrongs we have
done
Omniscient all knowing He counts not their
sum
Thrown into a sea without bottom or shore
Our sins they are many His mercy is more

Chorus

Praise the Lord His mercy is more
Stronger than darkness new every morn
Our sins they are many His mercy is more

Verse 2

What patience would wait as we constantly
roam
What Father so tender is calling us home
He welcomes the weakest the vilest the poor
Our sins they are many His mercy is more

Chorus

Praise the Lord His mercy is more
Stronger than darkness new every morn
Our sins they are many His mercy is more

Verse 3

What riches of kindness He lavished on us
His blood was the payment His life was the
cost
We stood 'neath a debt we could never afford
Our sins they are many His mercy is more

Run To The Father

by Cody Carnes, Matt Maher, and Ran Jackson

Verse 1

I've carried a burden for too long on my own
I wasn't created to bear it alone
I hear Your invitation to let it all go
I see it now I'm laying it down
And I know that I need You

Chorus

I run to the Father
I fall into grace
I'm done with the hiding
No reason to wait
My heart needs a surgeon
My soul needs a friend
So I'll run to the Father
Again and again
And again and again

Interlude 1

Oh oh oh

Verse 2

You saw my condition
Had a plan from the start
Your Son for redemption
The price for my heart
I don't have a context
For that kind of love
I don't understand
I can't comprehend
All I know is I need You

Chorus

I run to the Father
I fall into grace
I'm done with the hiding
No reason to wait
My heart needs a surgeon
My soul needs a friend
So I'll run to the Father
Again and again
And again and again

Interlude 2

Oh oh
Again and again
And again and again
Oh oh oh
(Again and again)

Bridge

My heart has been in Your sights
Long before my first breath
Running into Your arms
Is running to life from death
I feel this rush deep in my chest
Your mercy is calling out
Just as I am You pull me in
And I know I need You now

Chorus

I run to the Father
I fall into grace
I'm done with the hiding
No reason to wait
My heart needs a surgeon
My soul needs a friend
So I'll run to the Father
Again and again

Chorus 2

I run to the Father
I fall into grace
I'm done with the hiding
No reason to wait
My heart found a surgeon
My soul found a friend
So I'll run to the Father
Again and again
And again and again

Ending

Oh oh oh

WELCOME TO WORSHIP!

New Life Church

June 6, 2021

BECOMING A DIFFERENCE MAKER!

(What Cancel Culture Cannot Stop)

BECOMING A DIFFERENCE MAKER STARTS WITH A DIFFERENT KIND OF KINDNESS!

2 Samuel 9:1-13, ESV

Message 6



David's Kindness to Mephibosheth

9 And David said, "Is there still anyone left of the house of Saul, that I may show him kindness for Jonathan's sake?" **2** Now there was a servant of the house of Saul whose name was Ziba, and they called him to David. And the king said to him, "Are you Ziba?" And he said, "I am your servant." **3** And the king said, "Is there not still someone of the house of Saul, that I may show the kindness of God to him?" Ziba said to the king, "There is still a son of Jonathan; he is crippled in his feet." **4** The king said to him, "Where is he?" And Ziba said to the king, "He is in the house of Machir the son of Ammiel, at Lo-debar." **5** Then King David sent and brought him from the house of Machir the son of Ammiel, at Lo-debar. **6** And Mephibosheth the son of Jonathan, son of Saul, came to David and fell on his face and paid homage. And David said, "Mephibosheth!" And he answered, "Behold, I am your servant." **7** And David said to him, "Do not fear, for I will show you kindness for the sake of your father Jonathan, and I will restore to you all the land of Saul your father, and you shall eat at my table always." **8** And he paid homage and said, "What is your servant, that you should show regard for a dead dog such as I?"

9 Then the king called Ziba, Saul's servant, and said to him, "All that belonged to Saul and to all his house I have given to your master's grandson. **10** And you and your sons and your servants shall till the land for him and shall bring in the produce, that your master's grandson may have bread to eat. But Mephibosheth your master's grandson shall always eat at my table." Now Ziba had fifteen sons and twenty servants. **11** Then Ziba said to the king, "According to all that my lord the king commands his servant, so will your servant do." So Mephibosheth ate at David's table, like one of the king's sons. **12** And Mephibosheth had a young son, whose name was Mica. And all who lived in Ziba's house became Mephibosheth's servants. **13** So Mephibosheth lived in Jerusalem, for he ate always at the king's table. Now he was lame in both his feet.

Seven Expressions Of God's Kindness For Us To Experience!

Pardon From Sin!

⁴ But when the kindness and the love of God our Savior toward man appeared, ⁵ not by works of righteousness which we have done, but according to His mercy He saved us, through the washing of regeneration and renewing of the Holy Spirit, ⁶ whom He poured out on us abundantly through Jesus Christ our Savior, *Titus 3:4-6, NKJV*

Provision For Our Needs!

And my God shall supply all your need according to His riches in glory by Christ Jesus.
Philippians 4:19, NKJV

Protection From Danger!

⁹ So Satan answered the LORD and said, "Does Job fear God for nothing? ¹⁰ Have You not made a hedge around him, around his household, and around all that he has on every side? You have blessed the work of his hands, and his possessions have increased in the land. *Job 1:9-10, NKJV*

Prayers Answered!

If you then, being evil, know how to give good gifts to your children, how much more will *your* heavenly Father give the Holy Spirit to those who ask Him!" *Luke 11:13, NKJV*

Promises Kept!

¹⁹ For the Son of God, Jesus Christ, who was preached among you by us—by me, Silvanus, and Timothy—was not Yes and No, but in Him was Yes. ²⁰ For all the promises of God in Him *are* Yes, and in Him Amen, to the glory of God through us. *2 Corinthians 1:19-20, NKJV*

Personally Involved In Our Lives!

²⁷ so that they should seek the Lord, in the hope that they might grope for Him and find Him, though He is not far from each one of us; ²⁸ for in Him we live and move and have our being, as also some of your own poets have said, 'For we are also His offspring.' *Acts 17:27-28, NKJV*

Presence Always With Us!

⁵ *Let your conduct be* without covetousness; *be* content with such things as you have. For He Himself has said, "I will never leave you nor forsake you." ⁶ So we may boldly say:

"The Lord *is* my helper;

I will not fear.

What can man do to me?" *Hebrews 13:5-6, NKJV*

Three Things To Pray!

Pray and ask God to help you ***Cultivate the Fruit of Patience this week.***

Pray and ask God to help you ***Celebrate the Fruit of Patience this week.***

Pray and ask God to help you ***Communicate the Fruit of Patience this week.***

NLC'S VERSE FOR 2021:

Now may the God of hope fill you with all joy and peace in believing, that you may abound in hope by the power of the Holy Spirit. *Romans 15:13, NKJV*