

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!

FOOD, FELLOWSHIP, GAMES & FUN!

You will not want to miss the Annual Church Picnic!

Our NLC family has wonderful cooks
So you know how good the food will be!

After missing last year's picnic, everyone is ready to fellowship!

There will be organized games for children, youth and adults!

You may want to practice your skills for some friendly competition!

Bubble Wands & Machine

Face the Cookie

Potato Sack Race

3-Legged Race

Ladder Ball

Slammo

Kanjam

Cornhole **

Horseshoes

And More!

** If you have Cornhole, please bring your set along.

With several sets we could have a tournament!

Volunteers are still needed for Hospitality,

Clean-up Crew and Game Leaders.

Contact Ginger Wallace to Volunteer.

Annual Church Picnic Lower Allen Park Barn June 19th - 12 to 4 pm

Rain or Shine - Barn is air conditioned

FOOD DROP OFF IS 12 NOON

(The hospitality team needs to label & place foods)

EAT AT 12:15 PM

Church: is providing drinks, fried chicken, hot dogs and hamburgers

Congregation: please bring salads, fruit, vegetable side dishes and desserts

* **Label your food**

* **Last names A thru H:** bring salads or fruit

* **Last names I thru SH:** bring vegetable side dishes

* **Last names S1 thru Z:** bring desserts

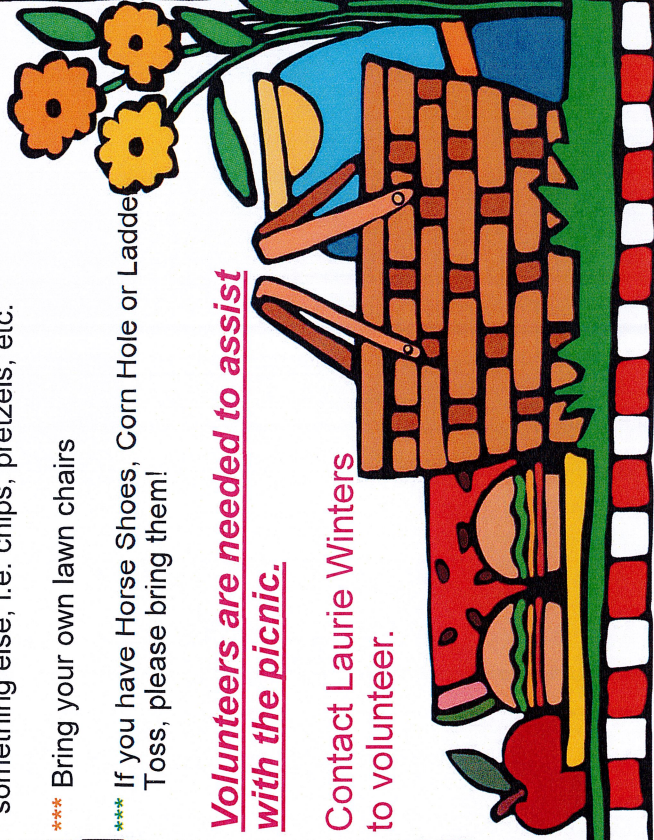
* Anyone may bring from their assigned category plus something else, i.e. chips, pretzels, etc.

*** Bring your own lawn chairs

*** If you have Horse Shoes, Corn Hole or Ladder Toss, please bring them!

Volunteers are needed to assist with the picnic.

Contact Laurie Winters to volunteer.



God So Loved

Verse 1

Come all you weary
Come all you thirsty
Come to the well that never runs dry
Drink of the water
Come and thirst no more

Verse 2

Come all you sinners
Come find His mercy
Come to the table **He will satisfy**
Taste of His goodness
Find what you're looking for

Chorus 1

For God so loved the world that He gave us
His one and only Son to save us
Whoever believes in Him will live forever

Verse 3

Bring all your failures
Bring your addictions
Come lay them down at the foot of the cross
Jesus is waiting there
With open arms

Chorus 2

For God so loved the world that He gave us
His one and only Son to save us
Whoever believes in Him will live forever
The power of hell forever defeated
Now it is well I'm walking in freedom
For God so loved God so loved the world

Bridge

Praise God praise God
From whom all blessings flow
Praise Him praise Him
For the wonders of His love

Chorus 3

For God so loved the world that He gave us
His one and only Son to save
For God so loved the world that He gave us
His one and only Son to save us
Whoever believes in Him will live forever
The power of hell forever defeated
Now it is well I'm walking in freedom
For God so loved God so loved the world

Verse 4

Bring all your failures
Bring your addictions
Come lay them down at the foot of the cross
Jesus is waiting
God so loved the world

CCLI Song # 7138599

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Evidence

Verse 1

All throughout my history
Your faithfulness has walked beside me
The winter storms made way for spring
In every season from where I'm standing

Chorus

I see the evidence of Your goodness
All over my life
All over my life
I see Your promises in fulfillment
All over my life
All over my life (yeah)

Verse 2

Help me remember when I'm weak
Fear may come but fear will leave
You lead my heart to victory
You are my strength and You always will be

Chorus

I see the evidence of Your goodness
All over my life
All over my life
I see Your promises in fulfillment
All over my life
All over my life (yeah)

Bridge

See the cross the empty grave
The evidence is endless
All my sin rolled away
Because of You oh Jesus (oh)

Ending

Why should I fear
(Oh) The evidence is here

CCLI Song # 7147432
Ed Cash | Ethan Hulse | Josh Baldwin
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10,000 Reasons (Bless The Lord)

Chorus

Bless the Lord O my soul O my soul
Worship His holy name
Sing like never before O my soul
I'll worship Your holy name

Verse 1

The sun comes up it's a new day dawning
It's time to sing Your song again
Whatever may pass and whatever lies before me
Let me be singing when the evening comes

Verse 2

You're rich in love and You're slow to anger
Your name is great and Your heart is kind
For all Your goodness I will keep on singing
Ten thousand reasons for my heart to find

Verse 3

And on that day when my strength is failing
The end draws near and my time has come
Still my soul will sing Your praise unending
Ten thousand years and then forevermore

Ending

Sing like never before O my soul
I'll worship Your holy name
Worship Your holy name
Worship Your holy name

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Jonas Myrin | Matt Redman
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Blessed Assurance

Verse 1

Blessed assurance Jesus is mine
O what a foretaste of glory divine
Heir of salvation purchase of God
Born of His Spirit washed in His blood

Chorus

This is my story this is my song
Praising my Savior all the day long
This is my story this is my song
Praising my Savior all the day long

Verse 2

Perfect submission perfect delight
Visions of rapture now burst on my sight
Angels descending bring from above
Echoes of mercy whispers of love

Chorus

This is my story this is my song
Praising my Savior all the day long
This is my story this is my song
Praising my Savior all the day long

Verse 3

Perfect submission all is at rest
I in my Savior am happy and blest
Watching and waiting looking above
Filled with His goodness lost in His love

Chorus

This is my story this is my song
Praising my Savior all the day long
This is my story this is my song
Praising my Savior all the day long

Chorus

This is my story this is my song
Praising my Savior all the day long
This is my story this is my song
Praising my Savior all the day long

WELCOME TO WORSHIP!

New Life Church

June 13, 2021

BECOMING A DIFFERENCE MAKER!

(What Cancel Culture Cannot Stop)



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

Message 7

Experiencing God Day by Day – June 11th – Henry Blackaby: “An examination of the fruits of the Spirit can be intimidating. Working all nine of these traits into your life seems impossible, and indeed it is. But the moment you became a Christian, the Holy Spirit began a divine work to produce Christ’s character in you. Regardless of who you are, the Spirit works from the same model, Jesus Christ.

The Spirit looks to Christ in order to find the blueprint for your character.

The Spirit will immediately begin helping you experience and practice the same **LOVE** that Jesus had when he laid down his life for His friends.

The same **JOY** He experienced will now fill you.

The identical **PEACE** that guarded the heart of Jesus, even as being beaten and mocked, will be the peace that the Spirit works to instill in you.

The **PATIENCE** Jesus had for His most unteachable disciple will be the patience that the Spirit now develops in you.

The **KINDNESS** Jesus showed toward children and sinners will soften your heart toward others.

There will be a **GOODNESS** about you that is only explainable by the presence of the Spirit of God.

All of this is as natural as the growth of fruit on a tree. You do not have to orchestrate it on your own. It automatically begins the moment you become a believer. How quickly it happens depends upon how completely you yield yourself to the Holy Spirit.”

Acts 10:38 how God anointed Jesus of Nazareth with the Holy Spirit and power, **and how He went around doing good**, and healing all who were under the power of the devil, because God was with Him.

Psalms 23:6 Surely **goodness** and mercy shall follow me All the days of my life; and I will dwell in the house of the Lord Forever.

Psalms 27:13 I would have lost heart, unless I had believed That I would see the **goodness** of the Lord in the land of the living.

Galatians 6:10 Therefore, as we have opportunity, let us do **good** to all, especially to those who are of the household of faith.

CULTIVATING THE FRUIT OF THE HOLY SPIRIT!

To cultivate means to prepare and promote the growth of something or someone.
To loosen or break up the soil for growing plants.

And the Lord God planted a garden in Eden, in the east, and there he put the man whom he had formed.
Genesis 2:8, ESV

And you shall eat and be full, and you shall bless the Lord your God for the good land he has given you.
Deuteronomy 8:10, ESV

⁷ For land that has drunk the rain that often falls on it, and produces a crop useful to those for whose sake it is cultivated, receives a blessing from God. ⁸ But if it bears thorns and thistles, it is worthless and near to being cursed, and its end is to be burned. *Hebrews 6:7-8, ESV*

- Within the “garden of your heart” cultivate the fruit of the Holy Spirit!

CELEBRATING THE FRUIT OF THE HOLY SPIRIT!

To celebrate is the act, process of showing appreciation, gratitude with someone.
To celebrate is to acknowledge a significant day or event, with a social gathering or enjoyable activity.

I was glad when they said to me, “Let us go to the house of the LORD! *Psalms 122:1, ESV*

²³ And bring the fattened calf and kill it, and let us eat and celebrate. ²⁴ For this my son was dead, and is alive again; he was lost, and is found.’ And they began to celebrate. *Luke 15:23-24, ESV*

- With your brothers and sisters in Christ celebrate the fruit of the Holy Spirit!

COMMUNICATING THE FRUIT OF THE HOLY SPIRIT!

To communicate is to share or exchange information, news or ideas.
To communicate is to share the good news of the gospel with those who don’t know Jesus.

²⁶ And they came to Moses and Aaron and to all the congregation of the people of Israel in the wilderness of Paran, at Kadesh. They brought back word to them and to all the congregation, and showed them the fruit of the land. ²⁷ And they told him, “We came to the land to which you sent us. It flows with milk and honey, and this is its fruit. *Numbers 13:26-27, ESV*

Then he said to them, “Go your way. Eat the fat and drink sweet wine and send portions to anyone who has nothing ready, for this day is holy to our Lord. And do not be grieved, for the joy of the Lord is your strength.”
Nehemiah 8:10, ESV

- With your unsaved family, friends, etc. communicate the fruit of the Holy Spirit!

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*