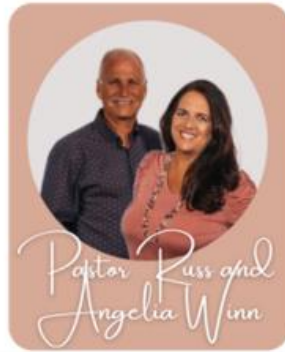


# Welcome

We are glad you are here on this beautiful day. We have been praying for you. Yes, you specifically that God would lead you here on this very day. At the Springs of Bonita, we are committed to helping you maximize your potential in life. We're not perfect and we don't pretend to be. When you visit, you will find people like you, ready to welcome you no matter where you may be in life. It's not too late for a new beginning!



## Sermon Series:

# Healthy & Whole God's Way

Our whole person (body, mind, soul) needs ongoing renewal. In this series, discover Christ's amazing power to heal, restore and renew our bodies, minds and souls. Pastor Russ teaches on getting healthy and whole using principles found in the Word of God.

### Maintaining Momentum

- Don't Waste Your Pain

John 4:23 "But the hour is coming, and now is, when the true worshippers will worship the Father in spirit and truth"

423 Praise is a ministry dedicated to seeing the glory of God transform His people with praise, worship and prayer. 423 Praise hosts events at various venues in Southwest Florida. Each event is free and has bounce houses, multiple worship bands and food trucks. For more information, please go to [www.423praise.com](http://www.423praise.com), follow us on Facebook 423 praise or scan the QR code to give.

423 PRAISE

## Prayer Tent

Do you have anything that you need prayer for? The team is ready to lift up your needs. Meet them after service in the prayer tent. FREE BIBLES are available at this tent.

**Dinner at DOC'S BEACH HOUSE** **JUNE 26 05:30 PM**  
 27908 Hickory Blvd, Bonita Springs, FL 34134  
 Join us once a month throughout summer at Doc's Beach House where we will meet for dinner and fellowship. Write "Doc's" on your envelope to RSVP.  
 \*Doc's is a cash only restaurant and parking is valet or public beach parking!  
 We have moved the dinner to a Wednesday this month so that we can celebrate the birthday of Pastor Russ together!

**SUMMER FAMILY NIGHTS** **JUNE 30TH**  
 Join us for a Summer Church Family Night on Sunday June 30th from 5:00 - 6:30 pm at The Ministry House for fellowship and a treasure hunt! Everyone is welcome to attend. RSVP by writing "Family Night" on your envelope.

**Café of Life Canned Food & Supply Drive**  
 Caring...Sharing...Serving  
[www.CafeOfLife.org](http://www.CafeOfLife.org)  
 We are running a food and supply drive to help fill the pantry and urgent needs at The Café of Life here in Bonita Springs. The Café of Life provides a hot nutritious meal Monday through Friday from 9:30 a.m. to 10:30 a.m. to those in need in our community. Thank you for your love & support.  
 Items can be dropped off at the Welcome Center Sunday

- Canned Vegetables
- Soups
- Canned Fruit
- Cereal
- Canned Meat
- Cooking Oil
- Sugar
- Rice
- Beans
- Pasta & Sauces
- Diapers
- Baby Wipes
- Soaps & Shampoo
- Tooth Brushes
- Laundry Pods
- Dish Soap
- Toilet Paper
- Paper Towels

**Daughters of the King**  
 Ladies Lunch  
**July 1st @ Noon** Olive Garden Food, Fun & Fellowship  
 in Coconut Point  
 8091 Plaza del Lago Dr, Estero

What is going on this week at The Springs?  
[www.TheSpringsOfBonita.church/Life-Groups](http://www.TheSpringsOfBonita.church/Life-Groups)

**First Time Here?**  
 Thank you for joining us today! We have a gift for you! Please fill out your connection envelope and bring it to the Welcome Center to receive an Outdoor Church Welcome Kit! This kit has information about the Heart of The Springs of Bonita. Second and third time guests receive gifts too!!

## INFANTS AND TODDLERS

Stay and Play is a fenced in area provided for parents to enjoy the service without the stress of a wandering toddler. This area is for children ages 0-2 years old.

## KIDS CHURCH

Upon arrival, check in and drop off your children (Pre-K through 5th grade) behind the butterfly garden. Look for the signs. Ms. Micki has created a fun service filled with games, worship, crafts, videos, and activities. Following service, check your children out at the playground. Children will not be released without a parent or guardian.

**The Springs of Bonita Kids**  
**JOIN US TODAY!**

# The Springs of Bonita

June 2024

## MINISTRY LEADERS

Russ and Angelia Winn	Founding Pastors
Wendy Renee	Worship Leader
Savannah Reinertsen	Student Ministry
Micki Hall	Student Ministry
Tammy Bennett	Finance Manager
Courtney Ardoin	Administrator

## STAY CONNECTED



Sign up for our e-news by writing "ENEWS" on your connection envelope. Please include your name and email address.

Heading out of town? Worship with us online, live at 9:30am each Sunday at [www.facebook.com/BonitaSpringsChurch/](http://www.facebook.com/BonitaSpringsChurch/) Or [www.tinyurl.com/TheSpringsYouTube](http://www.tinyurl.com/TheSpringsYouTube)

Download The Springs App for access to our sermon series archives at <http://get.theapp.co/118c>

### \*MINISTRY HOUSE/OFFICE\*

27061 Rue de Paix  
Bonita Springs, FL 34135

**Pastor Russ Winn**  
239-293-3310

[www.TheSpringsOfBonita.church](http://www.TheSpringsOfBonita.church)

Each week our prayer team prays for your requests! To submit your requests, write them on your envelope and/or send them to [TheSpringsOfBonita@yahoo.com](mailto:TheSpringsOfBonita@yahoo.com)

### Join A Life Group

### The Springs is ON THE AIR

You can now listen to The Springs on the radio on 91.5 Kingdom FM! The Springs will air each Saturday at 11:30am & Sundays at 8pm.

## 91.5 FM

## Giving Information

We believe that God is the giver of every good gift (James 1:17) and that He invites us to give back to Him in order to invest in His Kingdom.

Your tax-deductible contribution helps reach this community for Christ! Thank you for being the hands and feet of Jesus! Please drop your offering into one of the buckets at a hospitality table.

Online giving is available at [www.thespringsofbonita.church/giving](http://www.thespringsofbonita.church/giving)  
OR Text "outdoor" to 1-888-364-4483  
Mail in: PO Box 3279 Bonita Springs, FL 34133

# Healthy & Whole God's Way

**Healthy & Whole God's Way**  
**MAINTAINING MOMENTUM**  
Pastor Russ Winn  
June 23, 2024

Moving From Commitment to \_\_\_\_\_

**Relapse:** Falling back into a self-defeating pattern

**I. THE WARNING SIGNS OF A RELAPSE**

- A. \_\_\_\_\_
- B. \_\_\_\_\_
- C. \_\_\_\_\_
- D. \_\_\_\_\_

**II. WHAT CAUSES A RELAPSE**

- A. Reverting to \_\_\_\_\_

"The moment I decide to do good, sin is there to trip me up. I truly delight in God's commands but it's pretty obvious not all of me joins in that delight. Parts of me covertly rebel. Just when I least expect it they take charge. I've tried everything and nothing helps. I'm at the end of my rope. Is there no one who can do anything for me?" Romans 7:21-25 (Mess)

"It's not by human might, it's not by human willpower, but by My Spirit, says the Lord, that success comes." Zechariah 4:6

"Don't be so naïve and self-confident. You're not exempt. You could fall flat on your face as easily as anyone else. Forget about self-confidence; it's useless. Cultivate God confidence." 1 Corinthians 10:12 (MSG)

- B. Ignoring One of the \_\_\_\_\_

"You were doing so well! Who made you stop obeying the truth." Galatians 5:7

- C. Trying to Recover \_\_\_\_\_

"Two are better than one because they have a good return for their work. If one falls down his friend can help him up but pity the man who falls and has no one to help him up." Ecclesiastes 4:9,10 (NIV)

**III. HOW TO PREVENT A RELAPSE?**

**Step 7 – Maintenance Step** - Reserve a \_\_\_\_\_ with God for self-examination, Bible reading, and prayer in order to know God and His will for my life and gain the power to do it.

- A. Set Aside Daily Time for \_\_\_\_\_

"Each one should test his own actions." Galatians 6:4 (NIV)

- B. \_\_\_\_\_ Bible Truth into Our Lives

"The word of God is living and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart." Hebrews 4:12 (NIV)

- C. \_\_\_\_\_ Throughout Your Day

"Devote yourselves to prayer, being watchful and thankful." Colossians 4:2

"Here's what I want you to do. Find a quiet secluded place so you won't be tempted to role-play before God and just be there as simply and honestly as you can manage. The focus will shift from you to God and you'll begin to sense His grace." Matthew 6:6 (MSG)

- D. Stay Connected to a \_\_\_\_\_

"Encourage one another daily, as long as it is still called Today, so that none of you may be hardened by sin's deceitfulness." Hebrews 3:13

"So watch your step, friends. Make sure there's no evil unbelief lying around that will trip you up and throw you off course, diverting you from the living God. For as long as God's still calling it Today, keep each other on your toes so sin doesn't slow down your reflexes. If we can only keep our grip on the sure thing we started out with, we're in this with Christ for the long haul." Hebrews 3:13 (MSG)

"The word of God is living and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart." Hebrews 4:12 (NIV)

**Notes:** \_\_\_\_\_  
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