

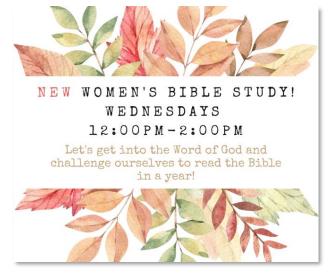
Welcome to The Well!

Thank you so much for joining us today! We are so happy that you are here with us! If you call this your home or are just passing through you matter to us and, more importantly, to God! We will begin with a few songs, share a message of life-change, and end with a time of worship & reflection. We hope you leave today filled with hope and peace!

Lou & Kristen - Lead Pastors



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LIKE SOMETHING YOU HEARD TODAY?

- 01 GOOD GRACE
 HILLSONG UNITED
- 02 GRATITUDE BRANDON LAKE
- 03 ALWAYS GOOD
 THE MCCLURES

Join us at Women's
Bible Study as we
journey through the
Bible together! Fell
behind over the
holidays? No worries!
Just keep following
along. Wednesdays
from 12:00pm - 2:00pm!
Join us January 5th!





Wishing our church family and friends a happy and healthy New Year! We love and appreciate all of you and cannot wait to see what God does in and through our church this year! The best is yet to come.





Give online at www.thewellts.com/give

or via our app



Envelope

Put your offering in an envelope and place it in the offering bucket as it goes around



Text

Text "wellgiving" to 206-859-9405

New Year, Same Me

• 80% of New Year's resolutions fail by the second week of February.

Don't you realize that in a race everyone runs, but only one person gets the prize? **So run to win!** ²⁵All athletes are disciplined in their training. They do it to win a prize that will fade away, but we do it for an eternal prize. ²⁶So I run with purpose in every step. I am not just shadowboxing. ²⁷I discipline my body like an athlete, training it to do what it should. ... 1 Corinthians 9:24-27 NLT

•	o Trying never achieves consistent results. Training does.	
•	is an attempt to change with minimal commitment.	
•	is wholehearted commitment to achieve a specific result.	

Everyone who competes in the games goes into $\underline{\text{strict training}}$. - 1 Corinthians 9:25 NIV

• agonizomai—to contend for victory, to strain every nerve toward the goal

... train yourself to be godly. 1 Timothy 4:7 NIV

 Training is doing what I can do today to enable me to do even more tomorrow.

So I run with <u>purpose in every step</u>. I am not just shadowboxing. ²⁷I <u>discipline</u> my body like an athlete, <u>training</u> it to do what it should. ... 1 Corinthians 9:26-27

WE TRIED BEFORE; NOW, IN 2022, WE ARE GOING TO TRAIN BECAUSE THE BATTLE IS ALWAYS HERE!

We win when we become more of who God created us to be. Who do you think God created you to be? Is there a goal you've been trying to meet without success? How could you train in order to reach your goal?

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