

Lead Pastor Joshua Ray

Matthew 5:5 (NIV) Blessed are the meek, for they shall inherit the earth.

✓ Meekness is strength _____

✓ Key Word = _____

Psalm 37:11 But the meek shall inherit the land and delight themselves in abundant peace.

Psalm 37:3-8 (ESV) Trust in the Lord, and do good; dwell in the land and befriend faithfulness. 4Delight yourself in the Lord, and he will give you the desires of your heart. 5Commit your way to the Lord; trust in him, and he will act. 6He will bring forth your righteousness as the light, and your justice as the noonday. 7Be still before the Lord and wait patiently for him; fret not yourself over the one who prospers in his way, over the man who carries out evil devices! 8Refrain from anger, and forsake wrath! Fret not yourself; it tends only to evil.

The Meek:

✓ _____ in God

Psalm 37:3-4 (ESV) Trust in the Lord, and do good; dwell in the land and befriend faithfulness. 4Delight yourself in the Lord, and he will give you the desires of your heart.

✓ _____ their way to God

Psalm 37:5 (ESV) Commit your way to the Lord; trust in him, and he will act.

✓ Wait _____ for God

Psalm 37:7a (ESV) Be still before the Lord and wait patiently for him

✓ _____ over the wicked

Psalm 37:7b-8 (ESV) fret not yourself over the one who prospers in his way, over the man who carries out evil devices! 8Refrain from anger, and forsake wrath! Fret not yourself; it tends only to evil.

Jesus is the perfect example

Matthew 26:39 (ESV) My Father, if it be possible, let this cup pass from me; nevertheless, not as I will, but as you will.

Matthew 26:53 Do you think that I cannot appeal to my Father, and he will at once send me more than twelve legions of angels?

Manna News

SERVE Day is July 16th. Sign up online today!

capitalarea.manna.church/outreach

Info Guide

Welcome

We're glad you're here! This Info Guide will help you learn how to get connected at Manna and share what is available to you at the service today. We hope you feel at home and enjoy your time with us.

What to Expect

During today's worship experience you can expect about a 65 minute service that will begin with approximately 20-25 minutes of worship, we will also have a brief time of announcements, followed by a 35-minute biblical and practical message delivered by our Pastor.

Connection Card

If you're a first-time guest, we would love for you to fill out a connection card. No one is planning to call you or come by your house—We just want to thank you for joining us today and let you know what is available to you here at Manna.

Free Gift

If it is your first time with us, we have a gift available for you in the lobby at the end of service— We simply want to give you a gift to thank you for being with us today!

NextStep

If you want to learn more about Manna Church, who God has called you to be, and how you can make a difference, NextStep is for you.

It is a 4-week small group that meets the first four Sundays of every month. Childcare is provided and you can learn the times and locations at the info center in the lobby. We would love for you to take this step!

Manna Kids

We promise a clean and safe environment where children can experience and enjoy the love of Jesus. The Nursery/Preschool experience is available for kids 6 weeks through 5 years, and the Elementary experience is for children in kindergarten through 5th grade. We would love to have your child join us!

Manna Students

Manna Students meets weekly, at Manna Capital, Wednesday nights at 6:30pm. We play games, fellowship, and grow together in our relationship with Jesus. Middle School and High School age both welcomed! Our current focus is on learning to hear the voice of God.

Small Groups

Life-change happens in the context of small groups. Get involved in one today! Visit our website for a list of small groups.

capitalarea.manna.church