

**Rhythm of \_\_\_\_\_**

**1. You were made \_\_\_\_\_ community, \_\_\_\_\_  
community**

Genesis 1:26 (NIV) Then God said, "Let us make mankind in our image, in our likeness . . ."

Genesis 2:18 (NIV) The LORD God said, "It is not good for man to be alone . . ."

Ecclesiastes 4:9-12 (ESV) Two are better than one, because they have a good reward for their toil. 10 For if they fall, one will lift up his fellow. But woe to him who is alone when he falls and has not another to lift him up! 11 Again, if two lie together, they keep warm, but how can one keep warm alone? 12 And though a man might prevail against one who is alone, two will withstand him—a threefold cord is not quickly broken.

Acts 2:42-47 (ESV) And they devoted themselves to the apostles' teaching and the fellowship, to the breaking of bread and the prayers. 43 And awe came upon every soul, and many wonders and signs were being done through the apostles. 44 And all who believed were together and had all things in common. 45 And they were selling their possessions and belongings and distributing the proceeds to all, as any had need. 46 And day by day, attending the temple together and breaking bread in their homes, they received their food with glad and generous hearts, 47 praising God and having favor with all the people. And the Lord added to their number day by day those who were being saved.

**2. The quality of your \_\_\_\_\_ is determined by the quality of  
your \_\_\_\_\_.**

Proverbs 15:17 (ESV) Better is a dinner of herbs where love is than a fattened ox and hatred with it.

**3. The direction of your \_\_\_\_\_ will determine the  
direction of your \_\_\_\_\_.**

Proverbs 13:20 (ESV) Whoever walks with the wise becomes wise, but the companion of fools will suffer harm.

1 Corinthians 15:33 (ESV) Do not be deceived: "Bad company ruins good morals."

**4. The danger of \_\_\_\_\_ is greater than  
the risk of \_\_\_\_\_.**

1 Corinthians 12:27 (ESV) Now you are the body of Christ and individually members of it.

**Manna News**

21 Days of Prayer & Fasting: January 8-28  
With Noon Prayer, Monday-Friday

Today is Connect Sunday. Find a small group  
that's right for you.

For a full list of Small Groups Visit  
[CapitalArea.Manna.Church](http://CapitalArea.Manna.Church)

## 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!

### **Growth Track**

If you want to learn more about Manna Church, who God has called you to be, and how you can make a difference, Growth Track 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, Sunday afternoons at 12:00pm. We play games, fellowship, and grow together in our relationship with Jesus. Middle School and High School age both welcomed!

### **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](http://capitalarea.manna.church)