

Running With Giants/ Pt. 1 Abel / Lead Pastor Joshua Ray

Hebrews 12:1-2 Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith.

Genesis 4:1-16 (NLT) Now Adam had sexual relations with his wife, Eve, and she became pregnant. When she gave birth to Cain, she said, "With the Lord's help, I have produced a man!" 2 Later she gave birth to his brother and named him Abel. When they grew up, Abel became a shepherd, while Cain cultivated the ground. 3 When it was time for the harvest, Cain presented some of his crops as a gift to the Lord. 4 Abel also brought a gift—the best portions of the firstborn lambs from his flock. The Lord accepted Abel and his gift, 5 but he did not accept Cain and his gift. This made Cain very angry, and he looked dejected. 6 "Why are you so angry?" the Lord asked Cain. "Why do you look so dejected? 7 You will be accepted if you do what is right. But if you refuse to do what is right, then watch out! Sin is crouching at the door, eager to control you. But you must subdue it and be its master." 8 One day Cain suggested to his brother, "Let's go out into the fields." And while they were in the field, Cain attacked his brother, Abel, and killed him. 9 Afterward the Lord asked Cain, "Where is your brother? Where is Abel?" "I don't know," Cain responded. "Am I my brother's guardian?" 10 But the Lord said, "What have you done? Listen! Your brother's blood cries out to me from the ground! 11 Now you are cursed and banished from the ground, which has swallowed your brother's blood. 12 No longer will the ground yield good crops for you, no matter how hard you work! From now on you will be a homeless wanderer on the earth."

Hebrews 11: 1-4 (NLT) Faith shows the reality of what we hope for; it is the evidence of things we cannot see. 2 Through their faith, the people in days of old earned a good reputation. 3 By faith we understand that the entire universe was formed at God's command, that what we now see did not come from anything that can be seen. 4 It was by faith that Abel brought a more acceptable offering to God than Cain did. Abel's offering gave evidence that he was a righteous man, and God showed his approval of his gifts. Although Abel is long dead, he still speaks to us by his example of faith.

Advice From Abel

1. Without _____ it is impossible to _____ God.

Hebrews 11:6 (NLT) And it is impossible to please God without faith. Anyone who wants to come to him must believe that God exists and that he rewards those who sincerely seek him.

Faith is not just _____ that God exists but _____ like God exists.

2. Give God _____.

Three Ways to Give God Your Best & Live Like He Exists:

1. Put _____

2. Put _____

3. Put _____

1 Timothy 5:8, 2 Corinthians 8:1-7, Phillipians 2:4-9

Manna News

Small Group Sunday: June 2nd @ 9:30am & 11:00am
Come find a small group to belong to!

Do you have Small Group on your heart?
Head to CapitalArea.Manna.Church to sign
up to lead one today!

(Must have completed the Growth Track to lead one)

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