

SERMON NOTES

The Total Package -

Pastors Sheri Schaefer - January 2, 2022

Meditation Verse

Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself.

I Corinthians 6:19 NLT

Don't you realize that in a race everyone runs, but only one person gets the prize? So run to win! All 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. So I run with purpose in every step. I am not just shadowboxing. I discipline my body like an athlete, training it to do what it should. Otherwise, I fear that after preaching to others I myself might be disqualified.

I Corinthians 9:24-27 NLT

Proper nutrition and your physical fitness will determine not only how you run your race but how well you will finish your race.

1. Eat in moderation. *Philippians 4:5, Proverbs 23:2, 23:2*

Four secrets to eating in moderation.

- A. Eat when you are hungry.**
- B. Choose foods that you believe will satisfy you.**
- C. Eat slowly.**
- D. Stop eating when you are full.**

2. Make exercise a regular part of your week.

A. Set a time.

B. Start slowly.

C. Be creative.

D. Stick to it. Say regularly “I do hard things.” Phil 4:13

ANNOUNCEMENTS

FASTING FOR 2022

Begins January 9

*A powerful time of seeking the Lord
for the upcoming year!!*



NEW COMERS MEET & GREET

January 23rd after service

*Register on your communication card.
Lunch will be provided.*

ANNUAL SPECIAL OFFERING

Happening Now

*Consider your gift to help impact our
community for Christ!*



Join us next week as we continue our series “The Total Package”.