

15941 Virginia Ave.  
Paramount, CA

# EMMANUEL

C H U R C H

Nov 21, 2021  
(562) 531-6820

connecting people to Jesus, people, and God's mission

Please keep the following people  
& their families in daily prayer...

- RICHARD GRIFFIN: Issues with blood flow and circulation to legs & feet
- KATHY MATHEWS: Severe foot infection and kidney failure/diabetes
- GREG ENGLE: Inclusion Body Myositis
- SHEILA IANTORNO: Lupus, Breast Cancer
- TROY KUBINSKI: Muscular Dystrophy
- VANCE RICHARDS: Continue healing from stroke
- LILLIAN & WESLEY MICHAELS: Overall Health
- GAY WALKER: Lung cancer
- TANYA COLLIS: severe pain 24 hrs/day
- CHARRON GAYDEN: Mental Health
- JADEN MALDONADO: (child) Congenital cytomegalovirus
- TANYA MCKOWN: Lupus, Health issues
- EMMA ROMERO (Teen): Seizures
- BERTHA MARTINES: Stroke/ complete healing
- FRANCES HOLTON: Full recovery of knees

WWW.ERC.LA

EMMANUEL

JOIN US

*thanksgiving*

SERVICE

ENGLISH Wed 24th 7PM  
Thu 25th 10AM

SPANISH Wed 24th 7PM

ADVENT TREE LIGHTING

MONDAY  
NOVEMBER 29TH  
7PM

English: 9am 10:30am 12pm 6pm | Spanish: 10:30am 12pm | Nepalese: 9:30am  
(sanctuary) (activity center) (blue building)

Scan to access  
ERC's Hub!



## 2nd Offerings

11/7 Paramount Care Foundation | 11/21 Vision

### Weekly Offering

YTD Offering: \$2,569,826.73  
YTD Budget: \$2,160,000.00

Last Week's Offering: \$35,678.02  
2021 Weekly Budget: \$54,000.00

Scan to give!



IG: @erclosangeles | FB: @ERCParamount | YT: @ERCVideoLA

# Title: Ministry at Mealtime

**The Goal:** Meeting God while Eating Food

The Son of Man has come eating and drinking... - Luke 7:34

COMPANION - TOGETHER + BREAD

**Scripture:** Luke 9:1-3, 10-17

Jesus "sets the table"

- Luke 9:3
- Luke 9:13
- John 6:5-6

Fast Food vs Cooking at Home

- Restaurants are proven to use less healthy ingredients than most home cooked meals
- 89% of Americans eat too much sodium which leads to high blood pressure, and damage to the heart, kidneys and blood vessels
- Children eat 2x the necessary calories when dining out
- Fast food is proven to be addictive (high salt and fat content)
- The average serving price in a home cooked meal is \$4.31
- The average serving price in a restaurant is \$20.37
- Stats taken from [www.forbes.com/priceconomics](http://www.forbes.com/priceconomics)

Jesus used food to teach people about the goodness of God... and I believe he extends the same invitation to you today. Make your mealtime matter (Luke 9:15-17)

**Things you should consider doing this holiday season around the dinner table**

- Begin and end your meal with prayer
- Include some kind of Bible reading
- Questions
  - How did you meet God today?
  - What was the best part of your day?
  - Did anything make you uncomfortable today?

Seal Beach Seal - all of creation is seeking to fill the void

Jesus declared, "I am the bread of life" (John 6:35)

**Time of Reflection**

- 1- As we prepare our hearts for communion, take time to repent of sin. Ask the Lord to be the "bread of life" in your life.
- 2- How is the Lord inviting you to take the "method of Jesus" to use food and meal time to meet the Lord? (prayer, scripture reading, questions to ask etc.)
- 3- Who can you invite to have a meal with you? Send the invite today

