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### **THANKS FOR YOUR GENEROSITY!**

Last Week Giving  
\$28,206.00  
Fiscal Year-to-Date Giving  
- Starts Apr 1 -  
\$1,665,034.00

### **NEED TO KNOW!**

#### **1. BAPTISMS**

Baptisms are coming up on Sunday, Feb 5. This is an opportunity for anyone that has decided to follow Jesus with their lives to take the next step and get baptized. If this is you, we can't wait to celebrate you! Please let us know you are ready by clicking the button on today's connect card or RSVP on the website.

#### **2. 30 SECOND THEOLOGY**

Woooo! Who's excited for the big game?! We are too, because at Grace, that means 30 Second Theology! 30 Second Theology is on Feb 12 and happens during both the 9 and 10:30 service. Watch the video that is live now on Social media and go share it! Tag all your friends to invite them.

#### **3. KIDS SPORTS DAY**

Also on Feb 12, Grace Kids is having Sports Sunday! Your kids will have a blast at our Annual Sports Day. They will learn about Jesus by having fun. There will be games, friends, and worship. Wear your favorite sports or team shirt and bring a friend! If you bring a 1st time guest, you will be entered in a prize drawing!



## **JAN 29 // WEEK 5 // PASTOR JOE BOYD**

### **Eating and Exercise**

**Eat: To consume as sustenance: to include something as a usual or fundamental part of a diet.**

**Exercise: To exert oneself physically or mentally, especially for the purpose of developing or maintaining physical fitness.**

May the Lord bless you from Zion; may you see the prosperity of Jerusalem all the days of your life. May you live to see your children's children—peace be on Israel. - Psalm 128:5-6

**Eating healthy and making a disciplined commitment to exercise is not optional for a committed follow of Jesus.**

Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies. - 1 Corinthians 6:19-20

**Confession is good for the body and soul.**

If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. - 1 John 1:9

Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective. - James 5:16

### **Why don't many people experience transformation?**

#### **Longevity matters**

#### **6 things that influence longevity:**

1. Attitude
2. Relationships
3. Genes
4. Mental activity
5. Exercise
6. Diet

#### **What is the responsibility of a leader?**

Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. Everyone who competes in the games goes into strict training. They do it to get a crown that will not last, but we do it to get a crown that will last forever. Therefore I do not run like someone running aimlessly; I do not fight like a boxer beating the air. No, I strike a blow to my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize. - 1 Corinthians 9:24-27

**Until we are able to exercise discipline over our bodies by the power of the holy Spirit, our minds and spirits will be held hostage by our appetites and passions.**

#### **Everyone has hurts, habits and hang ups.**

And the God of all grace, who called you to his eternal glory in Christ, after you have suffered a little while, will Himself restore you and make you strong, firm and steadfast. - 1 Peter 5:10

#### **How do we ensure our spiritual longevity?**

Therefore, if anyone is in Christ, the new creation has come. The old has gone, the new is here! - 2 Corinthians 5:17