

# PRAYER & FASTING

Kick off 2025 by putting Christ FIRST... through prayer and fasting. We will set aside January 13 through January 25 to do this. Do you have any impossibles? Step out in faith and address your need through prayer and fasting. Add your name to the Sign-up List with Clarissa.



## CHANGE YOUR WORLD IN 2025

- Pray for your friends and family.
- Text, FB, or write a message of encouragement.
- Show mercy to those who don't expect it.
- Share your resources generously.

## Giving Receipts

Thank you for your generous giving in 2024. You will be receiving a **GIVING RECEIPT** before the end of January.

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# A Million Little Miracles

by the book by Mark Batterson

Jan 05 » God Most High  
 Jan 12 » God Most Near  
 Jan 19 » God Most Good  
 Jan 26 » There is No One Like Jesus

## Prayer REQUESTS

### ► SALVATION

- Walter Miner III    Gearen Family    Tom M.    Stein Family  
 Ryan K.    Tyler M.    Mandy W.    Dave. O

### ► HEALTH ISSUES

- |                                                            |                                                          |
|------------------------------------------------------------|----------------------------------------------------------|
| <input type="checkbox"/> Mandy W. » Cancer                 | <input type="checkbox"/> Mike K. » Bone Cancer           |
| <input type="checkbox"/> Merle » Health Issues             | <input type="checkbox"/> Walter M. » Limited Mobility    |
| <input type="checkbox"/> Carlos V. » Health Issues         | <input type="checkbox"/> Sophie T. » Health Issues       |
| <input type="checkbox"/> Angie & Family » Life Issues      | <input type="checkbox"/> Keith K. » Health Issues        |
| <input type="checkbox"/> Camilia S. » Cancer/Leg           | <input type="checkbox"/> Kenzie S. » Seizures            |
| <input type="checkbox"/> Lucille S. » Health Issues        | <input type="checkbox"/> Hector S. » Healing             |
| <input type="checkbox"/> Augustin A. » Sobriety            | <input type="checkbox"/> Angela A. » Hospice             |
| <input type="checkbox"/> Yalda Samano » Cancer             | <input type="checkbox"/> Vanessa » Health Issues         |
| <input type="checkbox"/> Walter Miner III. » Health Issues | <input type="checkbox"/> Jacob M. » Emotional Health     |
| <input type="checkbox"/> Zach D. » Sobriety                | <input type="checkbox"/> Noelle G. » Health Issues       |
| <input type="checkbox"/> Paitn » Return to God             | <input type="checkbox"/> Junior » Health Issues          |
| <input type="checkbox"/> Meztti » Return to God            | <input type="checkbox"/> Charlie » Lung Cancer           |
| <input type="checkbox"/> Ivy » Healing                     | <input type="checkbox"/> Silvia J. » Health/Faith Issues |
| <input type="checkbox"/> Clarence F. » Knee Rehab          |                                                          |



### METRICS THAT MATTER (01/05/24)

ATTENDANCE ► 24   GIVING ► \$2,590   GUESTS ► 0  
 VOLUNTEERS ► 14   DECISIONS FOR CHRIST ► 0

# A Million Little Miracles

God Most Near

## ▶ PSALM 139

If all truth is God's truth, then every ology is a branch of theology. God has left us clues in creation.

You made all the delicate, inner parts of my body  
And knit me together in my mother's womb.  
Thank you for making me so wonderfully complex!  
Your workmanship is marvelous—how well I know it.

- Red blood cells
- Double helix and the 0.1%
- Literacy and the biological connection
- 350 and the human cell

*"Generic gratitude results in generic joy. If we don't take things for gratitude, we take them for granted."* ~ Mark Batterson

*"Whatever you don't turn into praise turns into pride."* ~ Mark Batterson

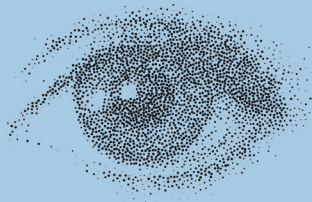
## ■ Gratitude and Anxiety

Did you know that gratitude and anxiety cannot coexist in the human mind? Elsa fitness coach, Cindy stellar, says that "the brain cannot respond to anxiety and gratitude at the same time. It is an either-or situation. Our brain operates and either a sympathetic, fight or flight, or parasympathetic, rest and digest, mode. We can train our brain to focus on positive thoughts, improving, our well-being, and reducing the impacts of stress and anxiety. "

- ▶ Gratitude flips the switch on anxiety. If you increase gratitude, you decrease anxiety by default.

John 10:10 *I came that you may have life and have it abundantly.*

# ■ ■ ■ God sees us through His eyeballs



The human eye has millions of light sensitive cells called rods and cones. They translate light into nerve impulses that travel through the optic nerve into the

visual cortex. 120, million rods in the eye process black-and-white, while this 6 million cones enable us to differentiate among 1 million colors!

## ■ ■ ■ Consider the Lillies

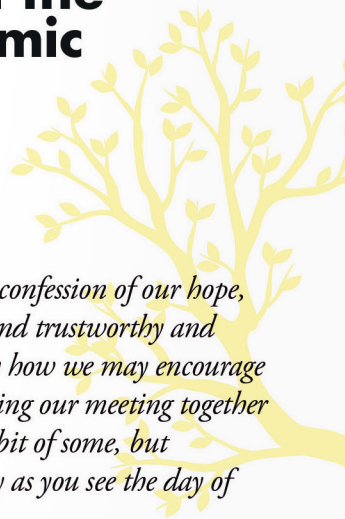
### Matthew 6: 25-34 = The Cure for Anxiety

*“Consider the birds of the sky,” Jesus said.  
“They don’t sew or reap or gather into barns, yet your heavenly Father feeds them. Aren’t you worth more than they?”*

## ■ ■ ■ Tears, Touch and the Loneliness Epidemic

- There is healing in our tears
- There is healing in our community/gathering together
- There is healing in touch

**Hebrews 10:23-25** *Let us see and hold tightly the confession of our hope, without wavering, for he who promised is reliable and trustworthy and faithful to his word; and let us consider thoughtfully how we may encourage one another to love and to do good deeds, not forsaking our meeting together as believers for worship and instruction, as is the habit of some, but encouraging one another; and all the more faithfully as you see the day of Christ return approaching.*



# PRAYER

does not have  
an expiration  
date!



Most food products have one. All the way from milk to fresh-squeezed orange juice. Check the container...there will be an expiry date printed.

**Prayer** on the other hand does not. God views prayers as “timeless” commodities. God saves these prayers carefully: *“And when He had taken the book, the four animals, and the twenty four elders, fell down before the Lamb, having every one harps and golden vials full of perfumes, which are the prayers of the saints.”* Revelation 5:8

In the 1980’s, Martha Harrison prayed not a few prayers—some are being answered in 2025. Her granddaughter plans to be baptized on **Sunday, January 19!** This is prayer that does not have an expiration date. Join us as we experience an **ANSWERED PRAYER** and we celebrate because of it!