

TODAY'S DATE

SERVICE TIMES NURSERY (BIRTH-4) KIDS CHURCH (K-6) JAN 16, 2022 9 & 10:30 AM Available now Dismissed after worship



TODAY'S SERMON

TODAY'S SPEAKER

GIRD UP FOR 2022: MIND OVER MATTER

SCOTT WILLIAMS LEAD PASTOR

1 PFTFR

JOIN US

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ON THE INSIDE

- SERMON NOTES
- DISCUSSION IGNITERS
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STAY CONNECTED

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GIRD UP FOR 2022: MIND OVER MATTER

1 PETER



Perizōnnumi — be girded, i.e., tuck and hold clothing with a buckle, belt, or sash, get ready, prepare for warfare or work.

Anazōnnumi- be ready to learn, prepare for action, formally, gird (bind) the loins of the mind, culturally equal to "______."

I Peter 1:13 (KJV)

"Wherefore gird up the loins of your mind, be sober, and hope to the end for the grace that is to be brought unto you at the revelation of Jesus Christ"

1 Peter 1:13 (NLT)

"So prepare your minds for action and exercise self-control. Put all your hope in the gracious salvation that will come to you when Jesus Christ is revealed to the world.

Being mentally prepared leads to good _____

MENTAL PREPAREDNESS: conditioning the mind in advance of emergencies, thus producing psychological strength in times of crisis. This also is referred to as "battle-______" or "battle ______" by military personnel. ... This internal battle-proofing gives you an incredible advantage.

Ephesians 6:13 (Message)

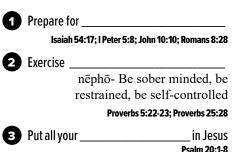
"Be prepared. You're up against far more than you can handle on your own. Take all the help you can get, every weapon God has issued, so that when it's all over but the shouting you'll still be on your feet."

Mental health is not achieved by hiding from or not hearing about _____

James 1:2-4

"Are you in control of your _____ or is your _____ taking control of you?"

THREE WAYS TO GIRD YOUR MIND



- Have you ever felt mentally drained? How has that affect your choices or decisions when you are feeling that way?
- 2 Do you recognize the times when you are feeling mentally vulnerable? Remember the H.A.L.T. acronym. We are most susceptible when we feel Hungry, Angry, Lonely or Tired. Has this been true in your experiences?
- 3 How do you feel about the phrase "Get comfortable being uncomfortable"? Does it make sense to you when it comes to being mentally prepared?
- Pastor asked a question, "Are you in control of your mind or is your mind in control of you?" How did you answer?
- Scripture tells us to be "Led by the Spirit". What do you usually depend on when as you go through your day? Do you lean more on your mind and what seems right to you, or do you allow the Spirit to lead you? See Proverbs 3:5-6 and Proverbs 14:12
- 6 I Peter 1:13 gives us 3 ways to be mentally "gird up". Do you feel you can grow in any of those points? How will you do it starting this week?

EVENT CALENDAR

THE LATEST



PRAYER NIGHT 7:00 PM - 8:00 PM ▼ Freedom Church Sanctuary



MEN'S BIBLE STUDY 8:00 AM - 9:00 AM ▼ Freedom Church Cafe

WORSHIP NIGHT 6:00 PM Join us here for a night of worship



MEN'S BREAKFAST 8:00 AM - 10:00 AM Be sure to sign-up in the lobby



GAL-ENTINES DAY LUNCH

11:00 AM - 1:00 PM Ladies, join us for a fun brunch

JAN 9-30 **21 DAYS OF FASTING** Let's start the new year right!

PRAYER OPPORTUNITIES

Tues – Fri at 12:00 PM for month of January Thur at 7:00 PM

ANNOUNCEMENTS

21 DAYS OF FASTING

January 9-30

We're excited about you joining us in fasting and prayer over these 21 days. It's the best way to begin the New Year! Fasting guides are available in the foyer.

BACK TO THE BASICS

January 5, 12, 19 & 26 at 6:00 PM

Back to the basics will help ground new believers in the fundamentals and renew mature believers in the basics of the Word of God. Be sure to join us online, every Wednesday during the month of January!

BOARD NOMINATIONS

There is one board position needing to be filled so nominations are now being accepted. Per our constitution and bylaws, members can submit in writing the name of a member to one of the nomination committee (Bob Halk, John Gordon, Shawn and Stephani Williams). Umphred, А membership roster will be posted outside the cafe in the near future.

Also, members are asked to join us for the Annual Business Meeting after church on Sunday, February 27. All are welcome.

