



# FREEDOM CHURCH

## CAMERON PARK

**TODAY'S DATE**

JAN 16, 2022

**SERVICE TIMES**

9 &amp; 10:30 AM

**NURSERY (BIRTH-4)***Available now***KIDS CHURCH (K-6)***Dismissed after worship*

# WELCOME

**TODAY'S SERMON**

## GIRD UP FOR 2022: MIND OVER MATTER

1 PETER

**TODAY'S SPEAKER**

SCOTT  
WILLIAMS  
LEAD PASTOR

**JOIN US**

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**ON THE INSIDE**

- SERMON NOTES
- DISCUSSION IGNITERS
- THE LATEST

**STAY CONNECTED**

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# GIRD UP FOR 2022: MIND OVER MATTER

1 PETER



SCOTT WILLIAMS  
LEAD PASTOR

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 “\_\_\_\_\_.”

## 1 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

- 1 Prepare for \_\_\_\_\_  
*Isaiah 54:17; 1 Peter 5:8; John 10:10; Romans 8:28*
- 2 Exercise \_\_\_\_\_  
nēphō- Be sober minded, be restrained, be self-controlled  
*Proverbs 5:22-23; Proverbs 25:28*
- 3 Put all your \_\_\_\_\_ in Jesus  
*Psalm 20:1-8*

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## DISCUSSION IGNITERS

- 1** 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?
- 4** Pastor asked a question, “Are you in control of your mind or is your mind in control of you?” How did you answer?
- 5** 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?

TUE  
18**NO FREEDOM YOUTH***No youth this week*THU  
20**PRAYER NIGHT**

7:00 PM – 8:00 PM

▼ *Freedom Church Sanctuary*FRI  
21**MEN'S BIBLE STUDY**

8:00 AM – 9:00 AM

▼ *Freedom Church Cafe*JAN  
30**WORSHIP NIGHT**

6:00 PM

*Join us here for a night of worship*FEB  
5**MEN'S BREAKFAST**

8:00 AM - 10:00 AM

*Be sure to sign-up in the lobby*FEB  
12**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 &amp; 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 Umphred, and Stephani Williams). A 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.

**WAYS TO GIVE**

- 1 OFFERING BOX
- 2 [FREEDOMCHURCHCP.ORG/GIVE](https://FREEDOMCHURCHCP.ORG/GIVE)
- 3 SCAN THE QR CODE ▶▶▶▶

