

Communion at FOCUS

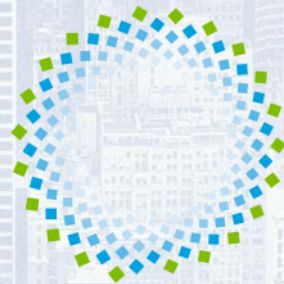
Every Sunday at FOCUS we celebrate the Lord's Table, also known as Communion. We have open communion, which means you do not have to be a member to receive with the rest of the church congregation. Please note, upon your request, we also have gluten free elements for those with gluten and other major food allergies. For a list of ingredients, please see Linda Griffith.

Sunday Evening Prayer and Study Gathering 6:30-8PM

Our prayer group will begin meeting again next Sunday night. We look forward to seeing you January 8, 2017!

FOCUS Youth Group Announcements

- > Youth Group will begin meeting again on **January 8, 6:30-8PM.**
- > There is a **Spring Youth Retreat coming up March 3-5.** The event is open to high school and middle school students. The event will be held at the District Campgrounds in Jamestown, TN. Please contact Pastor Anton if you would like further details, and if your child is interested in attending this weekend retreat. afolz@focuswesleyan.org or 502-369-2096



FOCUS

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What are your 2017 Sabbath plans?

By Nancy Sleeth | Dec 22, 2016

A few years ago, a friend told me how she and her husband sit down in December and prepare a list of goals for the coming year. On the list, they include goals for spiritual growth, marriage, family, giving, finances, work, health, etc. Then they try to sit down once a quarter and review the progress they are making and discuss mid-year adjustments they need to make.

Earlier this month, Matthew and I went out for a long lunch at a Chinese buffet and wrote down our goals for 2017.

One of the most important topics we discussed was Sabbath: what we will include—and exclude—on our weekly stop day. We talked about what books we want to read on our Sabbaths, our commitment to avoid technology, our Bible reading plans for the year, and the beauty (music, art, and nature) that we hope to include. Through the years, Matthew and I have learned that the quality of our Sabbaths impacts every area of our lives together.

Sabbath is a day when we celebrate the gift of Jesus, when we lay down our burdens and rest in him. It's when we let go of the steering wheel for 24 hours and let God be God. Instead of human doings, we are human beings, loved not for what we produce or how we look but for who we are—beloved children of the King of Kings.

Here are some practical tips to help you and your loved ones discuss your 2017 Sabbath plans:

PREPARE: Sit down with your family or friends and discuss what you plan to do—and not do—on your weekly Sabbath. Are there any books you'd like to read together as a couple or a family? Will you put your phones in a Sabbath box for at least part of the day? Should you refrain from shopping in stores—and also on the Internet?

PRAY: Include time for connecting with God and his creation. Do you read the Bible together? How about a family devotional? Perhaps you can ask a simple question of everyone at your Sunday meal: What has God been teaching you this week?

PLAY: Include relaxing and renewing activities, guided by Philippians 4:8. We should be careful to put only excellent things into our minds every day—whatever is noble, right, pure, lovely, and praiseworthy. On the Lord's Day, this is especially true! ... *Continued*

PARTNER: Covenant with a friend for encouragement and accountability. It's so easy to fall back into the unhealthy—and unholy—habit of being on the go, 24/7. A quick text on Sabbath eve, such as "Hope you have a relaxing and renewing Sabbath!" or asking, "How was your Sabbath?" on Monday morning can help us stay on track throughout the coming year.

January 1, 2017

FOCUS Wesleyan Church

Main Passage: 2 Corinthians 5:15-21

What hashtags have you been given by someone else or have you given yourself?

Who or what has the right to hashtag something?

Option #1 - The _____

Notes:

Option #2 - The _____

Notes:

Hashtags have the power to _____ us in, and to close _____ out

2 Corinthians 5:15-21

Notes:

Matthew 11:28-30

Notes:

For those who are in Christ, the following Hashtags are true of you:

Reflection: What is one new thing you believe God spoke to you today as a result of worshipping at FOCUS?

What is your **next step** upon hearing God's Word? What hashtags (labels) have you allowed to be placed on your life? How will you choose to remember what the Maker and Buyer said about you?

Challenge: This week I will read Matthew 11:28-30 each day:
