

Communion at FOCUS

Every Sunday at FOCUS we celebrate the Lord's Table, also known as Communion. We have open communion which means all are invited to receive. We receive communion elements by intinction. Tearing off a small piece of the loaf of bread, dipping it in the communion glass of juice, and then consuming it immediately. Please note, upon your request, we also have gluten free elements for those with gluten and other major food allergies.

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

Our prayer group will be meeting tonight here at the church. You have been invited to come and bring a friend!

FOCUS Youth Group Announcements

Youth group will be meeting tonight 6:30-8 PM here at FOCUS.

> 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

WESLEYAN CHURCH

115 N. Water Street
Georgetown, KY 40324

(502) 369 2096

info@focuswesleyan.org

www.focuswesleyan.org

[https://www.facebook.com/](https://www.facebook.com/focuswesleyan)

[focuswesleyan](https://www.facebook.com/focuswesleyan)



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Why Worry?

By Ron McClung | Oct 19, 2016

What are you worrying about today? Nothing, you say? Are you sure? I'm not doubting your word. I just know how good we humans are at denial.

We may even think, if we just had a more nearly perfect environment, things would go better and we wouldn't have to worry so much. Life would be ideal or close to it and it would cancel our need to worry.

Max Lucado tells in one of his books about some futuristic scientists who built an eight-story, glass-and-steel dome in which they planned to lead a self-sustained life. They erected this project in the Sonora Desert of Arizona. The sun could blaze all it wanted to, the wind could blow as hard as it pleased, and the sand could fly wildly. No problem for them because they would be safe inside their dome.

Thinking their dome could be the prototype for a space colony, they entered their two-hundred-million-dollar creation in 1991. Their project covered three acres, so they planted seeds, grew food, and watched and waited with anticipation.

Sounds like a great experiment. However, twenty-four months later, they had to admit their biosphere was a flop. It seems the biological balance between the plants grew unbalanced. Oxygen levels dipped too low for comfort. The ants pretty much took over the insect kingdom and dominated most of the other bugs. Finally, squabbling among themselves, the researchers abandoned their dome and classified it a failure.

Lucado reminds us that God has another dome and he invites us to stay beneath it. God's invisible dome is covered by 1 Peter 5:7, in which Peter advises, "Cast all your anxiety on him because he cares for you" (NIV). The word "cast" is a very strong verb. In the Gospels, that verb is used to describe the way Jesus dealt with demons. He cast them out. Peter chooses this word to describe what we should do with our anxieties. Cast them out. Cast them on the Lord. He welcomes us to do this, because he cares so much about us.

Continued...

So when faced with the unknown, when looking down the barrel of health difficulties or financial stresses or relationship frustrations, worry is an option. You can do it if you want to. But I don't recommend it. Instead, I recommend Jesus, who invites us to cast our anxieties on him.

January 22, 2017

FOCUS Wesleyan Church

“Conquering Giants”

Main Passage: Numbers 13

Numbers 13:1-3; 17-20; and 13:25-14:4

1) It all depends on how you _____ at it

Notes:

2) How we view obstacles determines our _____

Joshua 14:6-9

Notes:

3) _____ is affected when we allow fear to grip us

Numbers 14:2-4

Notes:

4) We must attack our giants

Numbers 14:7-9

Joshua 14:10-12

Notes:

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? Are you following God with all of your heart, ready to take on the giants that are before you? Or are you living in a self-imposed wilderness of struggle and compromise? You can live the Christian life as it was meant to be lived. Come out of the wilderness and into the light. What Giants do you need to face head-on this week?

Challenge: This week I will pray for the following government leader: