

Katy Kinard in Concert
Sunday March 13, @6PM

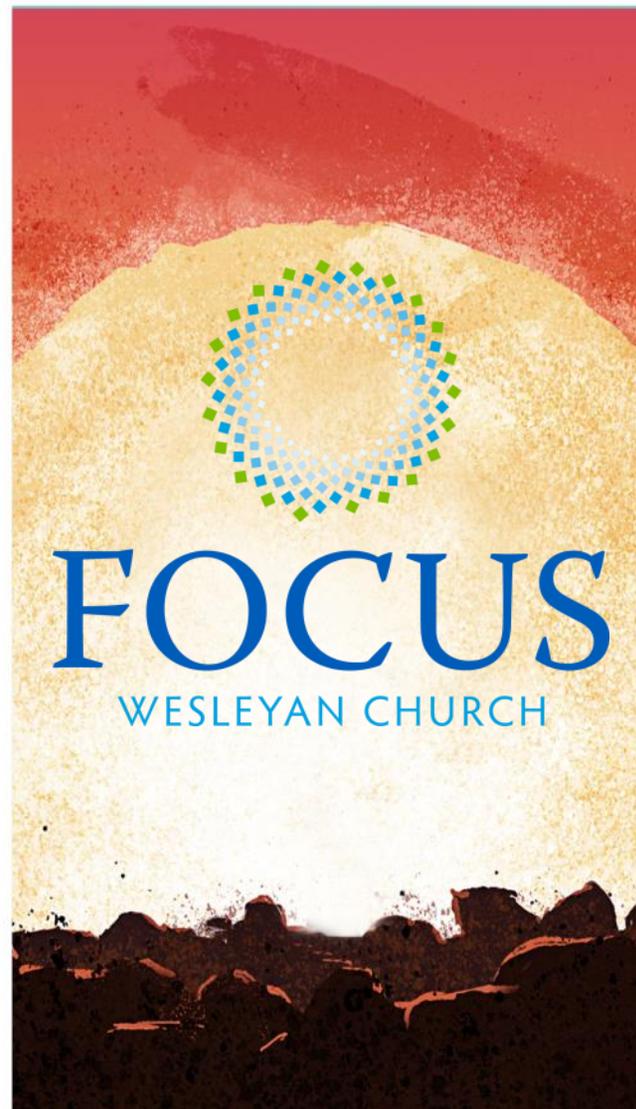
You are invited to come enjoy some fellowship and great music next weekend! If you would like to attend the event and ride over to Frankfort Wesleyan Church as a group, please meet at FOCUS Wesleyan Church at 5PM next Sunday. The event is completely FREE! However, there will be a love offering taken to help cover the costs for Katy's travel. To listen to her music, I invite you to go to her website: <http://katykinard.com/>

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.

***Cup of Cold Water Project -
Philippines Well***

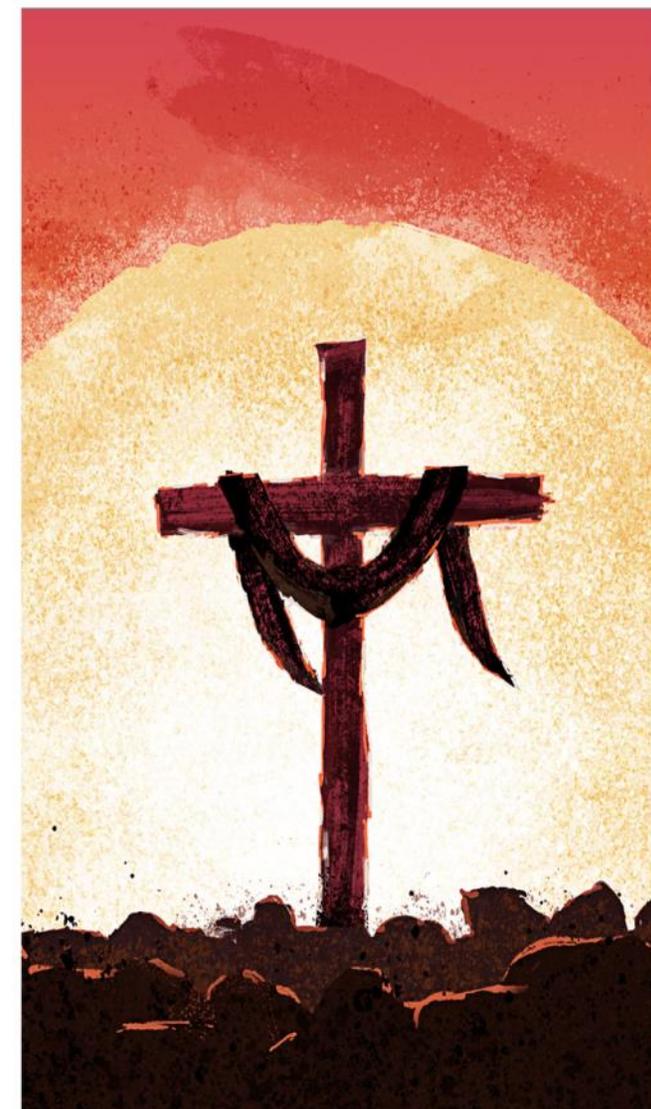
Each month FOCUS Church gives \$20.00 towards a well project to benefit a village in the Philippines. This is a part of a large collaborative effort that was initiated and is being supported by our KY-TN District Churches. Thank you helping support this life-changing project!



FOCUS
WESLEYAN CHURCH

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Welcome
To Worship

7 ways to renew yourself spiritually

by Lawrence W. Wilson

One of the core activities of Christian spirituality is the daily pursuit of God through personal spiritual disciplines. For centuries, Christians have done this to become more aware of themselves and more in tune with God. But few Christians today practice these habits—which may account for the generally low level of personal spirituality in the church.

We have lively worship, lots of great activities, and strong opinions on public morals. Yet we often behave selfishly and with a sense of entitlement, as if we don't know Jesus all that well. Spiritual disciplines correct that. They expose sin, bring us to repentance, and open a clear channel for communication with God.

Here are seven disciplines you can try during Lent—or anytime. This sampler approach may irk some purists, but I'll take that risk. There is great value in trying these disciplines even one time.

Here are seven disciplines you can try during Lent—or anytime.

Silence

Silence is refraining from speaking. To practice silence, speak as little as possible even when you are around others. You might do this for part of a day, a whole day, or longer. You may need to speak when spoken to, especially at work or school, but keep your responses brief and to the point.

When you do this, the Holy Spirit will show you how often your envy of others causes you to inject yourself into conversations and situations, often beginning with the word "I." You will see how hard it is to avoid bragging about yourself and being critical of others.

Confess this to the Lord and turn away from it. You will then begin to experience love for others, which is a willingness to put them first and serve their needs ahead of your own.

Solitude

Solitude is withdrawing from human company in order to be alone with God. To practice solitude, find a place and time to be alone for an extended period of time. This includes being unplugged from electronic media so that the only presence you have is the presence of God.

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Rev. Lawrence W. Wilson is senior pastor at Fall Creek Wesleyan Church in Fishers, Ind.

FOCUS Wesleyan Church

March 6, 2016

Run TO God - Story of Hosea

Main passage: Hosea 1:2-2:1 and 3:1-2

1) Say _____ to _____ with God.

Isaiah 1:18

Notes:

Some RUN _____ God

Others RUN _____ God,

But Our Father in Heaven calls us to

RUN _____ Him.

2) Be _____ by God.

Hosea 3:1-2

Matthew 9:35-38

Notes:

3) Consider the _____

Notes:

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

What is your next step? Have you had a misconception about God's pursuit of you? What steps will you take this coming week to draw near to Him, and deepen your relationship?

**Don't forget to Spring ahead next Week!*