# Katy Kinard in Concert Tonight! March 13, @6PM

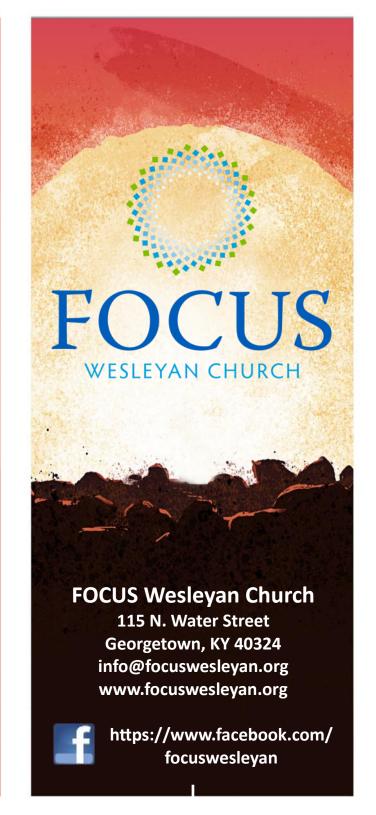
You are invited to come enjoy some fellowship and great music tonight! If you would like to attend the event and ride over to Frankfort Wesleyan Church as a group, please meet at FOCUS Wesleyan Church at 5PM tonight. The event is completely FREE! However, there will be a love offering taken to help cover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

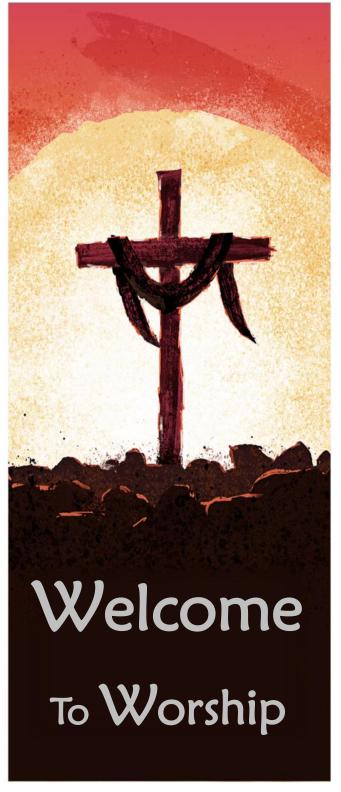
## **Communion at FOCUS**

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.

## **Easter Services at FOCUS**

We will be having a 24-hour prayer vigil Maundy Thursday 6PM till 6PM on Good Friday. We will also be having a Good Friday service 7PM March 25th. Easter Sunday, March 27 at 10am we will be joining together to bring life to the resurrection cross. Followed by 11am Easter Resurrection Service.





## 7 ways to renew yourself spiritually

by Lawrence W. Wilson

**Continuation from last week:** Secrecy

Secrecy is abstaining from taking credit for good things you do.

To practice secrecy, you might anonymously give money to a needy person, or suggest good ideas to others so they can succeed ahead of you, or refrain from speaking up when something you did receives attention.

As you do this, the Holy Spirit will make you aware of how often you seek to place yourself ahead of others or feed your ego by seeking attention. You will come to see how much you think of yourself and how little you think of others. Repent of this. As you do, you will begin to see yourself in a closer relationship to all other people, which is the essence of humility.

### **Simplicity**

Simplicity is consuming less in order to depend more on God.

You might do this by restricting your food intake to 2,000 calories per day, walking instead of driving, going on a spending freeze for new possessions, or giving away things you own but can live without.

As you do this, the Holy Spirit will reveal the ways in which you use things, including food, as a source of comfort, control, or security rather than relying on God. Repent of this. As you do, you will be filled with a sense of peace knowing that God provides for your needs.

#### **Submission**

Submission is willing placing yourself under the legitimate authority of others.

You might do this by driving exactly the speed limit, paying your taxes honestly and without complaint, abstaining from grumbling about your boss or teachers, or patiently accepting a decision by a teacher, employer, parent, or spouse.

As you do this, the Holy Spirit will reveal the ways in which you are tempted to use anger, manipulation, coercion, aggressive behavior, or even violence in order to get your way. Repent of this. As you do, you will begin to practice the virtue of patience and experience greater peace.

Spiritual disciplines expose sin and open a clear channel for communication with God.

\*Final section to come next week! To read the entire article, please visit the FOCUS Church website.

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

FOCUS Wesleyan Church

March 13, 2016

Our Position - Story of Hosea
Main passage: Hosea 1:2-4; 14:1-9

1) Our	is greater
than our	

1 Corinthians 6:19-20

Romans 8:12-17

Notes:

is greate
comes
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believe God spoke to you today as a result
of being at FOCUS?
What is your next step? Have you asked
God for forgiveness? If you have, do you
thank Him for it often? What steps will
you take this coming week to draw near to
Him, and deepen your relationship?
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**Reflection**: What is one new thing you