

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

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Words Matter

By Ron McClung | Jan 10, 2017

In this New Year, how will you measure your words so they have the greatest benefit?

Someone suggested six very important words: "I admit I made a mistake." That can be hard to say. We all know we're human and when we catch our own mistake, we would like for people to give us a little grace and not make too big a deal out of it. However, when someone else notices our mistake first, it's a little harder to admit.

Another phrase of six words, closely related to it, is this: "I was wrong, I am sorry." That's even more difficult because it's an admission that our mistake, whether in word or deed, may have offended or injured someone. It takes extra grace not only to admit how human and fallible we are, but to apologize as well.

So much for six words. How about five important words: "You did a good job." It takes so little effort to say it, when it is well-deserved. But in so doing, you may just make someone's day. Who doesn't like a little encouragement? Be an encourager in the New Year.

If you would like to consider four important words, try these: "What is your opinion?" Now you're really backing off, considering someone else's thoughts, looking for valuable input, and affirming that another's opinion may just be as valid as your own.

Three important words, try: "If you please." Couple it with "thank you," two very important words, and you have a winning combination. Does anyone still write personal thank you notes? Some people learned that skill early on and they still delight others when they take the time to say "thank you" in print. But if not in print, at least verbally. Please?

Someone said the least important word, if you want to boil it down to just one, is "I." It's true that some people struggle all their lives with "I" trouble, always putting themselves first, finding it necessary to stroke their own ego. Take a backseat once in a while in this New Year and let others take the limelight. It will be good for you.

Words matter. The wise man said, "Pleasant words are like a honeycomb, Sweetness to the soul and health to the bones" (Proverbs 16:24 NKJV). Let your words be pleasant in 2017.

January 15, 2017

FOCUS Wesleyan Church

“Trader”

Main Passage: Ephesians 3:1-11

1) Paul Traded for _____

Philippians 1:21

Notes:

2) Paul Traded for _____

Notes:

3) Paul Traded for the _____

Colossians 2:2-3

Colossians 1:27

Ephesians 3:4-6

Notes:

4) Paul Traded for the _____

Notes:

5) Paul Traded for the _____

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? Have you chosen to be a Trader as it has been explained in the worship service today? What, if anything, is holding you back from going all in? What do you still need to Trade?

Challenge: This week I will pray for the following unsaved friend or family member: _____