

# Be Still My Soul

By ETHAN ZENT | MARCH 14, 2019

**He gives strength to the weary and increases the power of the weak. (Isa. 40:29)**

Working with a traveling youth camp all summer was not a walk in the park. It was actually some of the hardest work I've ever done. About halfway through my summer, I began to burn out. Then I felt the Lord leading me to go and be alone with him. That's how I ended up in the prayer garden of a college in Iowa. It was there, through the reading of the book of Ecclesiastes, that the Lord reminded me of what was really important. I had focused so much and worked so hard on the *what* of ministry that I completely forgot the *why*. It was only when I found myself alone with the Lord that my soul could be renewed.

Western culture teaches us to go and never stop. The Bible commands us to go, but it also commands us to be still. If we work and never stop, we will grow weary. We run the risk of burning out, preventing ourselves from completing the race. But, we have hope—hope in a God who never grows weary, from Genesis to Revelation.

When we take the time, even if it is just a small amount, to rest in God's presence, we are strengthened and restored. For it is by his power alone we are able to complete our mission.

**Take time to rest completely in God's presence today.**

*Ethan Zent is from Fort Wayne, Indiana. He's studying worship leading and pursuing Wesleyan ordination at Kingswood University.*

**March 17, 2019**

**Sermon Notes:**

**John 5:1-18**

**1. Paralyzed by \_\_\_\_\_**

**Romans 8:18-25**

**2. Trapped by \_\_\_\_\_ - \_\_\_\_\_**

**Psalm 73:3-5, 21-28**

**3. Healed by \_\_\_\_\_**

**Hebrews 13:20-21**

**1 Corinthians 15:8-10**

**4. Freed by \_\_\_\_\_**

**John 5:28-30**

**1 John 5:2-5**

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

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

The Word of God directs us as we consider what the *next step* is for our lives. Have you been healed by Christ Jesus? If so, how has that transformed the way you live and interact with others? If you are a follower of Jesus, are you living in obedience empowered by the Spirit? How could you press into His empowering this week?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Challenge:** This week I will pray for the following friend(s) or family member(s) who need a healing touch from God Almighty:

## **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.

## **FOCUS Small Groups**

Are you interested in connecting with others throughout the week? We have several Small Groups already meeting and some preparing to start additional groups. Here are the groups already gathering during the week:

~ **Women's Group** - 11 AM Wednesdays - Upbeat Café

~ **Men's Group** - 11 AM Wednesdays - Upbeat Café

~ **Women's Life Group** - Wednesday Evenings 7 PM - **Life Group member's Home, Sadieville, KY**

~ Tentatively starting this week:  
Youth Small Group - afterschool at Chick-fil-a, Georgetown, day and time TBD

\*For more information about joining or starting a small group please contact Pastor Anton. [afolz@focuswesleyan.org](mailto:afolz@focuswesleyan.org) or 502-369-2096

## **FOCUS Youth Group**

Tonight! 6:30 - 8 PM



# FOCUS

WESLEYAN CHURCH

***At FOCUS we exist to;  
Worship God,  
Live for Jesus,  
Love all People,  
and Serve the World.***

115 N. Water Street  
Georgetown, KY 40324  
(502) 369 2096  
[info@focuswesleyan.org](mailto:info@focuswesleyan.org)  
[www.focuswesleyan.org](http://www.focuswesleyan.org)  
<https://www.facebook.com/focuswesleyan>

## **FOCUS on Uganda**

There is a FOCUS on Uganda Board meeting today at FOCUS 2 PM.

Welcome  
GROW SEE YOU