



"We all have dreams. In order to make dreams come into reality, it takes an awful lot of determination, dedication, self-discipline and effort." -

Jesse Owens

"Let the peace of Christ rule in your hearts, since as members of one body you were called to **peace**. And be thankful." *Colossians 3:15*

BUILDING YOUR FAITH; A WORKOUT FOR LIFE

- The determination that we each have to be people of faith does not come about without the understanding that it takes "work," determination and effort. But the starting point is finding the peace that opens us up for the race!

This morning, Pastor Dave talked about our need to be ready to not only hear God but to respond when we sense God's calling. Abraham heard God's call to bring Isaac to the land of Moriah and did what God asked. Jesus taught His followers to proclaim the Kingdom of God. Paul told the Philippians that he was "pressing on to the goal of God's call in Jesus Christ. But, to be out in the race for God we have to get ready; stretch out our souls and make a decision.

1. Within the 150 Psalms, there are many passages that can help people of faith connect with God. What's your favorite Psalm? If you don't have one, why not? Open your Bible this week and discover a Psalm to read repeatedly in your race for Christ.
2. What element of your faith walk "has tightened up" and needs to be stretched out so that you can be most effective in your daily race for Jesus Christ? Prayer? Scripture Reading? Noticing God?
3. The American Heart Association says that the average American should get at least 150 minutes per week of moderate-intensity aerobic activity or 75 minutes per week of vigorous **aerobic activity**, or a combination of both, preferably spread throughout the week. How much God exercise should you be getting each week if you want to be "Jesus Heart Healthy?" Can you do it?



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YOU have some invitations to send this week! Yes, YOU!

BREAKING NEWS ... Yes, St. Paul's is going to offer to teenagers a YOUTH GROUP!! We are partnering with other United Methodist Churches in our area to create a YOUTH GROUP because teens matter! **SUNDAY NOVEMBER 3rd at 5pm** we will have a PIZZA DINNER followed by fun for teens in junior and senior high!! The location is to be determined but TELL THE TEENS YOU KNOW THAT THEY WILL HAVE A PLACE to be with other teens to have fun with their faith!

SUNDAY OCTOBER 20th! Our CHICKEN BARBECUE!! This should be an easy invite for friends, family, co-workers, and neighbors because the chicken is just oh so good and reasonably priced! Plus the money we raise will help make sure we pay all of our bills this year. Invite them to come to church at 9:30 and stay for the chicken. ONLY \$10 in ADVANCE ... Pastor Dave is walking the church neighborhood with a flyer if you want a copy for your neighborhood just ask him!

EVERY SUNDAY at 9:30; every WEDNESDAY at NOON or 7pm ... Are you telling your friends about church and Bible Study? What about our online ZOOM Study of the GOSPEL of JOHN on **Tuesday's at 8am and 9:30pm.** Someone you know might want to discover more about the Bible or just might need church. We have a pretty darn good church and some awesome Bible Studies ... they won't know unless you invite them to join in!



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