

Pastor's Pen

Nourishment!

"And He humbled you and let you be hungry and fed you with manna which you did not know, nor did your fathers know, that He might make you know that man does not live by bread alone, but by everything that proceeds out of the mouth of Yahweh" (Deuteronomy 8:3).

Here we are at the beginning of a New Year, and many new promises have been made about what to add or remove from our lives. Many of us realize how important it is to eat healthy food and exercise regularly. Americans struggle with obesity and health issues resulting from poor eating habits. Two of the major risk factors for heart disease are smoking and obesity. Both of these are in our control. As important as our physical health is, we must not neglect our spiritual "diet."

What consists of our spiritual diet? There are many things but let me mention a few.

First, make sure you are worshiping with God's people every Sunday morning. Be engaged with worship, take notes during the preaching, and meditate on what was preached on throughout the week.

Second, attend Sunday school. Be prepared for the lesson the teacher will be teaching.

Third, commit to being involved with one of our Family Groups. They are a great place to get to know other believers and discuss the week's sermon.

Fourth, seek to be discipled by a brother or sister in our body to help you grow in Christ.

Fifth, attend the Men's study on Monday nights or Women of Grace on the first and third Saturdays. Also, starting on January 12 at 0900 hours, there will be a women's study on the book of James at the church.

Sixth, read the Book. Make it a priority to read God's word every day. You might be a person who can benefit from a yearly Bible plan. There are many available, and our easy to use. You can download them on your phone or tablet, and they will remind you to read. Bible plans will not work for some because you have tried them before; you get behind and then give up. May I suggest you just [open](#) up the Book and read the Bible? Maybe it's just one paragraph or one chapter. The key is just to read God's Word. An excellent place to start if you don't know where is reading a Psalm and a Proverb daily. Go to the New Testament and read John, Acts, and Romans.

The above is not an inclusive list of spiritual nourishment. We must pray, serve, and live lives representing Romans 12 and 1 Corinthians Christian. May the Lord bless you, and may you grow in your love for Him as you seek spiritual nourishment.

Your shepherd,

Pastor Mark

Quote of the Week

"If you knew how quickly people would forget about you after death, you will not seek in your life to please anyone but God."

-John Chrysotom

Grace Gems

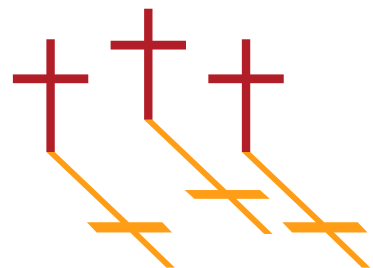
These streams of defilement!

(William Secker, "The Consistent Christian" 1660)

Until we taste the bitterness of our own misery—we will never relish the sweetness of God's mercy. Until we see how foul our sins have made us—we will never pay our tribute of praise to Christ for washing us.

Outward acts are most scandalous among men—but inward lusts are most atrocious before God!

Reader! if you would know the heart of your sin—then you must know the sins of your heart! "For out of the heart come evil thoughts, murder, adultery, sexual immorality, theft, false testimony, slander. These are the things that defile a man!" Matthew 15:19-20. These streams of defilement which appear in your life—do but show what a fountain of wickedness there is in your heart! Even the "thought of foolishness is sin!" There is no sin so little—as not to kindle an eternal fire! "When sin has conceived—it brings forth death!" Sin's first-born is death—and its last-born is hell.



Weekly Gatherings

Bible Classes

Old & New Testament Classes
Ladies Class
Young Adults Young Parents
Youth Surge
Sunday Morning @ 9:30AM

Weekday Meetings

Mondays | 7PM
Men's Bible Study
1st and 3rd Saturday
Women of Grace | 9AM

Family Groups

Thursdays @ 7PM
every other week @ Chambers, Cox's,
Patrick's, Brown's and Royall's

Build the Body Teams

If you would like to serve on a BtB Team
and forgot to sign up, please contact the
team leader at the appropriate email
address.

Youth Study

Wednesdays @6:30PM
Youth Study and AWANA!

Service Times

Sunday Services 8AM & 11:00AM
Sunday School 9:30AM
Children's Church @11:00AM

Giving from service on 01/01/2023

General Offering	8,982.47
Building Fund	1,303.60
Uganda	252.00
Total.....	10,538.07
Attendance	247
Online.....	30

****SOS Matching Grant for 2022....\$13,230.00**

****SOS Matching Grant 2021....\$14,500.00**

Build the Body Ministries

Women's Ministry-women@ghbcva.org
AWANA-awana@ghbcva.org
Outreach Ministry-outreach@ghbcva.org
Worship Ministry-worship@ghbcva.org
Men's Ministry-men@ghbcva.org
Children's Ministry-children@ghbcva.org
Youth Ministry-youth@ghbcva.org
Prayer Team-prayer@ghbcva.org
Maintenance-maintenance@ghbcva.org
Fellowship-fellowship@ghbcva.org
Communications-communications@ghbcva.org
Front Line-frontline@ghbcva.org
Security-security@ghbcva.org



ghbcva.org | 804.561.3742
9821 South Redfield Drive, Amelia, VA 23002

Grace Harvest Baptist Church

Jan 08, 2023

Welcome