

Pastor's Pen

Never Stop Running!

I have fought the good fight, I have finished the course, I have kept the faith. 2 Tim 4:7

As an adult, I always enjoyed working out to stay in shape. My father was my example and encouragement. When he was 68 and I was 30, he had a heart attack.

When I was young, I remember running around the parade field at Edgewood Arnsel Army Base in Maryland with my dad. However, when he retired from the army, he put on 75 pounds and stopped exercising.

After the heart attack, he lost 50 pounds and went to the YMCA five days a week and swam laps for an hour. He did that till he was 90 years old. He put in the hard work to stay in shape and healthy till he died at the age of 95.

Physical exercise is essential for a healthy, productive life. However, you must not neglect your spiritual health to run and finish the race well. Just as we need to discipline our bodies by eating healthy and exercising, we must also be disciplined regarding our sanctification.

Let me share with you three ways to discipline your spiritual life.

First, pray. We are commanded to pray. The Bible lists at least nine main types of prayer: prayer of faith (James 5:15), prayer of agreement (Acts 2:42), prayer of supplication (Philippians 4:6), prayer of thanksgiving (Psalm 95:2-3), prayer of worship (Acts 13:2-3), prayer of consecration (Matthew 26:39), prayer of intercession (1 Timothy 2:1), prayer of imprecation (Psalms 69), and praying in the Spirit (1 Corinthians 14:14-15).

Second, hate sin in your life. Lay aside every weight that holds you back. **Hebrews 12:1 states, *laying aside every weight and the sin which so easily entangles us.*** If you want to run well, flee sin, and when you do sin, repent and seek God's forgiveness.

Third, run the race set before you. Again, in **Hebrews 12:1, we read, *let us run with endurance the race that is set before us.*** Every believer is called to love God and His people and to serve each other. However, each believer has a particular race that God has set before them. Just as every snowflake is unique, every believer's race is different. We can't run anyone else's race; we can't run the race we wish we were running. We can only run the race that God has placed us to run. We each have a different race. My race is different from yours; your race will be entirely different than someone else's. We each have our particular race that God has personally called us to run.

May the Lord bless you as you seek to run your race well. Remember, you will trip and fall along this race. We run for the Lord, but know and take comfort that the Lord will see you complete the race you are running.

He Himself has said, "I will never desert you, nor will I ever forsake you," Hebrews 13:5

Your shepherd,

Pastor Mark

Quote of the Week

"If private revelations agree with Scripture, they are needless, and if they disagree, they are false."

-John Owens

Grace Gems

What stupid blockheads!
(Joseph Philpot, "Daily Portions")

"Are you still so dull?" Jesus asked them. Matthew 15:16

What lessons we need day by day to teach us anything aright, and how it is for the most part "line upon line, line upon line; here a little, and there a little."

O . . . what slow learners! what dull, forgetful scholars! what ignoramuses! what stupid blockheads! what stubborn pupils!

Surely no scholar at a school, old or young, could learn so little of natural things as we seem to have learned of spiritual things after . . .

so many years instruction,

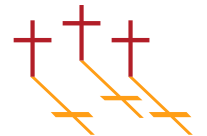
so many chapters read,

so many sermons heard,

so many prayers put up,

so much talking about religion.

How small, how weak is the amount of growth compared with all we have read and heard and talked about! But it is a mercy that the Lord saves whom He will save, and that we are saved by free grace, and free grace alone!



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
Wednesdays | 6:30PM AWANA



Family Groups

Thursdays @ 7PM
Please check church website
for start date and directions to each



Build the Body Teams

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



Youth Study

Wednesdays @6:30PM
Youth Study; AWANA & Surge!



Service Times

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



Giving from service on 04/07/2024

General Offering	12,227.09
Building Fund	2,027.00
Uganda Missions	240.00
G3 Offering	150.00
Benevolence	365.00

Total.....	\$15,009.09
Attendance	196
Online.....	29

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



GRACE HARVEST BIBLE CHURCH

GO GATHER GROW GO

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

Grace Harvest Bible Church

Apr 14, 2024

