

Upcoming Events

- January 29 New Teaching Series!
"Get Fit Physically"
Part 1 of "Get Fit for Life"
- HEALTH FAIR**
- CLASS 101: DISCOVERING LWC MEMBERSHIP**
1:30-3:30, LWC Ministry Center
- February 4 **RED CROSS BLOOD DRIVE**
10 AM-3 PM, LWC Ministry Center
- February 5 "Get Fit Emotionally"
Part 2 of "Get Fit for Life"
- February 12 "Get Fit Relationally"
Part 3 of "Get Fit for Life"
- February 19 "Get Fit Miraculously"
Part 4 of "Get Fit for Life"
HEALING PRAYER AVAILABLE
- February 26 **2012 SPIRITUAL GROWTH CAMPAIGN**
"The God Questions"

EACH ONE 300^B Y
REACH ONE 2013

Use blue response form to sign up and place in the offering plate or at info table.

www.LivingWatersUMC.com

717-464-1062

Living Waters Church

209 Willow Valley Square (office)
Lancaster, PA 17602
(717) 464-1062 www.LivingWatersUMC.com
Office Hours: Mon – Thurs, 9am – 2pm

Staff

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|----------------|--|
| Jody Sambrick | Pastor PJS@LivingWatersUMC.com |
| Jane Dutton | Director of Ministries Jane@LivingWatersUMC.com |
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Management Team

| | |
|------------------------------|---------------------|
| Pastor Jody & Laura Sambrick | Allan & Jane Dutton |
| Howie Zeamer | Genise Wade |
| Kary Connolly | Rachel Schneider |
| Pete Fisher | Barry Stoltzfus |



Tadpoles Room 118

Nursery (3 mo. to 2 yrs)

Dragonflies Room 114*

3yrs. to 1st grade

Gators Room 116*

2nd grade to 5th grade

The Wave Room 304*

(6th - 8th grade) Meeting 1st & 3rd Sunday

No Wave Today! Next Wave Feb. 5th!

*Dismissed after singing



LIGHTHOUSE - (Grades 6-12)

Lighthouse@LivingWatersUMC.com
LWC Ministry Center, Sundays, 6-8 PM.



Join the conversation.
We would love to hear from you.



Living Waters Church

A United Methodist Church
Jody Sambrick, Pastor

Meeting Sundays, 9 & 10:45 AM
Lancaster County Christian School
651 Lampeter Road, Lancaster, PA
Nursery and Children's Program at Both Services

Welcome!

We're glad you're here! We hope you enjoy your time with us today and find the music inspirational, the message encouraging, the people friendly, and the atmosphere enjoyable.

Order of Worship

January 29, 2012

Welcome

*Worship in Song

Prayer

Teaching

"Get Fit For Life"

Part 1, "Get Fit Physically"

Offering

Closing

*Parents: Children are dismissed to their classes after the worship in song. Teachers are waiting for them in the back.

Join Us Next Week!

"Get Fit For Life"

Part 2, "Get Fit Emotionally"

Get Fit Physically

Part 1

"I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well."

3 John 1:2

"...Therefore honor God with your bodies."

1 Corinthians 6:20

HOW TO FEEL BETTER PHYSICALLY

A. DEVELOP A HEALTHY ATTITUDE TOWARD YOUR BODY

"As a man thinks in his heart, so is he."

Proverbs 23:7

1. Unhealthy Attitudes

- You can reject your body.
- You can perfect your body.
- You can neglect your body.

Healthy attitudes: respect it and protect it

"...You have created me in my mother's womb and I am fearfully and wonderfully made..."

Psalms 139:13-14

B. MOTIVATE YOURSELF TO CHANGE!

Why should I take better care of my body?

1. Physical Reasons:

- I'll feel better.
- I'll look better.

- I'll live longer.

2. Spiritual Reasons:

- God made my body.

"For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. My frame was not hidden from you when I was made in the secret place, when I was woven together in the depths of the earth. Your eyes saw my unformed body; all the days ordained for me were written in your book before one of them came to be."

Psalms 139:13-16

- Jesus paid for my body.

"Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies."

1 Corinthians 6:19-20

- The Holy Spirit lives in my body.

"Don't you know you're God's temple and that the Holy Spirit lives in you?"

1 Corinthians 3:16

C. FOLLOW GOD'S LAWS OF HEALTH

"Pay attention to my words ... they are health to a man's whole body."

Proverbs 4:20-22

1. Maintain your ideal weight.

"Each of you should learn to control his own body in a way that is holy and honorable."

1 Thessalonians 4:4

2. Balance your diet.

"Everything is permissible for me -- but I will not be mastered by anything. Food is for the stomach ... but God will eventually destroy them both!"

1 Corinthians 6:12-13

Other references: 1 Corinthians 10:31, Daniel 1:8-16

3. Commit yourself to a regular exercise program.

"For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come."

1 Timothy 4:8

"No, I strike a blow to my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize." (Paul)

1 Corinthians 9:27

Common Excuse: "I don't have time."

Common Mistake: Overdo it at the start

4. Get enough sleep and rest

"In vain you rise up early and stay up late..."

Psalms 127:2

"... God wants his loved ones to get their rest."

Mark 6:30-32(LB)

5. Reduce or avoid drinking alcohol

"Don't get drunk with wine, which will ruin you; instead be filled with the Spirit."

Ephesians 5:18

Other References: Proverbs 23:29-35, Romans 14:21, Luke 1:15, Proverbs 21:1

6. Live in harmony with God

"A heart at peace is life to the body."

Proverbs 14:30

"Make a decisive dedication of your bodies as a living sacrifice, devoted and well-pleasing to God..."

Romans 12: 1 (Williams Trans.)

Share the Teaching with a Friend! An audio of this week's teaching can be found at LivingWatersUMC.com. CD's can be ordered at info table.

PRAYER REQUESTS AND PRAISES

PRAISE:

- For an awesome church family
- For a beautiful and safe anniversary trip
- For the birth of Dempsey Black to Kyle and Kelly Black
- For God's amazing grace to be able to walk away after being struck by a car
- For the wonderful friends and family who prayed and were supportive after being struck by a car

PRAYER:

- For a young girl fighting brain cancer
- For a friend who suffered paralysis as he goes through physical therapy; for strength and endurance
- For parental guidance in raising teenagers: to help them form a heart for Christ
- For a mother to be at peace
- For a new job soon
- For unity
- For continued healing after a car accident
- For the people who will be invited to "God Questions"

Please use blue response form to share a prayer request or praise. These items will be posted in next week's program and on the church website.