



## LIVING A LIFE FILLED WITH THANKFULNESS

*1 Corinthians 2:5 - That your faith should not stand in the wisdom of men, but in the power of God.*

It's October and Fall is here! What a wonderful time of the year, when the weather is cooler and not hot like the summer desert and so uncomfortable. It's the time of the year we wear a light jacket to get the chill off in the mornings or we open our windows more and enjoy the fresh air. It's that time of the year where you can cuddle up in your favorite chair with your bible and a cuppa

hot tea or chocolate and immerse yourself in God's word. It's that time when time is moved back an hour, and the days seem to slow down. The holidays will soon be upon us, and we'll enjoy great food, lots of laughter and fun with family and friends. Remember to find time to fellowship with your church community and thank God for all he has done for you!

## Circles of love

If you've shared in the love of a parent, a child, Your family, spouse or your friends,  
You're abundantly wealthy, And blessed beyond measure;  
For God, who is Love, Lives in circles of love,  
And adds joys To eternally  
Treasure!

—Peggy Ferrell

## Church Events

Weekly Sunday Service - 0900

September 11 (begins –

Christian Leadership and  
Education

Training, 6 week 9-11, FMBC –  
ZOOM

Sept 15 – Oct 15 Hispanic

Heritage Month

6:00pm - Weekly Bible Study  
( ZOOM)

Oct 17 – Pastor Appreciation

6:00pm - Weekly Sunday

School Study (ZOOM)

*National Events*

Oct 11 – Columbus Day

(no school)

# Signs of Joy

***Psalms 16:9 - Therefore my heart is glad, and my glory rejoiceth: my flesh also shall rest in hope.***

1. Eagerly greeting each new day as a generous gift from God.
2. Frequent expressions of gratitude for the blessings and challenges which come throughout each day.
3. Finding delight in everyday occurrences: things said by a small child, a cat playing with a ball of string, a dog trying to figure out what you're doing, a funny story in the newspaper, a joke told by a friend, etc.
4. Discovering the taste of a familiar vegetable prepared in a new way.
5. Visiting with a dear friend or family member instead of letting television create the dialogue or interrupt good fellowship.
6. Eagerly looking forward to the next Sunday when you can join the family of God at worship.

## We Can't Do It Alone

***Proverbs 27:17 - Iron sharpeneth iron; so a man sharpeneth the countenance of his friend.***

There are many things which a person can do alone, but being a Christian is not one of them. The Christian life is, above all things, a state of union with Christ, and of union of his followers with one another. Love of the brethren is inseparable from love of God.

. Resentment toward any human being cannot exist in the same heart with love to God. The personal relationship to Christ can only be realized when one has "come to himself" as a member of His Body, the Christian fellowship.

## Tithing is a Gift of Love

It is important to remember that tithing is an attitude of giving. The amount you give or how it compares to the gifts of others doesn't really matter.

What matters is that when you give, you give of yourself, all your loving concern, your affirmation of devotion to God, your good will to humankind, and your service to Christ. When you give with this spirit, then you are giving the fullest capacity of your spiritual, physical and mental resources.

A true gift is a portion of yourself. When you give in this manner, you become an instrument of God. It is the gift of love.

## Four Things

Four things a man must learn to do  
If he would make his record true:

- To think without confusion clearly;
- To love his fellow-men sincerely;
- To act from honest motives purely;
- To trust in God and heaven securely.

-Henry van Dyke

*I've learned that if love isn't taught in the home, it's difficult to learn it anywhere else.*

—Anonymous

## The Gift of Water

Water is a wonderful sign for baptism. It is a gift of God from creation. It cleanses us from that which has soiled us. It refreshes us when we are hot and tired. Without it we could not live. Whatever use we make of water it can become for us a reminder of God's gift of love and grace in accepting us into the household of faith.

## We Appreciate you Pastor Dickey!

Many people have complex relationships with their pastors because faith, church and God involve a mix of emotions. We have particular ideas about church practices, congregational priorities, the minister's use of time, money, authority and more.

But most pastors are deeply devoted to Christ and believe that God has called them to serve in a certain place. They have the best of intentions and work hard to share the good news of the gospel. So in honor of Pastor Appreciation Month in October, consider the following:

God doesn't call the qualified; he qualifies the called. Your pastor may need time to learn and develop certain skills. (Everyone does!) Bless pastors with your patience.

We don't change the message; the message changes us. You probably won't like all your pastor's sermons or newsletter columns. But instead of complaining, ponder that something may rub you the wrong way because God is trying to change you. Keep an open mind and heart.

If a church wants a "better" pastor, it just needs to pray for the one it has. Pray often and caringly for your pastors, church leaders and their families. The role is challenging, so support them spiritually and ask God to reveal his love and grace to these special servants.



# The Beauty of Stewardship

***Proverbs 16:3 - Commit thy works unto the LORD, and thy thoughts shall be established.***

Stewardship has to do with how we manage our time, talent, resources — basically our entire lives. It's a beautiful concept when properly understood. Here are the basics of good stewardship:

God is the source of all creation, including our lives. God is the primary owner of all that exists.

We are blessed by being given the task of managing well all that we have influence over: our lives, our abilities, our minds and bodies, our time, our part of the earth, our finances, our children, our church buildings, our automobiles, etc.

Although we can make decisions regarding each of the above, ultimately we are responsible to God. Sooner or later, we must give an account of our management of God's creation and of God's gifts.

When we properly use the talents, resources and property that God allows us to manage, we find great joy. Think of planting a garden which soon overflows with colorful flowers, wonderful vegetables and flavorful herbs, etc. God gave us the plot of ground, God gave us the seed, God gave us the wisdom and strength to bring forth such beauty, such good things to see or eat, or smell. Yet we did the work, with God's help, to make it a reality. Like Adam we tilled it and kept it. But God gave the increase. God's provisions and our labor brought the garden to its fulfillment.

Good stewardship enables us to do something positive and wonderful with the money God has allowed us to have. What feels better than knowing one has managed money well? Our bank account, our checkbook and our portfolio tell the story. When money is handled well, we have enough for ourselves and are still able to give to God's work.

That is the beauty of stewardship.

## ***When I am Weak, Strength in Unity Marriage Series***

Last night my husband and I prayed together. It was past my "bed time" and my body was beyond the point of exhaustion. It wasn't until my head actually hit the pillow that I noticed it. Exhaustion to the point where you feel like you want to cry, not just the common "wow, I'm tired" feeling. It was late, the kids had all finally drifted off to sleep, the lights were out and I just looked at the clock to tell myself how many hours of sleep I would get until the baby wakes up hungry before I plopped down. I almost turned my back to my husband and fell asleep on "my side" of our king size bed, but I heard the Holy Spirit whisper in my ear "pray for your husband".

I slivered myself over until I could feel his warm body against mine. I slowly began to touch his face and asked my heavenly father to bless my husband.

It had been a very long weekend that my husband and I spent about 200 miles away from each other that began on the same day that we received news that he had been laid off of work effective immediately.

I prayed with tears beginning to fill my eyes, I prayed until my chest began to burn with faith that the words I were speaking that he would be blessed were TRUE. Prayer that was initiated by the Holy Spirit and though I didn't know what to say at a time like this, He was guiding me into a spiritual warfare bigger than myself. Prayer for unity in our marriage; that we would be drawn closer together. Prayer for wisdom as parents; that we would live in a way that our children would prosper and never leave God's presence. Prayer that my husband would get THE CALL the next day with a job offer. Prayer that his heart's desires will be filled. Prayer and prayer and prayer that SPECIFIC things would come to pass in our life, in our family, in our love. I prayed as though I believed God's ear was completely focused on my requests. In this time of walking by faith I am tempted by the enemy. My body begins to tell my mind that I cannot take any more. Thoughts of quitting because it is "easier" seem to be permissible. But "quitting" what??? I will never quit loving God. I cannot quit being called for greater things. What does "quit" even mean???

After praying for my husband the Holy Spirit told me to tell him how I feel. I cried. He prayed. He turned to me and held me in his arms and prayed that I would continue to fight, that I wouldn't let the enemy win in my mind. I felt as though I was in a battle and my husband had wrapped me up in a blanket to comfort me and he fought the battle for me, in my place, running circles around me to fight the enemy that was attacking me in every direction. All I had to do was stay in his protection, in this comfort, in his arms. All I had to do was rest in his strength.

I don't know what is going to happen. I do know that God is our provider and last night was a Spiritual Marker in my life. The Holy Spirit reminded me that my husband and I are ONE. We need to be united spiritually in our battles and not be quiet about the things that the enemy is throwing at us. Together we will finish this race. Jennifer Munoz was born in California in 1985 and raised in Arizona since the age of 5. She is a wife and mother of 3 children. In addition to working full time she and her husband lead a couple's life group weekly as well as actively serve at Destiny Christian Church in Gilbert, AZ (G12).

## Monthly Memory Verse

The verse below is October's verse for memory:

*John 15:7 If ye abide in me, and my words abide in you, ye shall ask what ye will, and it shall be done unto you.*

Some helpful tips to remember when memorizing bible verses.

Start out with shorter verses. – A shorter verse is easier to remember and is not as intimidating as longer verses.

Study the verse by using various resources, i.e., commentaries, the Bible, study guides

Write the bible verse down every day for a week...

### *Healthy & Well*

#### Components of Wellness

By implementing the **components of wellness** into your daily lifestyle is a process that we strive for regularly. It's a holistic approach and encompasses the mind, body, and spirit. It challenges

people to achieve their full potential. The components of wellness consists of **spiritual, social, physical, emotional, intellectual, occupational and environmental** stages. Let's look at spiritual wellness, what it is and how we can benefit from practicing it. Spiritual wellness includes being compassionate and forgiving others you may feel have wronged you and loving on others. You have the capacity for love and forgiveness. Being a happy person is another area of spiritual wellness. If you practice religion your faith, values, beliefs, principles and morals define your spirituality and can help a person enjoy spiritual health. A person who is positive, optimistic and one who volunteers in a ministry or other areas of your church or community are good examples. When you contribute to society, connect with others through a sense of belonging and practicing self-care are all important in improving spiritual wellness. Self-care could be keeping a gratitude journal, take a walk, practicing yoga or meditation. Spirituality impacts your life by improving your immune system, lower your blood pressure and promotes longevity through exercise and eating healthy balanced meals.

In summary, it's up to you to define who you want to become or who you are as a person. By taking time to examine and analyze your life. As a result, take the time to explore your core morals, values, and beliefs. Through this exploration you advance your spiritual wellness as you maneuver the world.

*Sister Revita Page*

## An Attitude of Gratitude

People show gratitude in different ways. For those of us who practice gratitude, it doesn't matter how big or small, all things that God gives us, is recognized. There are several ways that gratitude can be expressed. Gratitude can be defined as the quality of being thankful; readiness to show appreciation for and to return kindness. Benefits that a person who practices gratitude can range from increased self esteem or improved psychological health. What are some ways we can practice Gratitude? One of the ways that I practice gratitude is through journaling. You can journal everyday or once or twice a week. If it becomes to be too much of a task, you can start a gratitude Jar. A gratitude jar is you decorating a jar that will stand out. Place the jar somewhere that you can see it. Write down on a piece of paper what you are grateful for. This could be done in short blurbs or several sentences. By practicing this once or twice a week or when you feel like it, you will begin to see how many things you are grateful for. If you are feeling sad or down, read some of what you have written down and all the goodness that surrounds you.

*Sister Revita Page*