

Name(s): _____ **Date:** 9/25/2022

Check one: 8 am Service 9:30 am Service Member

Check one: 1st time guest Out of town guest Regular Attendee

Email (please print): _____

Would you like to receive our e-Newsletter? Check here:

Would you like to receive our church-wide text alerts? Check here: **Cell Phone:** _____



Please tear off and place in a basket as you exit

Welcome!

Thank you for choosing to worship with us today!

Please register your attendance online at mylhumc.net/worship (text "Present" to 850.265.5231 for the link) or fill out the form below.

The 2022-23 AWANA Club at Lynn Haven UMC is in full swing! It's not too late to sign up for weekly meetings (most Wednesdays) that continue until May 2023.
Scan the QR code below to register today!

Questions about AWANA Club? Contact Mary McQuagge at Mary@mylhumc.net.

Wednesday Night
SUPPER
AT LYNN HAVEN UMC

Most Wednesdays from 5 to 5:45 pm

Catered Meals

\$10 adult plates
\$5 child plates
Max \$30 per family

TEXT SUPPER TO 850.265.5231

TITHES & OFFERINGS

4 WAYS TO GIVE OFFERING BOX*

TEXT A DOLLAR AMOUNT TO (850) 279-5868

FELLOWSHIP ONE GIVING APP

ONLINE AT MYLHUMC.NET/GIVE




* Offering envelopes are available at the Worship Center exits

TRANSFORMED

Physical Health

Pastor Craig Carter - September 25, 2022



**Welcome to Lynn Haven United Methodist!
We're glad you're here!**

Sunday 9/18/22: Worship services and Town Hall meeting

Due to technical issues, we were unable to live stream our services last weekend. If you missed the services and Town Hall meeting, you can listen to recordings of both on our YouTube channel: <https://www.youtube.com/c/LynnHavenUnitedMethodistChurch>.

Wed Night Service Information:

Join us this Wednesday as we continue our Transformed Bible Study series. We will show a video from Pastor Rick Warren (whose congregation, Saddleback Church, created the Transformed materials) that will cover today's sermon topic about how, with God's help, we can be Transformed in our Physical Health. Study guide materials will be provided to be used for group discussions that will follow each video. Wednesday Night services are preceded by a fellowship supper in the Community Room from 5 to 5:45 pm. To see the menu, sign up to eat or pay in advance online, visit mylhumc.net/supper.

40 Days of Prayer and Fasting

On Mon, 9/19, we began a journey of 40 days of prayer and fasting. This week, we will focus on how God can Transform our Physical Health as the Body of Christ. If you are able to join us in person on Thursdays at noon, we meet in the worship center each week. And as we heard last Sunday, Pastor Craig has also encouraged everyone to consider a spiritual fast during this time. He suggested a once a week, 24 hour fast where you eat supper on Wed night and then refrain from food until supper on Thurs night. However you are able to participate, your prayers are treasured!

Fall Family Fun Night!

Save the date! Our annual Fall Family Fun night will be held on Wed. Oct. 26th at 6pm. More information about how you can serve and/or participate in all of the fun we have in store will be coming soon! In the meantime, you can email any questions you may have to our Family Minister, Mary McQuagge, at mary@mylhumc.net.

1 The Lord is my shepherd; I have everything I need.
2 He lets me rest in green pastures. He leads me to calm water.
3 He gives me new strength. He leads me on paths that are right for the good of his name. 4 Even if I walk through a very dark valley, I will not be afraid, because you are with me. Your rod and your shepherd's staff comfort me. 5 You prepare a meal for me in front of my enemies. You pour oil of blessing on my head; you fill my cup to overflowing. 6 Surely your goodness and love will be with me all my life, and I will live in the house of the Lord forever. (Psalm 23 NCV)

We find stress relief that transforms our physical health when we...

- 1) _____ (v. 2a)
- 2) _____ (vv. 2b-3a)
- 3) _____ (vv. 3b-5)
- 4) _____ (v. 6)

My Physical Health S.M.A.R.T Goal is:
(Specific, Measurable, Attainable, Relevant, Timebound)

Sermon Notes

**40 Days of Fasting & Prayer
Week of September 25**

Pray for the Physical Health of our congregation.

Ask God to keep us healthy as the Body of Christ and make us strong in spirit.

Dear friends, I pray all is well with you and that you are as healthy in body as you are strong in spirit. (3 John 2 NLT)

FIRST-TIME GUEST?
WE'RE SO GLAD YOU'RE HERE!
PLEASE STOP BY THE WELCOME CENTER
FOR A GIFT FROM OUR CHURCH FAMILY!

I want to know more about...

- Joining the Church
- Joining a Life Group
- Baptism/Salvation
- Children's Ministries (K-5th)
- Student Ministries (6th-12th)
- Ways I can serve

Prayer Requests

Please keep this matter confidential

**Wednesday Night Supper
Sep 28, 2022**

Adult plates: Shrimp Alfredo with steamed broccoli, Caesar salad and cheesecake with bottled water or soda.
Kid's plates: Popcorn shrimp with fries, applesauce and cupcake with bottled water or juice.

Name: _____
____ # of Adult plates (11 and up \$10)
____ # of Kid's plates (10 & under \$5)

Family max \$30
Pay at door or scan
QR code to pay online.

