

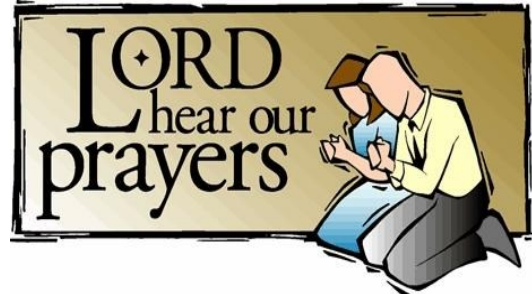


FIRST CHRISTIAN CHURCH
VILLA GROVE, ILLINOIS

PHONE: 832-5231
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March 12, 2024

Derek Duzan - transferred to Northwestern, surgery on March 12
 Brenda Elam - recovering from knee replacement surgery
 Rachel Elam - (Elam's daughter-in-law) recovering from spinal surgery
 Brian Frick - (Mary Gen Fricks' son) has an enlarged aorta
 Bill Romine - (friend of John & Mary Klucinkas) dealing with colon cancer
 Curt Cannon - recovering from COVID
 Ron Winn - (friend of Patti Groves) - has blood pressure issues after a heart attack
 Mickey Carrell - (friend of Glenda Case) has been sick for several weeks
 Jim Miller family - as they mourn the loss of Jim (85) who passed away on Thursday, March 7th and his grandson (age 26) passed away on Tuesday, March 5th
 RuthAnn Myers - (Glenda Cases' sister) celebrating the birth of a great granddaughter



Wednesday, March 13 - 6:00 p.m. Elders meeting
 7:30 p.m. Board meeting
Thursday, March 14 - 6:30 p.m. Women's' Christian Fellowship meeting
Friday, March 15 - 3:00 - 5:00 p.m. Volunteers needed at Rural Grace Food Pantry
Saturday, March 16 - 6:00 p.m. Dinner & Annual Meeting at Little Galilee
Sunday, March 17 - 3:00 p.m. - 5:00 p.m. Cantata rehearsal
 6:00 p.m. Youth Group meeting



MARCH 10, 2024
 Worship 83
 Sunday School 45
 Sunday Morning Celebration 2
 King's Kids 4
 High School 6
 Blessed Believers 9
 The Fellowship Class 17
 Chosen Ones 7

OFFERING TOTAL: \$2,244.00
Spendable: \$2,244.00

EASTER WEEK EVENTS
 March 24 - Palm Sunday
 4:00 p.m. Community Cantata Performance
 March 28 - 7:00 p.m. Holy week Communion Service
 March 29 - Good Friday
 March 31 - Resurrection Sunday
 7:30 a.m. SonRise Service
 8:00 a.m. Breakfast

Diet and Exercise **3/12/2024**

Over the past couple of months, the series of sermons I've been preaching has focused on sinful weight we carry that hinders our ability to run the spiritual race God has marked out for us. Some of these weights include: blame, greed, judgmentalism, bitterness, unforgiveness, and biases of all sorts. Scripture urges us to have nothing to do with these sinful activities but to replace them with holy behaviors. There is a problem with only focusing on changing behaviors. It never works to help a person be all God wants us to be.



It is much like trying to lose physical weight. We can exercise, do aerobics, lift, run, walk, and participate in all sorts of weight loss behaviors. But if we do not change our eating habits it will all be for naught. What is the benefit of fulfilling a 1-mile jog and then eating six donuts and washing it down with a high sugar beverage. This is why nutritionists emphasize changing the internals (diet) as well as the externals (exercise).

To shed the unwanted weight hindering our spiritual journey we need to change the internals too. Are we feeding on God's word? Are we inventorying our motives? Do we know what is in our heart? It is not enough to only attend worship services, go to Sunday school, participate in a Bible study, plow through a Bible reading program, or be militant about the words we say, places we go and things we see. If our heart is still full of ungodly thoughts; if our attitude is ungrateful; if we are stuffing our minds with all manner of unspiritual rhetoric, we will not achieve the optimal spirituality the Holy Spirit wants of us.

Living as God wants is as much about our spiritual diet as it is about our spiritual exercise.

Mike

FIRST CHRISTIAN CHURCH

Website: www.fccvg.com
Church E-mail: fccvg@frontier.com
Minister: Mike Zylstra
Home Phone: 681-1034
Mike's E-mail: fccvgmin@frontier.com
Secretary: Brenda Elam
Office Hours: 10:00-4:30 (M, T, Th, F)

Elders:

John Dilliner Jerry Hughes
Bob Dowler Joe Rothermel

MARCH 17, 2024

Worship Service 9:30 a.m. Sunday School 10:45 a.m.
Greeters: Macen & Shelby Hughes (South)
Curaleen Gammon (Front)
Coffee Fix & Cleanup: Judi Lock
Serving: M. Hughes, B. Smith, B. Akers, P. Eisenmenger

Elder-On-Call for March: JOE ROTHERMEL (217)369-5285

Mission of the Week: AXIOM CHRISTIAN University of Illinois
Urbana-Champaign, Illinois
Aaron Bird, Axiom Director

REMEMBER OUR SHUT-INS

SHIRLEY WALDROP
Brookstone Estates, Apt. 39
1106 E. Northline Rd.

Bible Drive

March thru April

Bring new or used Bibles, any translation, any condition.

DROP OFF LOCATIONS

First Christian Church
Mr. Kestner's class at the VGHS

Bibles will be donated to
Love Packages
for overseas distribution.

Sponsored by:
F.C.C. Youth Group
VGHS S.W.A.T.

