

# Covenant Connection NCC

## Let's Get Connected...

### Sundays

7:45am Worship Practice

9:00am Adult Sunday School

- Intercessory Prayer—Latasha McCoy
  - Living in the Kingdom—Mike Folsom
- 9:00am Youth Sunday School—Pastor Alli

**Covenant Café 8:30-10:15am**

Pre-Service Prayer—10:15am

10:30am Main Event Service

*Children's Church and Nursery are provided after worship*

Mondays At 6:00 & 7:00pm

*Fire by Night Prayer & Women's Bible Study*

Wednesdays At 6:30pm

*Folsom Home Group—Moultrie*

*"Overcoming"— Room 8 / Pastor Dave*

*Children's & Youth Ministry provided*



**Saturday**

**November 16**

**8am -Noon**

**Bring your work gloves,  
rakes, and saws**

# “Fire by Night” Prayer

Mondays From 6:00pm-7:00pm

## Children’s Ministry

Volunteers Needed...

-See Pastor Alli  
if you’re interested

## UPDATE TIME

*Please let us know if your email or contact information has changed.*

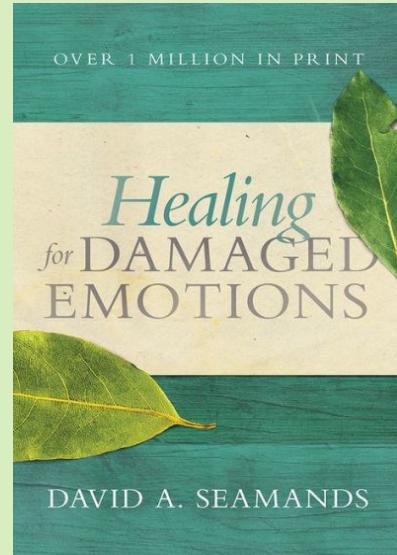
*A clipboard is available at the Guest Service Desk.*

## QUOTE OF THE WEEK:

“And nothing is hidden from Your sight  
Wherever I go, You find me.  
And You know every detail of my life  
And You are God, and You don’t miss a thing.”

-Stephanie Gretzinger

## Women’s Bible Study



*Mondays at 7:00PM  
In Room 8*

## Overcoming Life Group

*Wednesdays  
At 6:30pm -Room 8  
Led by Pastor Dave*

## Folsom Home Group

*Wednesday Evenings at 6:30PM  
2079 GA HWY 37 West  
Moultrie, GA  
229-985-8417*

**Helping Hands**

This Sunday...

Hospitality

Greeter

Altar Ministry

Mike & Judy Folsom

Jim & April Walton

Usher

Danny Copeland

November 7 Mountain Prayer:

The Mountain of  
Government / Military

**FREE!**

*Our Daily Bread Devotionals*  
are available.

**Text Your Prayer Requests**

To: 229-977-0694



**Let's pray!**

Irene Cason

Patricia Wright

Sharon Archey

Alex Sparks

Shirley Chong

Daniel Gaines

Keith Simmons

Chris Scudder

Mrs. Giles

Patrick Jr.

David and Elke

Pastor Dave's Grand-

Willie Brooks

dad—Harold

Larry Winkelman Jr.

Jacqui Winkelman

**Happy Birthday!**

**Adelyn Langley 11-9**

*(Kim Odom's daughter)*



# Pastor Dave's Pen

## Let's be thankful!



### What Is Gratitude?

Gratitude is an emotion expressing appreciation for what one has. It is a recognition of value independent of financial worth. It is generated from within, and is an affirmation of goodness. In this case, God's goodness.

Research shows that people differ in the degree to which they are inclined to experience and express gratitude. As a result, gratitude is said to exist both as a temporary feeling and as a trait. In both cases, gratitude involves a process of recognizing, first, that person has obtained a positive outcome and, second, that there is an external source for that good outcome.

A social emotion, gratitude strengthens relationships. Its roots run deep in evolutionary history—emanating from the survival value of helping others and being helped in return. Studies show that there are specific areas of the brain that are involved in

experiencing and expressing gratitude.

Gratitude is a spontaneous feeling but, increasingly, research demonstrates its value as a practice—that is, making conscious efforts to count one's blessings. Studies show that people can deliberately cultivate gratitude—and there are important social and personal benefits to doing so.

Here are some ways to develop gratitude:

- Journal your blessings that you experience.
- Write down three good things that have gone well for you and identify the reason.
- Write thank you notes to people who bless you.
- Think about people who have inspired you and what about them was most significant.

Whether we are carving a turkey, slicing the ham, or

going out for Chinese, the message that we receive is to sit down, enjoy the meal, and be thankful.

Whether you're sitting among family or friends, being grateful and thankful feels good. When there's conflict between people, it's important to forgive and move forward.

Burying the hatchet, calling a cease-fire, agreeing to a truce, or agreeably agree to disagree. These might also be a part of what makes the large get-togethers enjoyable.

In today's world, people are entitled. They are entitled to opinions, whether someone else likes it or not. Learning how to hold your tongue on occasion, however, is a wonderful way to give the gift of peace to others. It's important to remember that self control is one of the fruit of the Holy Spirit mentioned in Galatians 5:22.

So let's be thankful and allow it to become a lifestyle and not a once a year holiday! After all, we have so much to thank God for!