



# The Beacon

## Let's Get Connected!

### Sunday Mornings

Covenant Café 8:30am  
(Coffee and grits served)

Sunday School—8:45a.m.-9:45a.m.  
Book of Exodus—Mike Folsom  
Room 8

Pre-Service Prayer—9:45a.m.  
Main Event Worship Service—10:00a.m.

### Wednesdays

Fire By Night Prayer -Sanctuary - 6:00p.m.  
Youth with Pastor Alli in the Youth Room—  
6:00p.m.-8:00p.m.  
Folsom Home Group in Moultrie, GA—  
6:30p.m. (*Dinner and Bible Study included*)  
Living Under the Influence Life Group with  
Pastor Dave in Room 8 - 7:00p.m.

COVERED  
DISH LUNCH

Thursday, August 26th

12:00Noon  
In the Oasis.



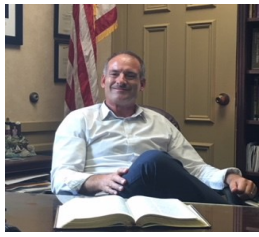
CHURCH  
PICNIC

August 29th at 4:30p.m.

In the AOC

Sign up sheets are in the lobby.

Suggested items to bring: chips, slaw,  
baked beans, condiments, etc.



## From the Desk of Pastor Dave Moving from Fear to Faith!



When times of crisis come, all who believe in Christ and take refuge in God are assured of victory. Though the circumstances may seem bleak, the resources scarce, and the options too few, the truth is that with Holy Spirit, we can overcome anything. The first step to take when moving away from fear and into a position of exercising your faith is to **1) remember that Jesus is on your boat!** You are not alone. One of the tactics of the enemy is to tell us lies in the hopes that this deception will turn into a belief. Ungodly beliefs are dangerous because they can take root and wreak havoc on our thought life, and eventually dominate our behavior.

You'll remember the story of Jesus asleep on the boat with His disciples on the sea of Galilee. The disciples became panic stricken. The storm was their crisis. After all, they believed they were about to be overtaken by the storm. The fact that Jesus was sleeping during a time like this is reassuring that even while the chaos ensued He was at peace and able to rest! The disciples did exactly what most of us would do. They woke Him up. No doubt they called out to Him maybe even yelling His name. Jesus is on your boat! This is an excellent reminder that you are not alone, no matter how intense the crisis is. So what's the take away from this? Let's do what Jesus told the disciples they should've done in His rebuke to them. Let's speak to the storm and remember that it's in Jesus name that the wind, rain and waves must cease! Use the authority given to you by Jesus and speak to the storm.

We are reminded in **1 Peter 4:12-14**

12

*Beloved friends, if life gets extremely difficult, with many tests, don't be bewildered as though something strange were overwhelming you. 13 Instead, continue to rejoice, for you, in a measure, have shared in the sufferings of the Anointed One so that you can share in the revelation of his glory and celebrate with even greater gladness! 14 If you are insulted because of the name of Christ, you are greatly blessed, because the Spirit of glory and power, who is the Spirit of God, rests upon you.*

Sometimes it's hard to feel or see God's presence in every aspect of our life, yet, know that He is there with you. Just as verse 14 says, the Spirit of glory and power who is the Spirit of God, rests on us! We have Holy Spirit to fellowship with during times of crisis. Sometimes our vision is clouded and we have trouble seeing God. Knowing that He is at work when we can't see Him ministering is very important to overcoming the enemy and holding on to peace. 2) **We now live in Christ's victory!** You are living in Christ's victory, assures us that no matter what we face, He has already won for us. Oftentimes, people give up in the face of crisis because of the inner turmoil and the chaos going on in the mind and the circumstances. It's common to worry about what will happen, how we will be able to face the crisis, and if we can ever make it through. Jesus tells us...

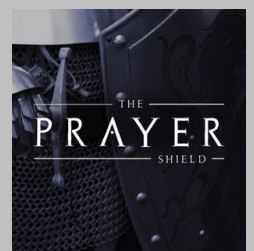
**John 16:33 NKJV** <sup>33</sup> *These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation; but be of good cheer, I have overcome the world."* You are victorious!



Daniel Gaines 8-24

### Prayer Shield

- Pat Poore
- Caleb Folsom
- Daniel & Gwen Gaines
- Jess Wilson—Bill Wilson's Father
- David & Elke
- Betty Hill—Gwen Gaines mom
- Rick Stanfield
- Pastor Dave's dad: Dave Allen
- Willie Brooks



# Taking Care of the Temple of the Holy Spirit

## *Three ways to keep your brain healthy*

Changes to our body and brain are normal as we age. However, there are some things we can do to help slow any decline in memory and lower our risk of developing Alzheimer's disease or other dementias. Here are five things recommended to patients in order of importance by the Mayo Clinic:

### **1. Exercise regularly.**

Physical exercise has many known benefits, and it appears that regular physical activity benefits the brain. Multiple research studies show that people who are physically active are less likely to experience a decline in their mental function and have a lower risk of developing Alzheimer's disease. We believe these benefits are a result of increased blood flow to your brain during exercise. It also tends to counter some of the natural reduction in brain connections that occur during aging, in effect reversing some of the problems. Aim to exercise several times per week for 30–60 minutes. You can walk, swim, play tennis or any other moderate aerobic activity that increases your heart rate.

### **2. Get plenty of sleep.**

Sleep plays an important role in your brain health. There are some theories that sleep helps clear abnormal proteins in your brain and consolidates memories, which boosts your overall memory and brain health. It is important that you try to get seven to eight consecutive hours of sleep per night, not fragmented sleep of two- or three-hour increments. Consecutive sleep gives your brain the time to consolidate and store your memories effectively. Sleep apnea is harmful to your brain's health and may be the reason why you may struggle to get consecutive hours of sleep. Talk with your health care provider if you or a family member suspects you have sleep apnea.

### **3. Stay mentally active.**

Your brain is similar to a muscle — you need to use it or you lose it. There are many things that you can do to keep your brain in shape, such as doing crossword puzzles or Sudoku, reading, playing cards or putting together a jigsaw puzzle. Consider it cross-training your brain. So incorporate different activities to increase the effectiveness. I don't recommend any of the paid brain-training programs available today. These programs often make promises that they can't keep or focus on memorization skills that aren't useful in everyday life. Your brain can get just as good of a workout through reading or challenging yourself with puzzles. Finally, don't watch too much television, as that is a passive activity and does little to stimulate your brain. To access this article, please check out the link below...

<https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/5-tips-to-keep-your-brain-healthy>

