

# 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

Intercessory Prayer—Prayer Room

Pre-Service Prayer—9:45a.m.

Main Event Worship Service—10:00a.m.

## Wednesdays

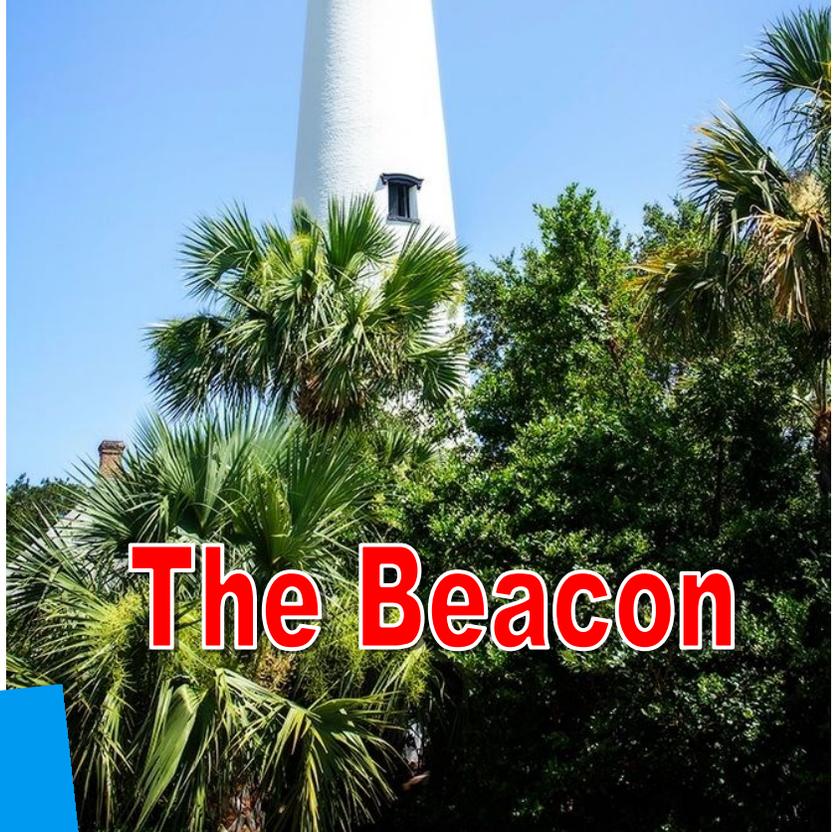
Fire By Night Prayer -Sanctuary - 6:00p.m.

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.

The Beacon Newsletter / Wednesday, July 21, 2021 /  
New Covenant Church / Thomasville, Ga



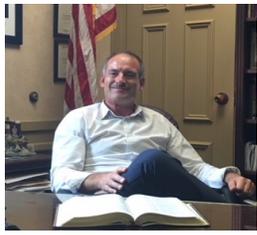
# The Beacon



## Ice Cream Social

July 28th at 7:00p.m.  
In the Oasis Fellowship Hall.

*We'll provide the ice cream.  
Bring your favorite topping!*



# From the Desk of Pastor Dave: Being a Living Sacrifice



I want to thank each of you for your birthday prayers, gifts and expressions of love you gave to me. You made turning 56 a lot of fun! Speaking of fun, I hope you'll join us next Wednesday for our annual Summer Ice Cream Social. We're looking forward to getting together to have a great time of fellowship.

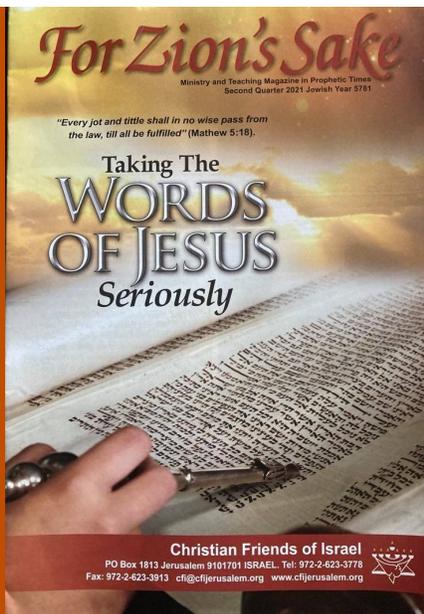
Have you ever considered what it means to be a living sacrifice to the Lord? Let's examine this and see what the Apostle Paul tells us in Romans 12:1,2 *"I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice—the kind he will find acceptable. This is truly the way to worship him."* The first thing worth noting is that we are exhorted to give our bodies to God. Sunday, I preached that we must "protect the pure." The Bible makes it clear that as yielded Christ followers, we are to be walking in holiness. Living a life of purity that includes sexual purity.

Our Creator saw fit to make sure that we experience life to the fullest. How is this possible? He has given us our senses. We taste, hear, see and feel. These senses are connected to our spirit, soul and body. When we give our body to God, this includes letting Holy Spirit take control while our spirit is connected to Him. The word sacrifice is defined as ... **1) an act of offering to a deity something precious especially : the killing of a victim on an altar. 2) something offered in sacrifice.**

**3) a. Something offered in sacrifice. b. Something given up or lost.** An example of this are the *sacrifices made by parents*. Now that we've examined this definition of the word sacrifice, let's dig a little deeper. I like all three of these definitions. The first one has to do with offering a sacrifice to God that is precious. We have two examples found in the Bible. Isaac was going to be offered up on the altar by his father Abraham (see Genesis 22:1-19), and Jesus being offered up on the cross (see Mark 15). When there's a sacrifice, the one doing the sacrificing is giving up something. Often, it's many things that are being given up. As a living sacrifice to the Lord Jesus, we are to give up our rights, our pride, our flesh, our will, etc. Going back to Romans 12:1, we are to be a **holy sacrifice**. A holy sacrifice is one that is sincere and God honoring. It comes from the heart. A holy sacrifice includes the disciplines that draw us close to God's heart. What are some of these? A short list includes the following ... worship, praise, prayer, fasting, Bible reading, tithing, fellowshiping with like minded believers, being a bold witness, prophesying, and speaking in tongues or singing in the Spirit. The sacrifice part would be us avoiding the things that the Bible considers sinful. Immorality, greed, lust, the pride of life, etc. I submit that it's also a sacrifice to walk in joy, love or forgiveness. It can be a sacrifice to do so when our flesh tells us not to.

As a living sacrifice, how are you drawing closer to Jesus? The world is watching us. Let's let our lifestyle be our worship before the Lord. He deserves our very best!

Copies are available in the lobby. See for yourself what God is doing in Israel through the many projects of CFI



**Prayer Shield**



Pat Poore  
Daniel & Gwen Gaines  
Doris—Cathleen Wilson's mom  
Betty Hill—Gwen Gaines mom  
Pastor Dave's dad: Dave Allen  
Shane Myers—Alli's brother

Teresa Fitzgibbons  
David & Elke  
Rick Stanfield  
Willie Brooks  
Adelyn Langley



## Verse of the Week

*"Now may the God of hope fill you with all joy and peace in believing, that you may abound in hope by the power of the Holy Spirit."*

-Romans 15:13 NKJV

## Taking Care of the Temple of the Holy Spirit

The following is taken from [alive.com](http://alive.com)

- **Eliminate "White Foods" From Your Diet:** White flour, white sugar and other processed foods are not only devoid of vitamins and minerals, but they've also been stripped of their natural fiber. As a result, they rapidly drive up blood sugar levels, which contribute to weight gain, diabetes and a host of other health problems.. Avoid bread and baked goods made with white flour, sugar-laden sodas and snack foods. Instead focus on eating fiber rich fruits, vegetables, legumes and whole grains.
- **Stay Away From Dangerous Trans Fat:** While it's important to reduce your overall fat intake, it's even more important to watch the types of fat you eat. Deep-fried foods and anything made with hydrogenated oils (margarine, peanut butter, shortening, store-bought pastries and cookies) contains trans fats that raise your risk of heart disease. Eat only healthful fats, such as olive oil and the omega-3 oils found in salmon and other cold water fish, which actually protect against heart disease.
- **Include Weight Training In Your Exercise Routine:** Aerobic exercise is great for cardiovascular conditioning, but it's vastly inferior to weight training in attacking the "flab factor." Recent research has shown that as little as once-weekly resistance exercise can improve muscle strength. Even the busiest or laziest among us can find the time and energy for that. Join a gym, consult a personal trainer or ask an experienced friend to show you the ropes. *Our very own Danny Copeland is always glad to talk with you if you would like information about joining the gym and fitness center; COGI, right here in Thomasville.*