

The Beacon

Let's Get Connected!

Sunday Mornings

Covenant Café 8:30am (Coffee and grits)

Sunday School—8:45a.m.-9:45a.m.

Book of Exodus—Mike Folsom
In Room 8

Pre-Service Prayer—9:45a.m.

Main Event Worship Service—
10:00a.m.

Mondays

Women's Bible Study with Pastor Alli
7:00p.m.-8:00p.m. in Room 8

Wednesdays

* Folsom Home Group in Moultrie
6:30p.m. (Dinner and Bible Study included)

* Youth Group with Pastor Alli
6:30p.m.—7:30p.m. in the AOC

* Bible Study with Pastor Dave -

Young Adults



Friday, November 19, 2021
7:00p.m.

Let's get together by the fire at
Pastor Dave and Alli's home.
1103 West Harris St., Pavo, GA



Adelyn Langley 11-9

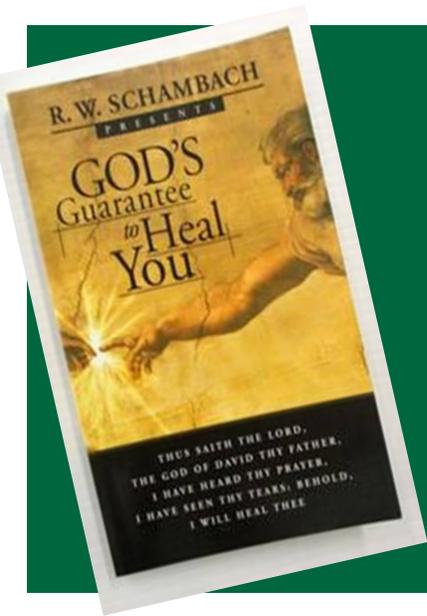


YOUTH



GROUP

Wednesdays
6:30pm-7:30pm in the AOC



Wednesday Nights!

Bible Study
begins at 6:30pm
in Room 8 with
Pastor Dave



Folsom Home Group

*Wednesday Evening
at 6:30p.m.*

*Bring your appetite
and Bible!*

Prayer Shield

- Mabel Moore
- David Zipf
- Pat Poore
- Caleb Folsom
- Daniel & Gwen Gaines
- Jess Wilson—Bill Wilson's Father
- Betty Hill—Gwen Gaines mom
- Willie Brooks- healing from COPD
- Roberta Sinclair -Deidre Curtis mom
- Dave Allen Sr.—healing of right eye
- The Church in The Middle East -Holy Spirit



Womens Bible Study

Mondays
with Pastor Alli
7:00p.m.-8:00p.m

*We are studying the
subject of Angels*



From the Desk of Pastor Dave

Gratitude



Gratitude. It's a word that we are all very familiar with. During the month of November, we are reminded to be thankful. We end the month with the Thanksgiving holiday. Let's take time throughout this month to thank the Lord for all the things that He does!

Several studies have been done in college universities to show the correlation between health and gratitude. One such study was conducted by two psychologists, Dr. Robert A. Emmons of the University of California, Davis, and Dr. Michael E. McCullough of the University of Miami. They researched the subject of gratitude. In one study, they asked all participants to write a few sentences each week, focusing on particular topics. One group wrote about things they were grateful for that had occurred during the week. A second group wrote about daily irritations or things that had displeased them, and the third wrote about events that had affected them (with no emphasis on them being positive or negative). After 10 weeks, those who wrote about gratitude were more optimistic and felt better about their lives. Surprisingly, they also exercised more and had fewer visits to physicians than those who focused on sources of aggravation. Of course, studies such as this one cannot prove cause and effect. Overwhelmingly, the studies published on this topic support an association between gratitude and an individual's well-being.

Free copies are available in the lobby.



With this being the case, it only makes sense that if we have a desire to be in excellent health, we would take every advantage at our disposal to incorporate key principles into our lifestyle that will help us to improve our overall health. Our attitude affects the way we behave. When I consider the great men and women in the Bible that God used, we seldom read about them being complainers. In fact, in Moses case, his bad attitude resulted in rebellion towards God and ultimately, costing him from entering into the promised land. Each of us have a destiny. Some consider it their promised land. I know people who love God, but are have a negative attitude about their life. The result is, they are not very fun to be around, and I seldom if ever hear anything positive. Sadly they compensate with sarcasm and negative comments as if somehow, this "excuses" their negativity.

Our physical health is just as important as our spiritual health. I challenge you to pick up a copy of the "30 DAYS OF GRATITUDE" flyer this Sunday. Allow this resource to serve as a reminder of how great God is. Each day includes a reason to be thankful. Day 1 reads... **I am thankful because the Lord is ... GOOD. Psalm 107:1 says, "Oh give thanks to the Lord, for He is good"**. With this resource, you can use it as your daily prayer guide. Feel free to pray the Bible verses and thank the Lord for each daily attribute of God—there's 30 of them!

He deserves our thanks and praise. With our focus being on Him and His Word, I believe that we will begin to see a more positive change take place in our spirit and soul, and perhaps even in our body! Let's not wait until the Thanksgiving holiday to offer up thanksgiving for all that God has done and continues to do. Let's cultivate a lifestyle of thanksgiving. Being a positive godly person is contagious, and together we can make a difference in a world that is filled with negativity. God bless you and Shalom!



Online Giving

To make your contribution, download the Vanco Mobile Faith Engagement app.

If you have any questions, feel free to contact Mary Lynn.