



# Morning Star Church of Christ

4249 River Street  
Willoughby, OH 44095

(440) 254-6207  
January 7, 2007

Welcome to The Morning Star Church of Christ. Our church meets at The Willoughby Christian Church. Sunday Bible classes are at 11:00 a.m. and services are at 12:15 p.m. Thursday Bible classes are at 7:00 p.m. for adults and children.

## Food for the Journey

### To Fulfill Your Life Mission, Get in Shape in 2007 by Rick Warren

Did you know your body is a tool? God can use it to fulfill his purposes in the world. But you must cooperate first. You see, for God to use you in 2007 like he wants to, you've got to take care of your body. "Don't you know that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, for God bought you with a high price. So you must honor God with your body." (1 Cor.6:19-20 NLT)

How do you honor God with your body? It's simple. You take care of it. This is a good time for a confession. In January 2005, I started asking God what he wanted to do with me for the next 25 years. I started thinking about the P.E.A.C.E. Plan and what God wanted to do through the global Church in the coming years. It didn't take long for me to realize I was going to need a lot more energy. I needed to get in shape. So I confessed to God that I hadn't been in the kind of shape he needed me to be in the past. Then I told him that I wanted to honor him with my body and consciously take better care of it from now on. Psalm 119:73 TLB) says, "You made my body, Lord. Now give me the sense to heed your laws." God set up the principles of good health. He says there's a balance between sleeping, eating, and exercising. He says you need all three. My guess is that everyone reading this article needs to work on at least one of these three issues. Some of you aren't getting enough sleep. You're tired all of the time. And often it's because you're staying up and doing something that isn't all that important. By having just one extra hour of sleep on most nights, you'd be surprised at how much more effective you'd be in ministry. God can't use somebody who's tired all the time.

Psalm 127:2 (NLT) says, "It is useless for you to work so hard from early morning until late at night, anxiously working for food to eat; for God gives rest to his loved ones." For some of you the most spiritual thing you could do is go to bed. You need to get your rest.

(continued on page 3)

#### THOSE SERVING FOR TODAY'S SERVICES:

Today's preaching will be done by Micheal West. The usher will be Larry Wilhelm. Song leader will be Bob Bonnell. Josh Meeks has opening prayer, Micheal West has prayer of intercession and Larry Wilhelm has closing prayer. Matthew West has communion and Larry Wilhelm, Mahlon Tennant and Aaron West will assist him. Alternate assistant will be Dan Spence.

## IMMEDIATE PRAYER REQUESTS

- ?? Carol Ward passed away last week.
- ?? Nancy (sister of Flo's sister in law) has been diagnosed with breast cancer.
- ?? Rachel Wiant (Dan's niece in law) has been diagnosed with Multiple Sclerosis.
- ?? Rhondi Simpson has requested prayers for personal problems.
- ?? Bill O'Brien (friend of Norm and Bob) is in the hospital.
- ?? Norm Meeks is having some health problems.
- ?? Glenn Dunlop (friend of Norm Meeks) had a stroke and is in a nursing home.
- ?? Jim Combs (wife Patty works with Jim Zukoski) was diagnosed with cancer and given a week to live.
- ?? Marge Tennant's niece has spinabifada and is in the hospital.
- ?? Marge Tennant's brother-in-law saw an oncologist and was told he has 3-4 months to live and has called Hospice.
- ?? Mike Lackner's sister is having some health problems.
- ?? Lisa Labonte (Jean Addison's niece) has some blockages in her heart and will need surgery.
- ?? Jim Zukoski is home recuperating from his open heart surgery.

(continued from page 1)

Some of you need to control your eating. I don't know why God made food taste so good. He could have made it all taste like oatmeal, but he didn't. So we need to practice self-control. Just because it tastes good doesn't mean it does good things to our bodies. What you put in your stomach – and what you don't – matters.

And of course, you need exercise. We all do. Many of us will start a whole new exercise regiment this month – hoping to start the New Year off right. Stick to it. Put it on your schedule. Don't let it become just a whim that you forget about by February. This is the year to get this right.

You can have a wrong attitude or a right attitude toward your body. What's the wrong attitude? You can neglect it – just not pay attention to what you are doing to it. Reject it – tell God you want someone else's body. And you can perfect it. Worshiping your body is just as wrong as worshiping anything else. But the right attitude is to respect it and protect it. That's what God wants you to do with your body. Why? Because God created it, Jesus paid for it, and the Holy Spirit lives in it.

1 Corinthians 9:25 (NLT) says, "Athletes practice discipline and self-control. They do it to win a prize that will fade away, but we do it for an eternal prize." We take care of our bodies because we want to please God. We'll be rewarded for that in eternity. So go get in shape – and watch God use you in ministry more effectively in 2007!

Copyright © 2005 Pastors.com

## ON-GOING PRAYER REQUESTS

Please pray for the following people who are suffering from cancer:

Dave Wojcik (friend of Ken Allen), Myndi Allen's Uncle Sherm and Aunt Peg, George McLean, David Ward (friend of Norm Meeks), Eddy (friend of the Wilhelms), John Russell's wife (friend of John Addison), Mary (Valerie Evans' stepsister), Harold Tidd's daughter, Bob Glover

Please pray for the following people who are having health problems:

Jerad Allen, Jean Addison, Bryn Wolanski, Ruth Bell, Pam Zukoski, June Young, Ron Simpson, Florence Nichols, Rachel and Brian Petti, Marge Tennant, Myndi Allen, Valerie Evans' father, Gladys Skidmore, Sue Heaton (neighbor of Bob Bonnell), Arturo Rea, David Garrison (friend of Ruth Glover), Ruth Glover, Mike Lackner



**UPCOMING EVENTS:**

- January 7: Sing at Manor Care after soup and sandwich potluck
- January 14: Chris Yezzi's birthday
- January 14: Regular potluck after services
- January 15: Pearl Price's birthday
- January 19: Family Enrichment at the Allen's house at 7:00 p.m.
- January 21: Ci-Ci's Pizza after services for potluck
- January 28: Regular potluck after services

**MISCELLANEOUS:**

- ?? The food pantry needs restocked. Please bring in any non-perishable items.
- ?? The amount collected on December 31, 2006 was \$347.00 and there were 37 people in attendance.
- ?? There will be a special collection for Courtney Schultz on January 14, 2007. She has a mission trip planned and has requested financial assistance.

Please give the following prayer request or concern to the person with prayer of intercession:

---

---

---

---

---