



Our Pastor's Instructions to Remain Spiritually Engaged

7 Prayer Points Revised

- ◆ Pray daily for one hour.
- ◆ Record time in Prayer Journal for turn in.
- ◆ Turn in reports on March 29th lesson on Hope and *July 19th lesson on Truth.*
- ◆ Remember to hold corporate prayers Wednesdays and Sundays.
- ◆ Glorify God for the corporate 3 day fast and prayers for sickness and unbelief.
- ◆ Pray for the pandemic that is gripping the world and our nation.
- ◆ Pray for the social and political unrest due to inequality, which is destabilizing and dividing our country.



The Christian's Final Home, New Jerusalem

For he looked for a city which hath foundations, whose builder and maker is God. (Hebrews 11:10)



Him that overcometh will I make a pillar in the temple of my God, and he shall go no more out: and I will write upon him the name of my God, and the name of the city of my God, which is new Jerusalem, which cometh down out of heaven from my God: and I will write upon him my new name.

(Revelations 3:12)

COME UNTO JESUS

Biblical Words of Encouragement

WALK WITH GOD
when your heart needs
company.
TURN TO GOD
when you need
someone to lean on.
TAKE GOD'S HAND
when you feel
lost and alone.

When no one
can be there,
remember God
is always there.
**YOU ARE NEVER
ALONE!**



HEALTH AND NUTRITION

HOW TO SUPPORT YOUR IMMUNE SYSTEM

@mybariatricdietitian



EAT FRUITS & VEGETABLES



HYDRATE



EAT PROTEIN



EAT PROBIOTIC RICH FOODS



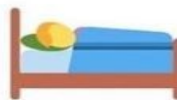
INCLUDE GARLIC, GINGER, TURMERIC



PRACTICE STRESS MANAGEMENT



STAY ACTIVE



GET ADEQUATE SLEEP



WASH HANDS FREQUENTLY

*The fruit of the righteous is a tree of life; and he that winneth souls is wise.
Proverbs 11:30 KJV*