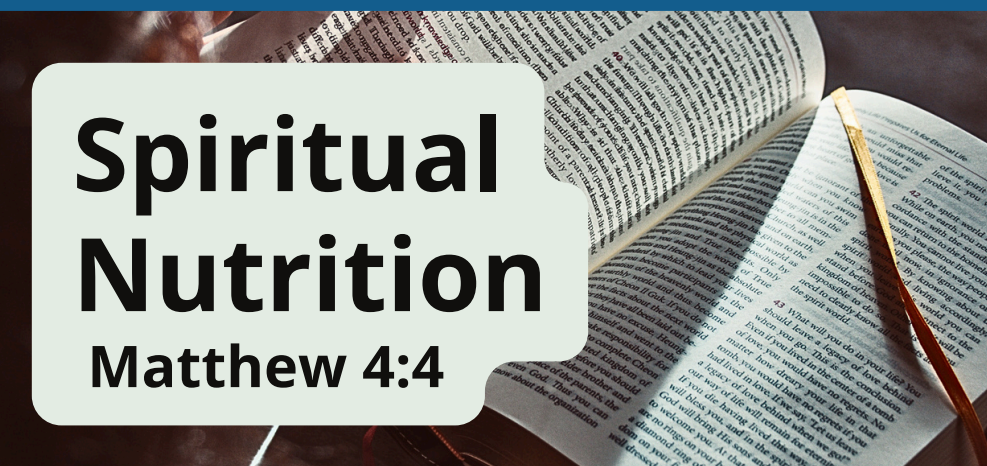




# BUILDING STRONG FAMILIES FOR GOD



## Spiritual Nutrition Matthew 4:4

In the royal courts of Babylon, where the king's delicacies and fine wines were abundant, four young men choose to nourish themselves differently.

They seek **spiritual nutrition, feasting on faith, determination, and an unwavering commitment to God.**

Their story is a testament to the power of spiritual discipline and the importance of nourishing the soul with what truly sustains it; the Word of God.

**“But Daniel made up his mind that he would not defile himself with the king’s choice food or with the wine which he drank; so he sought permission from the commander of the officials that he might not defile himself. ”**  
Daniel 1:8 (ESV)

## WELCOME!

January 12, 2025

SUNDAY SCHOOL 10AM  
WORSHIP 11AM  
CHILDREN’S CHURCH AGES 3-7  
NURSERY 2 & YOUNGER

## WEDNESDAY NIGHTS

PRIMARY CLASS 3-6  
JUNIOR CLASS 7-12  
TEEN CLASS 13-17  
7 PM

## UPCOMING EVENTS



**FROM WEAK TO STRONG**  
JAN 5--MAR 2  
SUNDAY, 11AM

# Spiritual Nutrition

From Weak to Strong Series



## Notes

How did Daniel react to the temptations while being held captive?

How do we overcome temptations like Daniel?

How do we practice faith?

When should we pray?

## Connect with your kids

People need more than food to live. They also need God's words to guide them.

### Verse: Matthew 4:4

- In this verse, Jesus emphasizes that humans need more than just physical food to live; they also need the spiritual nourishment that comes from God's words. This verse highlights the importance of relying on God's guidance and teachings to sustain our spiritual lives.

### Questions to Engage

- Can you think of a time when you felt happy because you learned something new about God?
- What are some ways we can listen to God's words every day?
- Why do you think it's important to know what God says?
- How can we make sure we remember God's words when we're at school or playing with friends?

Philippians 4:13: "I can do all this through him who gives me strength."

# 1. Growth Matters

Leaders lose influence if they do not continue to grow. But growth doesn't just happen. It requires intentionality and investment. Paul was passionate about his spiritual potential. In Philippians 3:12 – 15 Paul declared important truths about how to keep growing to the end:

- Communicate honestly where you are: "Not that I have already obtained all this, or have already arrived at my goal . . . I do not consider myself yet to have taken hold of it."
- Concentrate totally on your goal: "I press on to take hold of that for which Christ Jesus took hold of me. . . . I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus."
- Consecrate everything you have to get there: "But one thing I do: Forgetting what is behind and straining toward what is ahead. . . . All of us, then, who are mature should take such a view of things. And if on some point you think differently, that too God will make clear to you."

# 2. People Matter

Paul valued relationships and expressed appreciation for others. He expressed that value and appreciation all throughout his letters.

- "I always thank my God for you" (1 Corinthians 1:4).
- "Ever since I heard about your faith in the Lord Jesus and your love for all God's people, I have not stopped giving thanks for you" (Ephesians 1:15 – 16).
- "I thank my God every time I remember you" (Philippians 1:3).

Paul put a "10" on every person's head — meaning he expected the best of them and helped them think more highly of themselves. He gave people hope, and he shared himself with others.

# 3. Obedience Matters

Paul was faithful to God's call. As the apostle bade a tearful, final farewell to the elders in the church at Ephesus, he reminded them he had faithfully served the Lord despite hardships. He told them he felt compelled to go to Jerusalem although he knew chains and tribulations awaited him there. But, Paul assured them, none of that mattered to him. What did matter was that he finish the ministry he had received from the Lord (Acts 20:17 – 25).

Those who wanted him to quit preaching could throw rocks at him, but that didn't stop Paul. He counted it a privilege to suffer for Christ.

What could be done with the apostle Paul? Absolutely nothing, because nothing mattered more to him than faithful obedience to God.

The true nature of leadership isn't self-centered exaltation like Nero demonstrated — it's an ongoing process of sacrifice that faithfully serves others and obeys God no matter the cost.

## **Growth matters. People matter. Obedience matters.**

When we embrace and embody those principles we can, like Paul, lead well and finish well.

(Excerpted from an article by John Maxwell from the NIV Maxwell Leadership Bible)



# COFFEE TIME



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- MOCHA 3.50
- CARAMEL MOCHA 3.50
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- COZY COCOA 3
- ADD PEPPERMINT

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