

# MORNING WORSHIP

## *Man's Extremity - God's Opportunity*

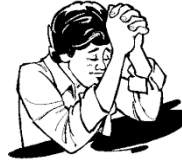
However deplorable your circumstances may be, let them drive you to God— not from Him. Your only hope now lies in the compassion of your God. Let me read this text to you again, and I pray that your faith may enable you to grasp it: “For the Lord shall judge His people, and repent Himself for His servants, when He sees that their power is gone, and there is none shut up or left.” There is a gracious purpose behind your present trial, even though you do not yet perceive it. It is possible that it was absolutely necessary that you should be brought as low as you are in order to cure you? I have known a doctor to keep his patients almost without food, and bring the man down every low in order to starve out the complaint from which he was suffering. And in a surgical case, the knife has had to go in very deep so as to get at the roots of the cancer. In like manner, it may be that it was necessary that your affliction should not be stopped midway, but should be allowed to proceed to the bitter end in order that it might be the means of curing you. Or, the affliction was permitted to develop to the uttermost in order that you might be induced to return to your God. Or, it may be that in your prosperity you had grown so careless and so fond of that you had so little delight in God—that it was necessary for your distress, to turn again to God. Or it may be that God intends that you should forever bear a testimony to His faithfulness such as no ordinary man can bear. Those people who only sail in a little boat on a lake have no stories to tell of adventures at sea. But he who is to write a book describing long voyages must travel far out of sight of land and behold the sea in the time of storm, as well as in a calm. You are to bring great honor to God by being the means of comforting others who will be tried in a similar way to yours.

**Charles Spurgeon**

# Order of Worship

Eld. Paul L. Berry, Pastor

Timothy Hinkle, Minister



**March 10, 2024**

**Devotion**

**Praise and Worship**

**Morning Message**

**Altar Call**

**Acknowledgements**

**Announcements**

### **Statement of Faith:**

We believe the Scriptures to be the inspired Word of God, the complete revelation of His will for the salvation of men through Christ Jesus, and the Divine authority for all Christian faith and life,  
II Tim 3:6-17; II Peter 1:19-21.



**FLFM**

# **Man's Extremity God's Opportunity**



**“For the LORD shall judge His people, and repent Himself for His servants, when He sees that their power is gone, and there is none shut up, or left.”  
Deuteronomy 32:36**

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## Healthy Living

### 8 Healthy Fats You should Eat

**Olives:** Olive oil is a great way to get monounsaturated fats in your diet, but so are olives

**Avocados:** Avocados get their creamy texture from heart-healthy monounsaturated fats.

**Canola Oil:** Canola oil is an excellent heart healthy choice for cooking.

**Organic Peanut Butter:** Smear some on toast or apple slices for breakfast to obtain staying power.

**Salmon:** As an "oily" fish it has lots of DHA and EPA - 2 kinds of omega-3.

**Flax seed:** Flaxseed is high in a plant based form of Omega-3 fatty acids.

**Almonds:** Almonds are particularly high in monounsaturated fat, the kind that helps improve your cholesterol levels.

<https://www.foodnetwork.com/healthy/articles/importance-of-healthy-fats/8-healthy-fats-you-should-be-eating>



### Prayer List

Raven McCall  
Sis Margo (Health)  
Leslie Chaney's father-in-law  
Lloyd Ewer (Health)  
Debbie Bankus (Health)  
Joshman Simington  
Evelyn (Linda's sister)  
Audra (Min Tom's Sister)  
Ann Drakeford (Sunshine's Mom)  
Mrs. Dannisa Hart (Wife of Sis Rita's Pastor)

**Sunday School 10:00 am (Zoom)**  
**Morning Worship 11:30 am**  
**Children's Sunday School 10:00 am**  
**Wednesday Prayer-in person 6:00 pm**  
**Wednesday Bible Study at 7pm** (Zoom and in person)

Book Club March 17th @ 3pm

Outreach Luncheon (Potomac Towers) March 19th

We will honor Mark Mayo's 10th Angel Day during Morning Worship on March 24th

Please join us on FACEBOOK  
<https://www.facebook.com/settings?tab=profile&section=username>

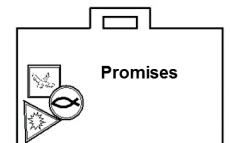
[www.fulllifefamily.org](http://www.fulllifefamily.org)

**Masks are OPTIONAL but please be considerate and wear one if you are not feeling well.**

## Hannah Word Search

D G P N W Y A L E G A V E S N  
K E R R B O I N T K R H A P M  
N G S A A S R E S R O M H E H  
A Z B S T Y H S D W U P F E O  
H T A E E P N I H E E P S L N  
T D N Y O L R M L I B R U I E  
T E S R T O B O N O P I E B S  
D L P R A H T R U S T E D D T  
N R A E L D L P K H V S N R L  
B G N I P E E L S Z A T R Y Y

ANSWERED  
BABY  
BLESSED  
ELI  
GAVE  
HONESTY  
LEARN  
LISTENED  
PRAY  
PROMISE  
PRIEST  
PROPHET  
SAD  
SAMUEL  
SLEEPING  
SPOKE  
THANK  
TRUSTED  
WORSHIP



**Mission Statement:**  
To build, in Christ, a church of Love where, by working together for the unity, edification, discipline, and encouragement of believers, we might grow into our Lord, Jesus Christ's image, and have a full life in Him.  
**"The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full."**  
**John 10:10**