

Sermon Notes

Sunday, February 14, 2010
 First United Methodist Church of Pine Mountain

"Building Blocks of a Healthy, Happy Home and Marriage"

Part 3 of 4

"Perseverance"

Three Key Areas

1. _____

2. _____

3. _____

"I have fought the good fight, I have finished the race, I have kept the faith."

-- 1 Timothy 4:7



... are given today
 by Bob & Sherry Phillips
 for the Glory of God
 and in memory of
 Earl & Marion Phillips
 and in honor of everyone's Sweetheart

This Week at First United Methodist

A=Annex, CR=Choir Room, S=Sanctuary, FLC=Family Life Center,
 CEC=Christian Education Center

Sunday	February 14
8:30am	- Worship Service
9:30am	- Coffee/Light Breakfast Fellowship
9:45am	- Sunday School
11:00am	- Worship Service
4:30pm	- 3H Club (FLC)
4:30pm	- Youth Choir (A)
5:30pm	- UMYF
6:00pm	- Finance Committee (CEC)
7:00pm	- Church Council (CEC)
Monday	February 15
9:30am	- Prayer Team (FLC)
Tuesday	February 16
6:00pm	- Worship Committee (A)
Wednesday	February 17
5:45pm	- Wednesday Night Supper (FLC)
6:00pm	- Youth Choir
6:15pm	- Kingdom Seekers
6:30pm	- Youth (FLC)
6:30pm	- Chancel Choir
7:00pm	- Ash Wednesday Service (S)
6:45pm	- Children's Choir (FLC)
Friday	February 19
6:30pm	- Emmaus Reunion Group (FLC)
Saturday	February 20
5:00pm	- Boy Scout Spaghetti Supper

Wednesday Night Supper and Fellowship

Chicken & Dumplings
 Green Beans ~ Salad
 Biscuit ~ Beverage ~ Dessert

Next Week's Servants

	8:30	11:00
Ushers/Greeters	Jim Edgar, lby Edgar	Ben Emerson, Shannon Emerson
	Jack Story, Anne Story	Dean Roberts, Eleanor Roberts
Children's Church	Luci Willis	Stacy Haralson
Acolyte	Avalon Waite	Cole Riley
Nursery Helper	Anne Story	Cindy Stinnette
Altar Guild		Carol Morgan, Mary Ellen Roberts



The First United Methodist Church of Pine Mountain

Sixth Sunday after Epiphany, February 14, 2010

The Daniel Fast: A Lenten Opportunity to Get Closer to God

I first became aware of the Daniel Fast just a few weeks ago. I was in the lobby of a former church member, Dr. Jeff Russell, and noticed that the Daniel Fast was the subject of the front of his January, 2010, newsletter. Today, many, many churches are using the Daniel Fast as a means for its members to walk closer with the Lord Jesus Christ.

So, what *is* the Daniel Fast? The Daniel Fast is a fast/diet that adheres to the diet of the prophet Daniel in the Bible.

Twice in the Book of Daniel, we find the prophet fasting. In the first chapter, Daniel was one of the "...young men without any physical defect, handsome, showing aptitude for every kind of learning..." whom King Nebuchadnezzar selected to receive special training in the King's palace.

"But Daniel resolved not to defile himself with the royal food and wine...Daniel said, 'Please test your servants for ten days: give us nothing but vegetables to eat and water to drink. Then compare our appearance with that of the young men who eat the royal food.' At the end of the ten days they looked healthier and better nourished than any of the young men who ate the royal food."

In Chapter ten, we find Daniel fasting once again:

"At that time, I, Daniel, mourned for three weeks. I ate no choice food; no meat or wine touched my lips; and I used no lotions at all until the three weeks were over."

Hence, the Daniel Fast was born. The challenge is to be on the Fast for 21 days (the three weeks mentioned above) and eat only vegetables and drink only water. The Fast/Diet has been modified just a bit to incorporate what is believed to be consistent with Jewish fasting practices.

If you would like to take up this Lenten challenge to follow the Daniel fast, here is a listing of some of the food items:

Foods to Eat: Vegetables, fresh fruit, beans, whole grains, fresh juices, filtered water, unsweet soy, rice, or almond milk, honey, pure maple syrup, brown rice.

Foods to Avoid: Meat, white sugar, flour, and rice, fried foods, caffeine, carbonated drinks, alcohol, and preservatives, additives, or chemical substitutes.

Clearly this is a challenge! But, that's one of the opportunities we have during this spiritual season that we call Lent; to cut excess, to say "NO!" to the "royal" and "choice" foods the prophet Daniel spoke of, and use this sacrifice as a spiritual act to bring us closer to God in our daily walk with the Lord.

Lynn and I are starting the Daniel Fast this Wednesday. You may decide to follow it, too. Go online and get more information about the Fast and various Daniel Fast recipes, etc. For all who follow the Fast this Lent, let's take the Fast period as an opportunity to share with others why we're fasting: namely, to focus on God and to be in closer relationship with Jesus Christ.

Your Pastor and Friend, Mark

Dr. Mark Outlaw, Pastor
John Manseau, Minister of Music
Mary Ellen Roberts, Church Secretary
Shannon Emerson, Minister of Children
Roger Bryant, Minister of Youth
Karen Williams, Noah's Ark Director
Mike Duncan, Minister of Facilities
Willie George Shepherd, Custodian
Susan Williams, Nursery Attendant

*P.O. Box 246 ~ 206 McDougald Ave. N,
 Pine Mountain, GA 31822
 Tel: (706)-663-2538 Fax: (706)-663-9559
 Pastor's Cell: 706-718-3304
 E-Mail: moutlawfumcpm@bellsouth.net
 www.fumcpinmountain.com
 Church Office Hours:
 Mon - Fri. 9:00-1:00pm*



The First United Methodist Church of

Pine Mountain

The Prelude Mr. John Manseau

The Procession of the Acolyte

†The Opening Hymn "O Worship the King" (1,3,5) UMH 73

†The Congregational Response "The Apostles' Creed" UMH 881

I believe in God the Father Almighty, maker of heaven and earth; And in Jesus Christ his only Son our Lord: who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, dead, and buried; the third day he rose from the dead; he ascended into heaven and sitteth at the right hand of God the Father Almighty; from thence he shall come to judge the quick and the dead. I believe in the Holy Spirit, the holy catholic church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen

†The Gloria Patri UMH 70
Glory be to the Father and to the Son and to the Holy Ghost; as it was in the beginning, is now, and ever shall be, world without end. Amen.

†The Moment of Fellowship
(Please meet those seated around you. Welcome someone you do not know. If you are a visitor, WELCOME! Please take a moment to fill out a yellow visitors slip located in the attendance pad at the end of each pew. We would love to know more about you. Members please remember to record your attendance as well.)

The Time of Prayers, Praises and The Lord's Prayer

The Offertory

†The Doxology UMH 95
Praise God, from whom all blessings flow; praise him, all creatures here below: praise him above, ye heavenly host; praise Father, Son, and Holy Ghost. Amen

The Anthem "The Glory of the Lord" Benedetto Marcello

The Children's Message Ms. Shannon Emerson
(Children age 3-1st grade are now dismissed for Children's Church)

†The Hymn of Preparation "On Eagle's Wings" UMH 143

The Scripture Luke 18:1-8

The Sermon "Perseverance" Dr. Mark Outlaw
[The 3rd in a Series, Titled, "Building Blocks for a Happy, Healthy Home and Marriage"]

†The Closing Hymn "Stand Up, Stand Up for Jesus" (1,3,4) UMH 514

†The Benediction

†The Special Music "Above the Hills of Time" Men's Ensemble

†The Postlude

†Please Stand As You Are Able UMH United Methodist Hymnal

Ash Wednesday Service, This Wednesday 7:00-7:30PM in the Sanctuary We hope you will plan to make this prayerful devotional time a part of your day this Wednesday, which is the first day of the season of Lent. The choir will sing and there will be the traditional imposition of ashes.

Interested in Foreign Missions? If you're interested in joining a foreign missions group in our church, all interested persons are invited to have lunch at Manchester First UMC next Sunday, February 21. The lunch is provided by the church and will include special speakers who have recently gone on mission trips. Ideas and instructions on forming a foreign missions team or joining another church on a foreign missions trip will also be given. A group will be leaving our church next Sunday immediately after the 11:00AM worship service. See Mark or Malinda Brooks if you're interested in going next Sunday.

This Week's Servants

	<u>8:30</u>	<u>11:00</u>
Ushers/Greeters	Chuck Taylor, Demetria Hendrix	David Chambers, Malinda Brooks
	Roy Westbrook, Judy Westbrook	Ronny Roberts, Kathy Hall
Children's Church	Page Flynn	Frankie Mabry
Acolyte	Grant Flynn	Griffin Reddick
Nursery Helper	Karla Willis	Mary Ellen Roberts
Altar Guild		Carol Morgan, Mary Ellen Roberts



Vanita Boulware
Louise Burlton
Pat Brooks
Terry Chandler
Jewell Cleaveland
Jane Claire Culverhouse
Bill Darley
Evelyn Davis
Marion Edwards
Allen Hagler
Bubba Holmes
Terry Holmes
Nelson Jones

Ann Kozee
Dathan Mabry
Emma Mabry
Martha Morgan
Mike Morgan
Alf Mullins
Janet Mullins
Lexie Paulk
Nick Peterson
Penny Reddick
Dimple Strother
Don Taylor
Fran White
Minnie Whitaker
Our Church
Our Country &
All Nations
The Men & Women of
our U. S. Military

Baby Gifts to be received today, February 14: There will be baskets located in the Narthex and in the Office for gifts for Amy Mabry. She is expecting another little girl!!! Let us welcome our newest arrival who is due to arrive the end of March!

Baby Gifts to be received on February 21 & 28 will be for Brooke Zuerner who is having a second girl. Let us welcome another new arrival the end of March. Our church is truly blessed with baby girls this year!

Men's Clothing needed: Please bring men's clothing to the church for Open Door Community House.

Financial Information

General Budget to date:

Budgeted:	\$46,782.00
Received:	\$40,696.75
Attendance last week:	136

Exercising the Faith

In order to reach our Vision 2020 Goal to be debt free by 2020 we need to average \$48,000 per year above and beyond our General Budget. [Campaign year from May 2009 to May 2010]
Received to date: \$71,121.81