

Sermon Notes

Sunday, February 21, 2010
 First United Methodist Church of Pine Mountain

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

Part 4 of 4

"Self-Discipline"

1. A _____ of Self-Discipline Brings

_____ and _____ .

2. _____ Self-Discipline Brings

_____ and _____ .

3. Through the _____, God

Will Help Us be Self-Disciplined

"For God did not give us a spirit of timidity, but a spirit of power, of love and of self-discipline." -2 Timothy 1:7



... Calendar is located in the Narthex

This Week at First United Methodist

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

Sunday	February 21
8:30am	- Worship Service
9:30am	- Coffee/Light Breakfast Fellowship
9:45am	- Sunday School
11:00am	- Worship Service
12:15pm	- Mission Team will leave to go to Manchester
4:30pm	- 3H Club (FLC)
4:30pm	- Youth Choir (A)
5:30pm	- UMYF
Monday	February 22
9:30am	- Prayer Team (FLC)
Tuesday	February 23
12:30pm	- Amazing Grey's Luncheon (FLC)
Wednesday	February 24
5:45pm	- Wednesday Night Supper (FLC)
6:00pm	- Youth Choir
6:15pm	- Kingdom Seekers
6:30pm	- Youth (FLC)
6:30pm	- Chancel Choir
6:30pm	- Steward Bible Study (CEC)
6:45pm	- Children's Choir (FLC)
Friday	February 26
11:45am	- Sew Blessed Quilters (FLC)
Saturday	February 27
6:30pm	- Christ Court Basketball (Gym)

Wednesday Night Supper and Fellowship

Our Kitchen Team will be out of town but we will have our Wednesday Night Supper.
 Menu To Be Announced

Next Week's Servants

	8:30	11:00
Ushers/Greeters	Tee Mabry, Shannah Mabry John Willis, Karlia Willis	Dean Mabry, Peggy Elder Bobby Reddick, Anne Lanham
Children's Church	Karlia Willis	ean Mabry
Acolyte	Evan Willis	Harris Stinnette
Nursery Helper	Shannah Mabry	Mary King Kurrass
Altar Guild		Carol Morgan, Mary Ellen Roberts



The First United Methodist Church of Pine Mountain

First Sunday in Lent, February 21, 2010

The Number 40 in the Bible and What to Give Up for Lent

Today is the first Sunday in Lent, a "season" which began last Wednesday and comprises the forty days from Ash Wednesday to Easter (not counting Sundays.) The number forty has many Biblical references:

- *the number of days Moses stayed on Mount Sinai when he received God's Ten Commandments;
- *the number of days [Elijah](#) spent walking to [Mount Horeb](#)/Mt. Sinai;
- *the number of days God sent rain in the time of [Noah](#);
- *the number of years the Hebrew people wandered in the Wilderness;
- *the number of days Jonah gave Ninevah in which to repent;
- *the number of days Jesus fasted in the wilderness before beginning His public ministry.

So, forty is an important number in the Bible. The forty days of Lent that lead up to Easter can be life-transforming spiritual days for us, too. We are all challenged to pray more, fast, and exercise spiritual discipline in our daily lives.

Craig Gates of Jackson, Mississippi has made a good list that is titled, "What to Give up for Lent:"

GIVE UP grumbling! Instead, "In everything give thanks." Constructive criticism is OK, but "moaning, groaning, and complaining" are not Christian disciplines.

GIVE UP 10 to 15 minutes in bed! Instead, use that time in prayer, Bible study and personal devotion.

GIVE UP looking at other people's worst points. Instead concentrate on their best points. We all have faults. It is a lot easier to have people overlook our shortcomings when we overlook theirs first.

GIVE UP speaking unkindly. Instead, let your speech be generous and understanding. It costs so little to say something kind and uplifting. Why not check that sharp tongue at the door?

GIVE UP your hatred of anyone or anything! Instead, learn the discipline of love. "Love covers a multitude of sins."

GIVE UP your worries and anxieties! Instead, trust God with them. Anxiety is spending emotional energy on something we can do nothing about: like tomorrow! Live today and let God's grace be sufficient.

GIVE UP TV one evening a week! Instead, visit some lonely or sick person. There are those who are isolated by illness or age. Why isolate yourself in front of the "tube?" Give someone a precious gift: your time!

GIVE UP buying anything but essentials for yourself! Instead, give the money to God. The money you would spend on the luxuries could help someone meet basic needs. We are called to be stewards of God's riches, not consumers.

GIVE UP judging by appearances and by the standard of the world! Instead, learn to give up yourself to God. There is only one who has the right to judge, Jesus Christ.

Not a bad list, wouldn't you agree? God bless us all this Season of Lent.

*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*

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 www.fumcpinemountain.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 "The Gift of Love" UMH 408

†The Congregational Response "The Prayer of John Chrysostom" UMH 412

**Almighty God,
You have given us grace at this time
With one accord to make our common supplication to you;
And you have promised through your well-beloved Son
That when two or three are gathered together in his name,
You will be in the midst of them.
Fulfill now, O Lord, our desires and petitions
As may be best for us;
Granting us in this world knowledge of your truth,
And in the age to come 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 "There is a Balm in Gilead" Spiritual

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

†The Hymn of Preparation "There's Something About That Name" UMH 171

The Scripture Hebrews 12:5-11

The Sermon "Self-Discipline" Dr. Mark Outlaw
[The Last in a Series, Titled, "Building Blocks for a Happy, Healthy Home and Marriage"]

†The Closing Hymn "I Am Thine, O Lord" (1,3,4) UMH 419

†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

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 today, 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 immediately after the 11:00AM worship service. See Mark or Malinda Brooks if you're interested in going.

Youth Scoop: The Youth are currently taking pledges for our Biggest Loser Challenge participants. All money raised will go towards our trip to Camp Glisson and other retreats. Our next Christ's Court event is February 27th. We are in need of volunteers for devotionals and to provide snacks. Contact Roger if you are able to help at roger@myUMYF.com or call the church office. All of our events for 2010 will soon be up on www.myUMYF.com. Check out what God has planned for us this year.

This Week's Servants

	<u>8:30</u>	<u>11:00</u>
Ushers/Greeters	Jim Edgar, Ibby 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



Vanita Boulware
Louise Burlton
Pat Brooks
Terry Chandler
Jewell Cleaveland
Jane Claire Culverhouse
Bill Darley
Evelyn Davis
Ibby Edgar
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
Janet Williamson
Our Church
Our Country &
All Nations
The Men & Women of
our U. S. Military

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:	\$54,579.00
Received:	\$45,637.75
Attendance last week:	135

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: \$71,296.81