

Sermon Notes

Sunday, March 7, 2010
 First United Methodist Church of Pine Mountain

"The Psalms Speak for the Soul"

Part 2 of 4

"Which Life Will I Choose to Live?"

There are Two Ways We Can Go

1. The _____ Life.

2. The _____ Life.

Two Gleaming Characteristics:

(1) _____

(2) _____

"How well God must like you-you don't hang out at Sin Saloon, you don't slink along Dead-End Road, you don't go to Smart-Mouth College. 2-3 Instead you thrill to God's Word, you chew on Scripture day and night. You're a tree replanted in Eden, bearing fresh fruit every month, Never dropping a leaf, always in blossom. 4-5 You're not at all like the wicked, who are mere windblown dust-Without defense in court, unfit company for innocent people. 6 God charts the road you take. The road they take is Skid Row."

- Psalm One, The Message Translation



... flower calendar is located in the Narthex.

There are dates open for your special occasion. Please sign up and celebrate that special day with us.

This Week at First United Methodist

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

Sunday	March 7
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
Monday	March 8
6:45am	- Mission Team goes to Open Door
9:30am	- Prayer Team (FLC)
Wednesday	March 10
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)
Thursday	March 11
9:30am	- Sew Blessed Quilters (FLC)
Saturday	March 13
6:00pm	- Chili Cook-Off (FLC)

BIG BOOK and MEDIA SALE: Please bring books, CDs, DVDs, & tapes for Friends of Harris County Library sale. Donation box located in Church Office. Sale date, Saturday, April 17, Sunny Side School. All proceeds support library programs.

UMCOR Health Kits: Our church has sent 55 health kits to UMCOR to support the victims in Haiti. Many thanks to all who prepared health kits.

Wednesday Night Supper and Fellowship
 Yellow Rice/Chicken
 Green Peas ~ Salad
 Rolls ~ Beverage ~ Dessert

Next Week's Servants

	8:30	11:00
Ushers/Greeters	Terry Cobb, Sally Cobb	Nikki Clepper, Anne Lanham
	Roy Westbrook, Judy Westbrook	Chelsea Edgar, Betty Parrish
Children's Church	Sally Cobb	Chelsey Edgar
Acolyte	Lace Cobb	Kersten Smith
Nursery Helper	Sally Clay Smith	Stacy Haralson
Altar Guild		Sally Clay Smith, Sue Trott



The First United Methodist Church of Pine Mountain

Third Sunday in Lent, March 7, 2010

I Hope the Lessons Learned from the Daniel Fast Will Last

You might recall that in the Ash Wednesday service we had at the church, I announced that Lynn and I had started the 21-day Daniel Fast on that very day. I wrote about the Daniel Fast on the bulletin front that next Sunday and challenged church folks to consider going on the Fast as a means of growing in their spiritual lives. I don't know how many people have been on the Fast, but today, day 19 of 21 days, I can honestly say a) I never thought I would make it, and b) I am very, very glad that I stuck to it!

Lynn greeted the Fast with such enthusiasm that she bought The Daniel Fast book, by Susan Gregory of Ellensburg, Washington. She has begun each day with a devotion from that book. We both were very motivated to enter this time of Lent with a fast, the goal of which was to draw closer to God and grow spiritually throughout the whole process. Both of these goals have surely been met!

I learned that the sheer discipline the Fast introduces in your life translates into significant spiritual value and meaning! By limiting the foods you eat, by putting walls and boundaries around that, especially the foods and drinks that you really, really love, makes you more aware of your need to do the same thing spiritually. We need to limit or cut off certain things that are bad for us, that lead us away from the course God dreams for us in life. The discipline of the Fast leads you more headlong, willingly, eagerly, into the Christian's most important ongoing activity: prayer. What a great spiritual benefit and it comes wholly from the discipline of fasting!

Actually, Lynn and I thought we would probably lose a few pounds on the Fast, not that that was the purpose of going on it. The truth is, you may or may not lose weight on the Daniel Fast.

One woman online said, "I started the Daniel Fast 21 days ago, and all I ate was fruit, vegetables and water. I don't know what's wrong with me because I did not loose a pound or an inch. What is going on?"

I like the blogger's answer (i.e. Mary Hartley, Nutritionist and Dietician) "You don't necessarily create a calorie deficit by limiting yourself to just a few foods... the Daniel Fast is designed to meet a spiritual need; it is not recommended for long-term use."

Susan Gregory said, "The reality is that the Daniel Fast is much more than the types of food consumed...entering the Daniel Fast without a spiritual purpose is like going golfing without clubs. You may have had a great time walking around the course and even yelling, "Fore!" But the reality is that you really weren't golfing. You were doing something else... which is fine, but it wasn't golfing. The reason Daniel fasted was because of his devotion to God. The devotion came before the dietary restrictions, not the other way around."

Today, Lynn and I are talking about what elements of the Daniel Fast we will take with us out of the Fast and into our normal daily/dietary lives. I hope the lessons we learned during the Daniel Fast will, indeed, last. Did you try it? If not, why not?

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.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 "Come, Thou Fount of Every Blessing" UMH 400

†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 Moment of Fellowship
(At this time, take a moment to greet someone sitting near you in Christ! Members and visitors, please sign an Attendance Pad and pass it along your pew. If you are a first-time visitor, please fill out one of the yellow slips in the pad. If our pastor or church can serve you in any way, please let us know.)

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 "Break the Bread" Natalie Sleeth

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

The Scripture Psalm 1

The Communion Meditation "Which Life Will I Choose to Live?"
[The Second in a Lenten Series Titled, "The Psalms Speak for the Soul"]

†The Hymn of Preparation "One Bread, One Body" (1,3) UMH 620

The Sacrament of Holy Communion

†The Closing Hymn "Trust and Obey" UMH 467

†The Benediction

†The Congregational Response "The Family Prayer Song"
Verse 1: Come and fill our homes with your presence; you alone are worthy of our reverence.

Chorus: As for me and my house, we will serve the Lord. As for me and my house, we will serve the Lord. As for me and my house, we will serve the Lord. We will serve the Lord.

Verse 2: Lord we vow to live holy, bowing our knees to you only.

Chorus:

†The Postlude

†Please Stand As You Are Able

UMH United Methodist Hymnal

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. 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.

Work Day: Trustees are planning a church wide work day on March 20. This is our time of year to get our church & grounds ready for Easter. More hands not only make spring cleaning much easier on everyone but it offers more time of fellowship. Please feel free to come and help! If you can help please bring Windex and a roll of paper towels.

Easter Egg Hunt, April 3, 12:00-2:00pm: Come out and join us for a day of fun and fellowship. Hot dogs are being provided and each family is asked to bring side dishes to share. We are in need of individually wrapped candy to be donated for the egg hunt. Please drop off all candy in the designated buckets around the church. Thank you for your support!

Register Now for the Fall 2010 / Noah's Ark: You can pick up registration forms from Mary Ellen or from Karen's box outside her office. Call Karen at 663-9521 if you have any questions. Classes will fill up fast.

New Blog Site for Young Adults in the Lagrange District Today, blogging is a great way to communicate and network! The Lagrange District has launched a new blog called "Kingdom-Minded" and is the official blog of the Young Adults of the Lagrange District. Get online and check it out at www.kingdom-minded.net and exchange information and ideas with like-minded Christians around your age! To create a blog post log on to www.wordpress.com, user name "kmguestblogger," password "lagrange," and click "new post." Send an email to kingdomminded@ymail.com when your post is ready.

Special Offering Next Sunday for One Great Hour of Sharing Be prayerful about next Sunday's special annual offering, "One Great Hour of Sharing." This annual, church-wide offering funds all of the United Methodist Committee On Relief's work by covering the costs of doing business. All gifts designated to specific programs can go 100% to those programs because UMCOR's basic expenses are covered. Give as generously as you can to this important offering next Sunday.

Church Directory: An email address page will be included in our new directory. If you are not already on our "prayers and news mailing list" and would like to be or would like to have your email listed in our new directory, please call or email your address to the church office.

This Week's Servants

	<u>8:30</u>	<u>11:00</u>
Ushers/Greeters	Michael Bishop, Jeri Bishop	John Christian, Peggy Christian
	Bob Phillips, Sherry Phillips	Steve Davis, Pam Davis
Children's Church	Jeri Bishop	Peggy Christian
Acolyte	Leslie Ann Flynn	Elle Schaeffer
Nursery Helper	Sally Cobb	Pam Davis
Altar Guild		Sally Clay Smith, Sue Trott



Louise Burlton
Pat Brooks
Terry Chandler
Bill Darley
Marion Edwards
Allen Hagler
Nelson Jones
Amy Mabry
Dathan Mabry
Emma Mabry
Alice Money

Martha Morgan
Mike Morgan
Alf Mullins
Janet Mullins
Lexie Paulk
Nick Peterson
Dimple Strother
Don Taylor
Fran White
Minnie Whitaker
Janet Williamson
Gary Zuerner
Our Church
Our Country & All Nations
The Men & Women of our U. S. Military

Memorial Service for Jewell Cleaveland Next Sunday at 2PM There will be a Memorial Service for Jewell Cleaveland next Sunday at 2PM in the sanctuary. Visitation with the family will be held afterwards in the Family Life Center.

Thank You My heartfelt thanks to everyone in the church for prayers, cards, and calls. We are so blessed to be part of such a loving church family. Hope to be able to see you back in church in a couple of weeks. Janet Williamson

Calling all handbell ringers! Easter is fast approaching. We need your help, former ringers, as well as, any who are interested in, or curious about bell ringing. We especially need some men to ring the larger bells. We will be rehearsing 10:00-10:30am all Sundays in March. Excuse yourself briefly from Sunday School and come ring with us for Easter.

Don't Forget to "Spring Forward"

Next Sunday for Daylight Savings Time!

Financial Information

General Budget to date:

Budgeted:	\$70,173.00
Received:	\$56,791.55
Attendance last week:	184

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: \$72,116.81