



# BUILDING STRONG FAMILIES FOR GOD

## Flexibility and Adaptability Romans 12:1

Kelly Wenner, founder of SoulStrength Fit and SoulStrength Fit Kids, integrates Bible study and exercise to honor God through health and fitness for women and children.

**Romans 12:1: I beseech you therefore brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy acceptable unto God, which is your reasonable service.**



## WELCOME!

March 9, 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



**FUNDRAISER  
RICHLAND  
PREGNANCY  
NOW UNTIL  
MARCH 16**



**AN EVENING  
OF PRAISE  
MARCH 16, 2025  
6PM**

# Flexibility and Adaptability



## Notes

1. How did God get the Apostle Paul's attention?

2. Why did Jesus become 100% man and 100% God?

3. Why does God want us to be holy?

4. How can I change my way of thinking?

5. What is your purpose?

## Family Faith

### Simplified Sermon Takeaways

In Romans 12:1, it says to use our bodies to serve God, like giving a special gift to Him. We should keep ourselves pure and do things that make God happy because it's the right thing to do.

### Questions to Engage

- How can we show God that we love Him through the things we do with our bodies?
- What are some ways we can keep ourselves pure and make God happy?
- Can you think of a special way to serve God every day, like giving a gift to Him?

### Family Fitness Challenge:

Plan a weekly fitness activity that includes everyone, such as hiking, biking, or playing sports. Incorporate a moment of prayer and reflection before starting, thanking God for your health and asking for strength to honor Him with your bodies.

Hebrews 12:1: "...let us run with endurance the race that is set before us."

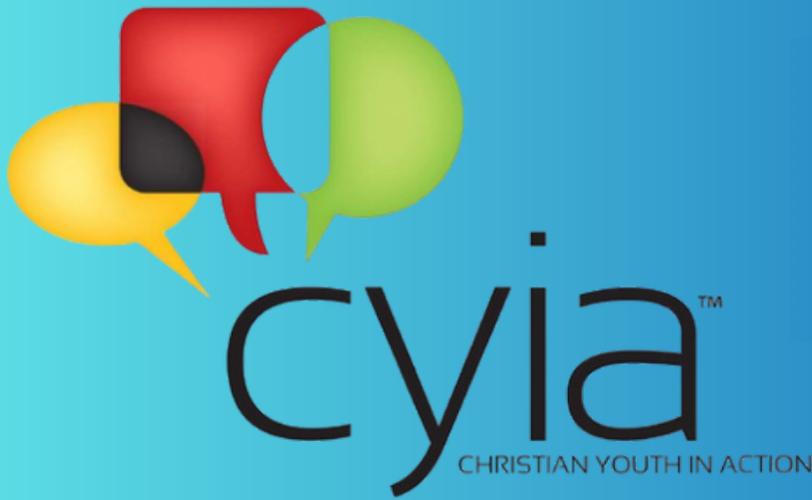


# Change for Life Baby Bottle Drive 2025

**Help us collect donations!**

Bottles are available at the welcome center.

Donations will be accepted from now until March 16.



## Join us March 2 to learn about **CYIA Retreat**

Students are invited to hear about working with the Good News Club program called Christian Youth In Action.



## **An Evening of Praise**

**March 16, 2025**

6pm