

Weekly Bible Reading

S - Ephesians 4
M - Colossians 1-2
T - Hebrews 6
W - 1 Peter 2
T - Psalm 119:1-64
F - Psalm 119:65-128
S - Psalm 119:129-176

Memorize/Reflect: *So whether you eat or drink or whatever you do, do it all for the glory of God. (1 Corinthians 10:31)*

Prayer Direction: Thank God for your physical body and the truth of God's Word to inspire and call us to care for our bodies. Thank Him for His love for you and the partnership He calls us into proclaiming His glory and sharing His love in Jesus with a hurting and broken world. Pray that you may fully recognize and accept the goodness of God's plan for your body and embrace a healthy lifestyle that glorifies, honors and pleases Him. Pray for the wisdom and motivation to make positive steps towards caring properly for your body this year and for years to come.

"Live It!" Challenge - Pray to Your Creator: Take time this week to memorize and meditate on 1 Corinthians 10:31. Ask yourself if your daily life and care for your body is bringing glory to God in your eating, exercise/activity and rest/sleep. In each of these areas write down one item that you want to take steps in over the next 30 days and find someone to pray and partner with you to take those steps.

For Growth Group resources based on today's sermon visit our website at www.shoreline.church.

Daniel Plan groups forming now!

Sign up in the lobby today or check out our growth group finder at

<http://shoreline.church/growth-group-finder>

SHORELINE PASTORS

Management Team

Lead Pastor | **Kevin Harney** kevin@shoreline.church

Executive Pastor of Organic Outreach International | **Walt Bennett** walt@shoreline.church

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Executive Pastor of Innovation & Worship | **Ben Spangler** ben@shoreline.church

Executive Pastor of Leadership | **Shawn Stroud** shawn@shoreline.church

Pastors

Outreach Influence Pastor | **Tom Green** tom@shoreline.church

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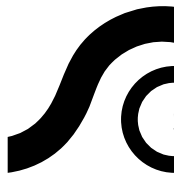
Communities Pastor | **Nate Tibbs** natetibbs@shoreline.church

Military Community Pastor | **Steve Young** steve@shoreline.church

LEADERSHIP TEAM

Rick Alexander, Larry Bell, Martin Colijn, Betsy Davis, Mickey Dawson, Doug Gutshall, Kevin Harney, Jackie Scott, Jason Tracy

Our mission is to help as many people as possible become totally committed to Jesus Christ!



SHORELINE.CHURCH

Office Hours: Monday-Thursday 9am-5pm, Friday 9am-4pm

info@shoreline.church 831.655.0100

2500 Garden Rd, Monterey

Visit us online at www.shoreline.church

Service Times:

Sunday 8:30, 10, & 11:30am

Sign Language interpretation available at 11:30am

Iglesia Shoreline:

Domingo a las 5pm

Miércoles a las 6:30pm

January 28, 2018

Growing a Healthy Body

Pastor Shawn Stroud

UPCOMING EVENTS:

Military Quarterly Fellowship | January 28

Military members and families, join us today in the Café after each Worship Service to enjoy fellowship with each other and meet Shoreline staff members. Learn about opportunities to get involved in the Shoreline Military Community and other ministries throughout Shoreline. Light snacks are provided. For more information visit www.shoreline.church or email military@shoreline.church.

Redefine Girls Conference | February 2-3

Our annual Redefine Girls Conference returns Friday, February 2nd 6:30-9p and Saturday, February 3rd 10a-4:30p in the Parkside Room. Redefine is a conference for middle and high school girls that will focus on topics such as kindness, purity, beauty, and friendship. Cost is \$25 per girl. Lunch on Saturday is included. Questions? Email carlie@shoreline.church. Register online at www.shoreline.church.

Military Sisters of Strength | February 6

Military Sisters of Strength is a gathering of women with a shared understanding of the military lifestyle and a love for Christ. We meet the first Tuesday of each month, 9-11a in the Pacific Room for Bible study, encouragement, fellowship, food, and fun. Join us as we study the book *Finding I AM* by Lysa TerKeurst. Bring a snack to share. Free childcare is provided for infants thru preschool (pre-registration at www.shoreline.church required). For more information, email military@shoreline.church.

Night of Worship | February 7

Join us Wednesday, February 7th, 6:15-7:30p for an evening of Praise, Prayer, Communion, and Community, as we gather to dive deep into our relationship with God and each other through digging into His Word, taking Communion together, and celebrating through various acts of worship. Food will be available for purchase beginning at 5p.

IF:Monterey | February 9-10

What IF we followed God with perseverance instead of insecurity? Join us Friday, February 9th, 6-9:30p and Saturday, February 10th, 9a-4:30p in the Parkside Room for this webcast event. At IF:Monterey, we will look at one of Paul's letters to Timothy as he reminded him of the power and responsibility of sharing the gospel. We want to give God away in the very places He's put us, so we are gathering for the purpose of remembering why following God and making disciples matters. Cost is any donation amount you choose. Meals are available for purchase. Register at www.shoreline.church or email womensevents@shoreline.church for more information.

THIS WEEK'S CALENDAR

(Check out our monthly calendar online)

Monday 29	Precept Upon Precept - 6:30p
Tuesday 30	Men's Bible Study - 7a Food Pantry/Clothes Closets Open - 12:30-2:30p GriefShare - 6:30p Women's Bible Study - 6:30p High School Youth Group - 7p
Wednes. 31	Iglesia Shoreline Worship Service - 6:30p Men's Bible Study - 6:30a Precept Upon Precept - 9a Women's Bible Study - 9:30a Awana Clubs - 6p Optimizing Your Physical Health - 6:15p
Thursday 1	Food Pantry/Clothes Closets Open - 12:30-2:30p Men's Bible Study - 7p
Friday 2	Redefine Girls Conference - 6:30p
Saturday 3	Redefine Girls Conference - 10a
Sunday 4	Worship Services - 8:30, 10, & 11:30a Iglesia Shoreline Worship Service - 5p Middle School Gathering - 10a Walk Thru the Bible - 10a

NOTES

Growing a Healthy Body

1. Develop a _____ by seeking _____.
2. Fuel _____, _____, and _____.
3. Eat _____ food rather than _____ food.
4. Take _____, _____, and _____ steps to achieve the best _____ results.
5. _____ while you can; _____ whenever you can; _____ however you can.
6. If you go _____, expect to _____ and most likely _____.

Key Passages: 1 Corinthians 10, Psalm 139, and 1 Timothy 4

Optimizing Your Health

A forum focusing on optimizing individual fitness through cardiorespiratory endurance training techniques and sports nutrition

Optimizing Your Physical Health

Wednesday, January 31st, 6:15-7:45pm

Garden Room

For more information, visit www.shoreline.church

Growth Groups

Growth Groups allow us to gather together with a small group of people to study the Bible, explore topical studies from a biblical perspective, pray together, grow in fellowship, serve, and have fun. A variety of Growth Group opportunities are available.

Check out our **Growth Group Finder** at

<http://shoreline.church/growth-group-finder>

or email growthgroups@shoreline.church.

Important Dates

- February 2-3 >> **Redefine Girls Conference**
- February 7 >> **Night of Worship**
- February 9-10 >> **IF:Monterey**
- February 11 >> **His Little Feet Children's Choir**
- February 25 >> **Adult Baptism Class**
- March 4 >> **Spiritual Gifts Class**
- March 7 >> **Night of Worship/Baptism**