

▶ WHETHER YOU'RE JUST VISITING
OR LOOKING TO STAY, IT'S
GREAT TO HAVE YOU WITH US!

WELCOME

COFFEE'S ON US

Enjoy a hot cup of coffee and snacks.

WE'D LOVE TO MEET YOU

Stop by the Connection Table so we can get to know each other.

FILL YOUR BUCKET

The Well starts with a time of praise followed by an inspiring message.

CALENDAR

- 6/10 VOLUNTEER ORIENTATION
- 6/16 MARRIED PEOPLE NIGHT OUT
- 6/23 YOUNG ADULT HIKE

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Speaking of Health...

SPEAKING OF HEALTH

▶ AN ORDINARY PLACE
WHERE EXTRAORDINARY
THINGS HAPPEN

**I am ONE person made up of MANY parts –
all of which are CONNECTED and all of which BELONG to God.**

➤ *“For you were bought at a price; therefore glorify God in your body and in your spirit, which are God’s.” 1 Corinthians 6:20*

➤ *“For as [a man] thinks in his heart, so is he.” Proverbs 23:7*

➤ *“For God has not given us a spirit of fear, but of power and of love and of a sound mind.” 2 Timothy 1:7*

Your mind is not your brain; it is supposed to control it.

You change your brain by changing your _____ .

➤ *“casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ” 2 Corinthians 10:5*

➤ *“You don’t have to believe every stupid thought you have.” Dr. Daniel Amen*

ANTs = Automatic _____

- | | |
|--------------------------------|--------------------|
| 1. “Always or Never” Thinking | 6. Guilt Beatings |
| 2. Focusing on the Negative | 7. Labeling |
| 3. Fortune Telling | 8. Personalization |
| 4. Mind Reading | 9. Blame |
| 5. Thinking with Your Feelings | |

KILLING THE ANTs

1. Identify the thought

2. _____ the thought

3. Refocus your thoughts

➤ *“Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things.”
Philippians 4:8*

➤ *“And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.” Romans 12:2*

“...direct their hearts away from all evil earthly thoughts; grant them THAT THEY THINK AS BEFITS LIVING BEINGS and that they understand Your will.” Excerpt from Baptismal Prayers