

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

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## 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.

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## CALENDAR

- 6/25 HS MISSION TRIP DEADLINE
- 7/01 VOLUNTEER ORIENTATION
- 7/21 LOVE YOUR CITY (LYC)

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Speaking of Health...

# SPEAKING OF HEALTH

▶ AN ORDINARY PLACE  
WHERE EXTRAORDINARY  
THINGS HAPPEN

## PART 4: HEALTHY RELATIONSHIPS, HEALTHY BRAINS

**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*

➤ *“And the Lord God said, “It is not good that man should be alone;” Genesis 2:18*

➤ *“The first of all the commandments is: ‘Hear, O Israel, the Lord our God, the Lord is one. And you shall love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength.’ This is the first commandment. And the second, like it, is this: ‘You shall love your neighbor as yourself.’ There is no other commandment greater than these.” Mark 12:29-31*

**WE WERE MADE FOR \_\_\_\_\_,**

**NOT \_\_\_\_\_.**

➤ *“He who does not love does not know God, for God is love... God is love, and he who abides in love abides in God, and God in him.” 1 John 4:8, 18*

**A healthy brain helps you stay \_\_\_\_\_.**

**Staying connected helps your brain get/stay \_\_\_\_\_.**

*“Social isolation was significantly associated with subsequent worsening of cognitive impairment...Social isolation was also associated with increased illness and earlier death.” -Dr. Daniel Amen, Healing the Hardware of the Soul*

*“Our day to day interactions with others enhance or hurt how the brain works. Being more connected to the people in your life helps to heal the brain. Love is as powerful as drugs and usually a lot more fun.” -Dr. Stephen D. Martin, University of Durham (England)*

➤ *“He who walks with wise men will be wise, but the companion of fools will be destroyed.” Proverbs 13:20*

➤ *“But if we walk in the light as He is in the light, we have fellowship with one another, and the blood of Jesus Christ His Son cleanses us from all sin.” 1 John 1:7*

**“We impress with our strengths,  
but we connect through our weaknesses.”**

➤ *“And let us consider one another in order to stir up love and good works, not forsaking the assembling of ourselves together, as is the manner of some, but exhorting one another, and so much the more as you see the Day approaching.” Hebrews 10:24-25*

**“I have come that they may have LIFE,  
and that they may have it more ABUNDANTLY.”**

John 10:10

Please visit [www.stsa.church/resources](http://www.stsa.church/resources)  
for further resources and support