

3 Things to Do

1. Listen to Tramaine sing, "He Shall Purify."
2. Increase your weekly intake of the Word of God.
3. Examine the decisions you are making. Make sure they are consistent with God's word.

Spiritually Fit

THINGS TO THINK ABOUT

1. Why is it important to become spiritually fit? What does it mean to feel and look good spiritually?
2. List several ways someone can increase their intake of the Word of God. Describe how you can use these ways to increase your intake of the Word.
3. What does it mean to walk by faith? How does "walking by faith" make you a stronger Christian?

Church Calendar

CHURCH SCHOOL

SUNDAY 9:30 AM

MORNING WORSHIP

SUNDAY 11:00 AM

HOUR OR POWER BIBLE STUDY/ PRAYER MEETING

WEDNESDAY 7:00 PM

[EVENTS FOR DECEMBER 2017](#)

Sunday, 31st — Watchnight / New Year's Eve, Offering \$20 After the Worship Service, The Watchnight Committee invite everyone to stay for dinner and a movie.

[EVENTS FOR JANUARY 2018](#)

Monday, 1st — New Years Day

Sunday, 14th — Victoria Richardson Day (Ys)

Sunday, 15th — Dr. Martin Luther King Jr.'s Birthday

Sunday, 28th — Marie L. Clinton Day (Buds)

Monday, 29th 3rd Quarterly Conference, 7:00pm — Ministry Team Meeting, 7:30pm

Church Announcements

Peace Benediction in E^b By Darrell J. Gaskin

Please don't worry about anything
But pray and ask God for
everything you need
Always giving thanks
And He'll give you peace for your
heart and mind.

And the peace of God,
which surpasses all understanding
will keep your heart and mind
In Christ Jesus, the Lord.

**BETH SHALOM AME ZION
CHURCH**
DJG@BSAMEZ © 12-31-2017

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Spiritually Fit

REV. DR. DARRELL J. GASKIN
PASTOR



Shalom!
It's God's Plan for You!

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---- A Compassionate Ministry ----
Rev. Dr. Darrell J. Gaskin, Pastor
Rev. Dr. Rita J. Colbert, Presiding Elder
Rt. Rev. W. Darin Moore, Presiding Bishop

The New Year Pledge of Physical Fitness

1. Change what we eat (diet)
2. Change what we do (exercise)
3. Set Fitness Goals
4. We want to feel better.
5. We want to look better.

Your Notes

WHAT DID PASTOR GASKIN PREACH ABOUT TODAY?

Pledge to become spiritually fit in 2018. This means committing to an improved spiritual diet and exercising your faith. Increasing your intake of the Word of God will refine and transform your heart. Walking by faith and not by sight will purify, cleanse and strengthen your heart. This will make you spiritually fit to stand in Jesus' presence, spiritually fit to sing His praises, and spiritually fit to serve Him and be an instrument of righteousness. As your spiritual fitness improves, you will feel better and look better.

*Become Spiritually Fit to Stand, Sing and Serve
Apply the Refiner's Fire and the Launderer's Soap*

- I. Make a pledge this year to become spiritual fit. We must be spiritually fit to receive the Messiah.
- II. God wants us to be **fit to stand** in Jesus' presence.
- III. God wants us to be **fit to sing** praises to His Name.
- IV. God wants us to be **fit to serve** Him in righteous.
- V. We have to change our spiritual diet and start exercising our faith.
- VI. The New Diet is the Increase Consumption of the Word of God.
- VII. Exercise by Walking More by Faith and not by sight.
- VIII. Jesus brings the refiner's fire and launderer's soup.
- IX. Spiritual Fitness is to have a refined pure heart. Refined meaning transformed and pure meaning clean and strong.
- X. When we're spiritually fit we will feel better and look better.

Words to Remember

"I will send my messenger, who will prepare the way before me. Then suddenly the Lord you are seeking will come to his temple; the messenger of the covenant, whom you desire, will come," says the Lord Almighty. But who can endure the day of his coming? Who can stand when he appears? For he will be like a refiner's fire or a launderer's soap. He will sit as a refiner and purifier of silver; he will purify the Levites and refine them like gold and silver. Then the Lord will have men who will bring offerings in righteousness, and the offerings of Judah and Jerusalem will be acceptable to the Lord, as in days gone by, as in former years. Malachi 3:1-4