



FIRST CHRISTIAN ASSEMBLY

WELCOME to First Christian Assembly, an independent church whose mission is articulated by Jesus in Mark 16:15 when he said "...Go ye into all the world, and preach the gospel to every creature". Following this great commission, First Christian Assembly preaches and teaches the gospel of Jesus Christ. In so doing, we trust that God, working through His Holy Spirit will draw souls to salvation in Christ Jesus our Lord.

Six reasons

As many make resolutions for the New Year, here are 6 reasons you should pick up your Bible today.

- 1. It contains God's will for our lives** - "What is God's will for my life?" The Bible's exhortations, guidelines, commandments and encouragement give us concrete and infallible insight into God's will for us in every aspect of life. Paul writes "*All Scripture is given by inspiration of God*".. 2 Tim 3:16. The Bible is inspired by God Himself! It contains His wisdom, goodness, intentions, judgments, heart, His will.
- 2. It is our nourishment** -Imagine that you go a day without eating anything. As time goes on, you become weaker and weaker. Our bodies need nourishment to live and so do our souls. We need to be built up in the inner man to do the will of God. Jesus said, "*It is written, 'Man shall not live by bread alone, but by every word that proceeds from the mouth of God.'*" Matt 4:4.
- 3. It gives us discernment** - As human beings, it is natural to seek our own (Phil 2:21), so it isn't easy for us to discern between good and bad. Our natural judgments are often tainted by own personal opinions, emotions and experiences that go against God's good and perfect will. But, God's Word cuts through all of this; it separates out all self-seeking in our lives and determines what is truth and righteousness. Heb 4:12.
- 4. It instructs us in righteousness** - "*How can a young man cleanse his way?" "By taking heed according to Your word."* Psa119:9. - "*All Scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness, that the man of God may be complete, thoroughly equipped for every good work.*" 2 Tim 3:16-17.
- 5. It contains power to overcome** - After we have made the firm decision to serve God wholeheartedly and refrain from sinning against Him, we will still experience temptation in our lives. James says that we are tempted when we are drawn away and enticed by our own lusts and desires. (Jam 1:14). It's clear from Scripture that Satan makes use of these natural lusts and desires. He tries to get us to disobey God's will, by offering things that appeal to our flesh: Jesus was tempted but for each attack, He had a counterattack. God's Word - Matt 4:1-11. The Bible, God's Word, is a weapon. It is a sword that gives us power and authority to overcome in the midst of temptation. Eph 6:17
- 6. It is full of God's promises** - And finally, not least of all, the Bible is full of extraordinary promises. Do you want to see what God does, and will do, for those who live according to His will? Then, by all means, pick up your Bible!

Body and Soul

Depression, Dark Chocolate and Vitamin D

Happy New Year and Happy 70th Birthday to Israel. As we go into 2018 I hope and pray that all are filled with Love, Joy, Peace, Patience, Self-Control, Faithfulness, Kindness, goodness and gentleness. As many people suffer from Depression during this time that us look at what it is, what can cause it, what it does and how to combat it. The Webster definition: an act of depressing or a state of being depressed: 1. a state of feeling sad: Dejection- anger, anxiety, and depression. It can be brought on by many different reasons, Life changing events are amongst the highest e.g. Death of a loved one, loss of a job, a move. Even some medications e.g. acne, oral contraceptives, high blood pressure and statins can also cause symptoms of depression as well. 2. Depression is a mood disorder marked especially by sadness, inactivity, difficulty in thinking and concentration, a significant increase or decrease in appetite and time spent sleeping, feelings of dejection and hopelessness, and sometimes suicidal tendencies.

Proverbs 12:25 states; *Anxiety in the heart of man causes depression, But a good word makes it glad.*

A 2010 national study found that the likelihood of having depression seasonal affective disorder is higher in people with lower levels of Vitamin D. Researchers don't know how much vitamin d is required, however too much could cause problems with calcium levels and kidney function. Calcium and phosphorus have an invert relationship. Some foods containing Vitamin D are Tuna, salmon. Foods fortified with vitamin D are dairy products, orange juice, soy milk and cereals. Did you know that Dark chocolate does help with stress due to its flavanols. It can lower body mass index, boost brain power, can improve eyesight, may reduce inflammation, can protect your skin, lower blood pressure and can raise good cholesterol (HDL).

So for my Seasonal depression, I am going to read the "**Good Book**", eat a piece of dark chocolate and wait for the spring to return....

Until next time that is your SCRIPT..... Mikki

First Christian Assembly,	1900 S. 11 th Street, Philadelphia, PA 19148	215-389-6721
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Philadelphia Access Center,	1832 S. 11 th Street, Philadelphia, PA 19148	215-389-1985

The Philadelphia Access Center is a ministry of First Christian Assembly. Our mission is *revealing Christ through compassionate service*. Services available at PAC include social services information and referrals, biblical counseling, support groups, volunteer training, and community outreach. All services are free of charge and available to anyone. To learn more, visit us in person (across the street from FCA) or online at www.philaccess.org or www.facebook.com/philaccess.

WEEKLY SERVICES /MEETINGS

	Meets at FCA	Meets at PAC
Sunday	9:45 AM <i>Bible Study – Phila -location</i> 10:00 AM <i>South Jersey Worship Service</i> 11:00 AM <i>Phila Location Worship Service & Children’s Sunday School</i>	
Monday		7:00 PM <i>Stepping Stones</i>
Tuesday	6:30 PM <i>Prayer (Sanctuary)</i> 7:00 PM <i>Worship (Fellowship area)</i>	
Wednesday		1:00 PM <i>Women at the Well</i> 1:00 PM <i>Coram Deo</i>
Thursday		6:00 PM <i>Prayer Service</i> 7:00 PM <i>Bible Study</i>
Friday		7:00 PM <i>Right Path (on a hiatus)</i>

- *Coram Deo*: A men’s Bible study and Christian fellowship.
- *Right Path*: A Christ centered support and recovery group for people whose lives have been affected by drug and alcohol addiction. In a warm and friendly atmosphere, we provide loving support and fellowship; in genuine confidential sharing, coupled with a Biblical twelve step model of recovery.
- *Stepping Stones*: A Christ centered support group for men and women impacted by a loved one’s addiction. In a warm and friendly atmosphere, we provide loving support, fellowship, confidential sharing, and intercessory prayer.
- *Women at the Well*: This group is Biblically based and promotes hope, healing, and fellowship for women impacted and struggling with brokenness.



PRAYER REQUESTS

- Ministries at First Christian (Phila.& NJ) and the Philadelphia Access Center
- Christians around the world being persecuted for their faith
- Our supported missionaries
- For our Pastor and his family
- Paula Grazulis
- Operation Christmas Child Shoebox gifts shipped to Kenya and Ukraine

“The more you read the Bible, the more you meditate on it, the more you will be astonished by it.” – Charles Spurgeon