



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.

Spirit filled

Just before His arrest, Jesus was in the [Garden of Gethsemane](#), and He said to His disciples, "Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak" ([Mat 26:41](#)). The command came after Jesus had been praying to the Father and had found the disciples sleeping instead of praying.

Because "the spirit is willing but the flesh is weak," the disciples were caught unawares in Gethsemane. The word for "spirit" in this passage is the Greek word *pneuma*, which in this context refers to the soul of man or the mind. The word for "flesh" refers to the human body and nature. When Jesus first found the disciples sleeping, He said to Peter, "Couldn't you men keep watch with me for one hour?" ([Mat 26:40](#)), and then afterward told them all to watch and pray in order to avoid temptation. The disciples' spirits were willing to do what was right. In fact, just a few minutes earlier, all of them had pledged their lives to Jesus: "Peter declared, 'Even if I have to die with you, I will never disown you.' And all the other disciples said the same" ([Mat 26:35](#)). But, as it turned out, they couldn't even pray with Jesus for any length of time. Their flesh was weak. Jesus was not scolding them but exhorting them to beware of the weakness of the flesh. The Lord Himself was fighting the same struggle against the flesh, but He had overcome it.

The story of the disciples in Gethsemane rings true for all of us. We can so easily be distracted from prayer, worship, or a kind act by hunger, exhaustion, sexual desire, feeling too cold or too hot, thirst, pain, and even a persistent itch. The flesh shouts loudly when it wants something, and the ruckus it makes can easily drown out the desires of the spirit. Even when the spirit is willing to do whatever God asks, the flesh remains weak. The answer is just as Jesus said: watch and pray. What does it mean to watch and pray?

Prayer is straightforward. We know that we can ask God for whatever we need. Jesus will answer the prayer for spiritual strength to overcome the flesh. When we feel the weakness of the flesh about to overpower us, we can always pray. Watchfulness is the other weapon we have against the weakness of the flesh. We should watch for the "way out." Spiritual watchfulness sees the temptation coming and prompts prayer.

The spirit is willing, but the flesh is weak. All believers know the struggle. But when we watch and pray—when we remain spiritually alert and appeal to God for help—we can find strength in the time of need.

Body and Soul

Flu – Fear

As the winter season is coming to an end the Flu is still in effect. People who are very sick or who are at high risk of serious flu complications and get flu symptoms should be treated with antiviral drugs as soon as possible. Get vaccinated if you haven't yet. There are still weeks of flu activity to come. People who have the flu often feel some or all of these signs and symptoms that usually start suddenly, not gradually: Fever or feeling feverish/chills, Cough, Sore throat, Runny or stuffy nose, Muscle or body aches, Headaches, Fatigue (very tired). Some people may have vomiting and diarrhea, though this is more common in young children than in adults. The viruses spread mainly by tiny droplets made when people with flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby. People are most contagious in the first 3-4 days after their illness begins. Complications of flu can include bacterial pneumonia, ear infections, sinus infections, and worsening of chronic medical conditions, such as congestive heart failure, asthma. The first and most important step in preventing flu is to get a flu vaccination each year. The CDC also recommends everyday preventive actions (like staying away from people who are sick, covering coughs and sneezes and frequent hand washing) to help slow the spread of germs that cause respiratory (nose, throat, and lungs) illnesses, like flu.

Don't let the flu cause you to fear. A very common emotion felt by millions of people is Fear. An Acronym for Fear is False Evidence Appearing Real. The definition is "a distressing emotion aroused by impending danger, evil, pain, etc., whether the threat is real or imagined; the feeling or condition of being afraid". Fear can cripple someone from fully enjoying life. If you or someone you know suffers from fear be available to them, sometimes all a person needs is just to know that someone is there for them. In addition you can share the antidote for fear which is the Word of God. "Fear not" appears 365 times in the Bible...There is a verse for everyday of the year. One example of this is Isaiah 41:10. "So do not fear, for I am with you; do not be dismayed, for I am your God". So as spring is approaching, spring into action, share the Word of God and get those fear ridden people outside to enjoy the weather.

Until next time, this 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
- Easter Oureach

If we do not abide in prayer, we will abide in temptation.
John Owen