

# *Father's House Fellowship*

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[www.fathershousefellowship.org](http://www.fathershousefellowship.org)

See us live: [facebook.com/fathershousefellowship](https://www.facebook.com/fathershousefellowship)

**January 12, 2020**

**Monday Prayer Meeting**  
12:00PM

**Sunday Worship**  
Sunday School 9:45  
11:00 A.M. (nursery available)

**Wednesday Bible Study**  
7:00 P.M. (nursery available)

**Youth Night**  
Friday, 7:00 P.M.

**Sermon**  
**Pastor Phil Noel**

## **Announcements**

*Food collection for Bread of Life Missions*  
*Men's Fellowship Tuesday, January 21st 7:00PM at the home of*  
*Pastor Phil and Sister Marie*  
*Annual Business Meeting Tuesday, January 28th 7:00PM*

## **Prayer Requests**

*Patrick Robillard, Jerry Calvelli, Stephanie, Marceline, Cindy, Tom  
Allesee, Sister Audrey, Kaylee Addo, Seth Bosch, Myrna & David,  
Madilyn Guerra, Sister Lucy & family, Kevin Allesee, Louise Carbonaro,  
Connie McGinley, Anthony Bosch, Anna, Steve & Shasta Mott, Kate,  
Michael, & Darina Hoffman, Mollie DeGiovine Genik, Howard and Skip  
Snyder, Marissa Hoffman, Eddie Livingston, Ashley Tarter, Linda  
Primozic, Darla Hopkins, Roseanne Sollecito, Reginal Lafortune, Penny,  
Deborah, Ilysa & Alberto Weissfisch, Christopher & William S. Hazard,  
Matthew Brooks, Mickey McPherson*  
*Soldiers serving our country – Sean Johnson, Elijah Noel, Lepskey Nore,  
Sean Holy, Andrew Smith, Matthew McAlpine*  
*Please our missions in your prayers HOE Ministries (Hope for orphans of  
Ethiopia)*

## **Healing Scripture**

*Matthew 8:2, 3*

*And, behold, there came a leper and worshipped Him,  
saying, Lord, if thou wilt, thou canst make me clean. And  
Jesus put forth His hand, and touched him, saying, I will;  
be thou clean. And immediately his leprosy was cleansed.*

## **Psalm 4:8**

**I will both lay me down in peace and sleep: for thou, LORD, only makes me dwell in safety.**

Having a good night's sleep is important to our health. For some reason our mind will often play over and over again things that bothered us from that day. Then we tend to dwell on those thoughts causing us to lose sleep and wake up tired. In Isaiah 26:3 it is written Thou will keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee. The Bible has very important guidelines to help us live a holy and healthy life in a fallen world. What controls our mind will control us. If we are not listening to God and obeying Him and we follow the belief system of this world we may find it hard to sleep at night. It seems almost impossible to keep our peace because we live in a stressful, fallen world. Everyday most people have jobs to go to, or in some way deal with people that do not know God or His ways. Then each day we use our time to watch worldly TV shows, immerse ourselves in the variety of apps on our phone or computer, play mindless games, and go to entertainment that does not edify our spirit. God wants us to guard our heart with all diligence. He wants us to meditate in the word day and night (Joshua 1:8). Too often we ignore God's command and then cry out to God for help because we are stressed, burned out, miserable, and have no peace. Psalm 4:4 says Stand in awe, and sin not: commune with your own heart upon your bed, and be still. If your heart has been filled with God's word and you have taken the time to meditate on it, then your heart is a good source to commune with. But if you are filled with the images of this world and buy into what our culture says is important, then your heart will be darkened and the sleep and rest your body craves for will be far from you. If the experts of this world tell us to turn off our cell phones, place them in another room at night to slow down our thought activity how much more important is it that we listen to God? If we don't follow God's word we will not have the peace and rest our body needs to be healthy and whole. We all have a choice, listen to God who created our body and obey Him, or give into our flesh and do what the world does. Only you can choose what brings peace, safety, and health to your body. God cares about every part of your being, He desires that your whole spirit, soul, and body be preserved until the coming of our Lord Jesus Christ. Judy Onofri