

FURTHER THOUGHTS Isaiah 58:1-14 p. 1,152  
"Specific Practices"

Call to Health BOP (Lower Deductibles)  
Annual Physical, Well Being Assessment

10,000 steps, Ditch the Junk, Take A Walk to Curb Cravings

Fasting - Day after day they seek me out; they seem eager to know my ways, as if they were a nation that does what is right... 'Why have we fasted,' they say, 'and you have not seen it? Why have we humbled ourselves, and you have not noticed?'

God "On the day of your fasting, you do as you please and exploit all your workers. Your fasting ends in quarreling and strife, and in striking each other with wicked fists. You cannot fast as you do today and expect your voice to be heard on high.

**Right ritual without right relationship is not righteousness.**

This is why Jesus says all the prophets law hang of these two things: Love of God with the whole of your being, and love of neighbor as self. This is the problem Jesus has with Pharisees.

Is not this the kind of fasting I have chosen:

Loose the chains of injustice, Share your food with the hungry  
Provide the poor wanderer with shelter, Clothe the naked  
Not turn away from your own when in need  
Do away with the pointing finger and malicious talk  
Spend yourselves in behalf of the hungry  
Satisfy the needs of the oppressed  
Keep your feet from breaking the Sabbath (Right Relationship)

Then your light will rise in the darkness, and your night will become like the noonday... Your people will rebuild the ancient ruins and will raise up the age-old foundations; you will be called Repairer of Broken Walls, Restorer of Streets with Dwellings.

**Hearing/Doing /Word that we & our world is transformed.**

FINAL THOUGHTS Matthew 5:13-16 p. 1,501  
"Repeat As Needed"

"You are the salt of the earth. "You are the light of the world."

## Sermon Notes 02/05/23

FIRST THOUGHTS Psalm 112:1-8 p. 952  
"A General Prescription"

Acrostic - Hebrew poem/initial letters of the lines/alphabetical order.

Blessing – esher (eh'-sher) lit. to be happy, to live the "good life."

Chapets (kaw-fates) to be a person who is pleased with, or who...

Desires and delights in God's commands. Being a person who has an...

Exceedingly great desire for God's law. And secondly, who...

"Fears the Lord" yare (yaw-ray) to revere. That is to...

Give God

Honor and respect due God, not necessarily to be frightened of.

In a way, it is a general two-pronged guideline for a blessed life...

Just as we are told to eat right and exercise for a healthy life. Yet,

Knowing that there are no guarantees. Only that it is...

Likely that the person who does these things will be blessed.

Much like the person who eats right and exercises...better health.

Never does God say that with...

Obedience comes a...

Perfect life.

"Quite the contrary,"

Rather,

Seeking God with all our hearts and being obedient leads to blessing in

Times of trial or when we...

Undergo...

Various challenges as we all do in life.

We can know God's blessing when we find ourselves in those...

Xeric times of life when we thirst for justice, answers, healing.

Yes, blessing even when life...

Zigs when you were expecting it to zag.

FIRST UNITED CONTACT INFO

**Pastor:** Vern Gauthier

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**Moderator of Deacons:** Margie Fry

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INTERCESSORY PRAYER LIST

Dick den Hartog, Lana Provazzo, Donalee Rooks, Nalaha Dietz, Lou Mahoney, Tom McCullough, Ginny Snyder Bendis, Doris Mae Kennedy, Family of Earle Wolfe.

**Ruth Osborne and husband Don.** Don is being treated for cancer. (by Elaine Fry) / **Jackson** who had back surgery this to place longer rods in his back for future growth. (by Kathy Miller)

From Neighbors in Christ:

**Carmen Rodriguez** and her family. / **Megan**, to lessen her pain and to get her through some hard times. (by Kelly Jean Mixell) / **Bradley Walter** (by Amy Wlater) / **Wanda McMennis**, that her health and finances improve in 2023. / **Alexis Metz and family**, finances improve so they don't have to choose between eating and paying bills.

**Prayer Person:** Glenn & Elaine Gilbert

2378 Walnut Bottom Rd. Carlisle 17015

Phone: - 717-243-6611

**Local Church:** Doubling Gap-Don Snyder

**Presbyterian:** 2<sup>nd</sup> Pres. Carlisle-Jeff Gibelius

**Honduran Church:** Roca de Israel-Edin Samayoa

ANNOUNCEMENTS

**Time and Location:**

12 Noon at First United Presbyterian Church

111. W. Big Spring Ave. Newville

(717) 776-7525

**Date and Host Churches:**

2/24 Newville Church of the Brethren

3/03 Newville First Church of God & Trinity Methodist

3/10 Big Spring United Lutheran & Newville Lutheran Parish

3/17 Big Spring Presbyterian & First United Presbyterian

3/24 Doubling Gap Church of God & Diller Mennonite

3/31 Big Spring Heights COG & Christian Life Community

**Donations go to:**

PAW Packs and Neighbors in Christ, and  
Ukraine via Presbyterian Disaster Assistance.

**A suggested donation** of \$5, but give as you can.

All donations minus reimbursed meal preparation to participating churches and First United Presbyterian as Host Church will be split evenly between the 3 listed ministries.

Will be cancelled due to weather if the  
Big Spring School System cancels classes.

*A Ministry of the Big Spring Inter-Church Council.*

**CHRISTIANITY 101 STARTS THIS AFTERNOON 4:00 P.M.**

A 5-time gathering to explore the following:

1. God's Grace (God's unconditional love)
2. Brokenness (The world is not as it should be)
3. Jesus (Who is Jesus anyway?)
4. Lifestyle Updates (Changes for the good)
5. Blessing (Blessed to be a Blessing)

**Dates:** 2/5, 2/12, 2/26, 3/5, and 3/19.

