

# Welcome

to South County. We are so glad you joined us. Here are a few tips to give you the best experience with us today. Pastor Andy & Cindy Casper



**Relax** - Make yourself at home, and feel free to participate as much or as little as you feel comfortable. No matter where you are on your spiritual journey, we're glad you're here.

**Drop off your kids** - SC Kidz is our children's program from birth to 12 years old. We want you to attend the service knowing your child is safe and having a positive experience by providing quality, fun teaching with real-life application. We have a secure check-in process. **Please keep your pick-up slip and present it to the teacher when picking up your child.** You can find out more information at the check-in table in the lobby.

**Fill out your Connection Card** - To get connected and take the next steps in your spiritual journey, please fill out as much information as you feel comfortable sharing on your Connection Card. Then you can drop it in the offering basket as it is passed around. You are our guest so please don't feel any pressure to give money in the offering.

**Pick up your free gift!** - If this is your first time to South County, we want to offer you a free gift. To receive your free gift, please see one of our wonderful greeters in the lobby as you leave this morning.

If you have any further questions or comments about South County Church, please feel free to contact us: [info@southcountychurch.org](mailto:info@southcountychurch.org).

## South County Church - A Church that Cares

Service every Sunday at 10am

[www.southcountycares.org](http://www.southcountycares.org)  
[info@southcountycares.org](mailto:info@southcountycares.org)  
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## Engage - Getting Out of Neutral

Hebrews 12:1-4 NLT

Neutral doesn't get us anywhere.

### Big Idea: Choose to Engage in 2019

- Hebrews 11:1 NLT, Hebrews 11:6 NLT

### How do I get out of neutral?

Remove \_\_\_\_\_

- Hebrews 12:1 NLT
- What are the distractions in our lives?
  - W \_\_\_\_\_
  - S \_\_\_\_\_

Make \_\_\_\_\_

- Hebrews 12:1b NLT, 1 Corinthians 9:24-27 NLT
- As followers of Jesus, what are some adjustments we make?
  - Prioritize our t \_\_\_\_\_
  - Think t \_\_\_\_\_ who we spend the most time with.
  - Avoid situations that harm us i \_\_\_\_\_.

Focus \_\_\_\_\_ Ahead

- Keep Focused on J \_\_\_\_\_.
  - Hebrews 12:2 NLT
- Jesus initiates and p \_\_\_\_\_ our faith.
  - Deuteronomy 28:14 HCSB, Proverbs 4:25-27 HCSB
- Jesus set the e \_\_\_\_\_ for us.
  - Philippians 1:6 NIV

### What is weighing you down today?

#### Next Steps

- Memorize: Hebrews 12:1 NLT - Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily trips us up.
- Evaluate: What hinders me from following Jesus?
- Action: Let go of the distractions and sin and focus on Jesus.
- Read chapters 1 & 2 of Sacred Rhythms this week.



South County Church  
January 6, 2019



**Things You Can Pray for this Week**

1. Lord, help me to focus on You.
2. Government workers on furlough.
3. Focus and vision as we begin 2019.

**Ironman** (Men’s Ministry) meets at 6am every Wednesday at the church office (7880 Backlick Road, Suite 8, Springfield). For more information contact Avi at avi@southcountycare.org.

**Youth Service** this Wednesday at 7pm for all youth in grades 6-12. We meet at the church office (7880 Backlick Road Suite 8, Springfield).

This year’s **Christmas Offering** continues through January 31st. We want to be ready when God says move. Our goal is to add \$40,000 to our building fund. You can help by marking Christmas Offering on your offering envelope or choose Christmas Offering when you give online. **Currently, we have raised \$30,000 toward our \$40,000 goal.**

**Ways to Give at SCC:**

1. In service during the offering
2. Mail the postage paid envelope (In your bulletin)
3. APP - Download the app at get.theapp.co/1904
4. ONLINE - southcountycare.org/give
5. TEXT - text amount and area you want to give to 571/620-6271. Example: \$50 offering



**Starting Monday, January 7th thru Sunday, January 27th.**

**What is**

**Fasting:** Simply stated, biblical fasting is refraining from food for a spiritual purpose. As a church, we are fasting in order to deepen our relationship with God and to walk in step with His plan and purpose. The best way to do this is to redirect our food source or something else of importance to us, such as tv or social media. Instead of doing these things, we replace them with Bible reading, prayer and journaling.

The overall goal is to experience a genuine hunger for spending time with God. Fasting takes a lot of discipline and strength, but the Lord will give us strength.

Fasting together as a church is a great way to begin our theme - Engage. We believe God is going to do amazing things in 2019 as we seek God together.

The type of fast you go on is up to you. You could go on a full fast in which you only drink liquids, or you may desire to fast like Daniel, who abstained from sweets and meats, and the only liquid he drank was water. Fasting from social media is another great option for those who are not able to fast from food. The key is to replace these things with seeking God.



**Breathing Room Ladies Retreat,** Thursday, May 16th through Saturday, May 18th. Cost is \$165 per person which includes lodging and food. Retreat will be at Pine Creek Park in Gore VA. Please sign up on your connection card if you are interested.

You can also sign up and pay on the app.



Do you long for a deep, fundamental change in your life with God? Do you desire a greater intimacy with God? Do you wonder how you might truly live your life as God created you to live it? Spiritual disciplines are activities that open us to God's transforming love and the changes that only God can bring about in our lives.

Picking up on the monastic tradition of creating a "rule of life" that allows for regular space for the practice of the spiritual discipline. **Starting in January we will be reading Sacred Rhythms: Arranging Our Lives for Spiritual Transformation.** The book takes you more deeply into understanding seven key disciplines along with practical ideas for weaving them into everyday life. Each chapter includes exercises to help you begin the practices-- individually and in a group context. The final chapter puts it all together in a way that will help you arrange your life for spiritual transformation. The choice to establish your own sacred rhythm is the most important choice you can make with your life. You can pick up your copy in the lobby for \$15. It is also available to download on Kindle for \$10.

**Children’s Ministry training** for all children’s workers (including child check in workers) on Saturday, February 9th at the Church Office. We will be going over the policies, parent guidelines and safety procedures. We will also break into small groups within our respective ministry areas. More information to follow as the date gets closer! Please RSVP so that we can plan for food and let us know if you will need childcare.



Learn to control your money and prepare for the future. **Financial Peace University** will begin on February 17th and run until April 21st every Sunday from 2 to 4 pm.

The class will be held at the church office (7880 Backlick Road Suite 8, Springfield). For more information sign up on your connection card.