



## HEALING OUR HEART JANUARY 21, 2024

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Access this outline and take notes electronically in the YouVersion Bible App by searching "Daybreak Church" in the App's Events tab. Don't have the App? Get it in the App Store or Google Play. Or, to get the PDF version of this outline, head to: [outline.db.church](https://outline.db.church)

<sup>30</sup>And you must love the Lord your God with all your heart, all your soul, all your mind, and all your strength.'  
- Mark 12:30 (NLT)

**Big Idea: Jesus can heal our hearts when we bring our emotions into His loving presence so we can find a \_\_\_\_\_.**

<sup>1</sup>The Spirit of the Sovereign LORD is on me, because the LORD has anointed me to proclaim good news to the poor. He has sent me to bind up the brokenhearted, to proclaim freedom for the captives and release from darkness for the prisoners...  
- Isaiah 61:1 (NIV)

**God cannot \_\_\_\_\_ what you do not allow yourself to \_\_\_\_\_.**

<sup>2</sup>to proclaim the year of the LORD's favor and the day of vengeance of our God, to comfort all who mourn, <sup>3</sup>and provide for those who grieve in Zion—to bestow on them a crown of beauty instead of ashes, the oil of joy instead of mourning, and a garment of praise instead of a spirit of despair. They will be called oaks of righteousness, a planting of the LORD for the display of his splendor.  
- Isaiah 61:2-3 (NIV)

<sup>10</sup>Create in me a pure heart, O God, and renew a steadfast spirit within me. <sup>11</sup>Do not cast me from your presence or take your Holy Spirit from me. <sup>12</sup>Restore to me the joy of your salvation and grant me a willing spirit, to sustain me.  
- Psalm 51:10-12 (NIV)

Joy is \_\_\_\_\_.

Joy is a \_\_\_\_\_.

<sup>24</sup>The LORD bless you and keep you; <sup>25</sup>the LORD make his face shine on you and be gracious to you; <sup>26</sup>the LORD turn his face toward you and give you peace.  
- Numbers 6:24-26 (NIV)

### DAILY GRATITUDE PRACTICE:

1. Close your eyes and think of a memory in your life that you are grateful for.
2. Re-enter into what that moment felt like.
3. What do you feel in your body? Peace? Lightness? Warmth? Love?
4. What might God be communicating to you through that memory in what you feel?
5. How is God present in that memory?

**Your feelings need a friend.**

Mental Health Resources:



Mental Health Matters Conference:



## THE WEEKLY SCOOP CONTINUED

### SUNDAY MORNING LIVE STREAM

If you can't join us in person, our GP Sunday morning live stream is available at 10:45am at [live.db.church](http://live.db.church). After the service airs, it remains available on our YouTube channel, and it is uploaded to the Church Center App and [messages.db.church](http://messages.db.church) each Tuesday.

### REVELATION FITNESS & REVWELL TV

Adults & teens are invited to join us for our \$2 Revelation Fitness classes on Tuesdays, 7-8pm in the GP Multipurpose Building. Bring a mat and hand weights if you have them, or borrow ours. For FREE workouts from home, head to [RevWellTV.db.church](http://RevWellTV.db.church)!

### RECYCLE YOUR PROGRAM GUIDE

Help us be good stewards of our resources and go green by placing unmarked pieces of your Program Guide in the designated recycling baskets on your way out today! Each week, a volunteer sorts out the leftover items to reuse for the upcoming week.

### CURRENT SERMON SERIES: WHOLE-SELF MENTAL HEALTH (1/7-2/4)

The statistics on Mental Health and Wellness tell us that either you or someone you care about deeply has or is struggling with some aspect of mental health & wellness. Jesus cares about this area of our lives, and the gospel declares many truths that can help us find healing, transformation, and the daily empowerment we need to sustain us.

### CHURCH CENTER APP

Get our app to give, register for events, join groups, update your contact info, and pre-check your kids into Kid Min! Just search "Church Center" in the App Store or Google Play and add Daybreak as your church to get started.

### SPOTIFY: SUNDAY'S SONGS ALL WEEK

Wondering how to find the songs we sang today? Each week we add our Sunday songs to our #WorshipSet playlist on Spotify. Just visit [WorshipSet.db.church](http://WorshipSet.db.church) and log in or create a free Spotify account to follow and listen anytime!

### GIVE TO COMMUNITY AID

Have clothes or shoes to donate? Consider donating to Community Aid. As our virtual partner, they give Daybreak a financial donation for every pound of clothes or shoes dropped off at any of their locations along with the partner number 10067.

### GIVING @ DAYBREAK

Daybreak's budget year runs from September to August.

For more info on our budget, our current financial report, and how your generosity has impact at Daybreak, head to [GenerosityImpact.db.church](http://GenerosityImpact.db.church).

#### HOW TO GIVE

- 1) **CHURCH CENTER APP/ ONLINE** at [give.db.church](http://give.db.church)
- 2) **TEXT** any amount to 84321
- 3) **OFFERING BOX OR MAIL:**  
321 Gettysburg Pike  
Mechanicsburg, PA 17055
- 4) **BILL PAY** feature through your personal bank

#### MINISTRY YEAR FINANCIALS (Sep. '23 - Aug. '24)

**All YTD Income as of 12/31/23:** \$939,751  
**All YTD Expenses as of 12/31/23:** \$960,645  
**Including All Income & All Expenses, including \$112k Expenses for Next Gen Renovations.**

#### BUDGET (MINISTRY FUND) FINANCIALS (Sep. '23 - Aug. '24)

**Monthly Budgeted Need for December '23:** \$185,962  
**Total Ministry Fund Giving for December '23:** \$300,581  
**Yearly Budgeted Need as of 12/31/23:** \$669,462  
**YTD Ministry Fund Giving as of 12/31/23:** \$872,438

# THE WEEKLY SCOOP

#### CAMPUS KEY

GP: Gettysburg Pike  
OBR: Orrs Bridge Road

#### HELPFUL LINKS

1. [registrations.db.church](http://registrations.db.church)
2. [connect.db.church](http://connect.db.church)
3. [serve.db.church](http://serve.db.church)
4. [give.db.church](http://give.db.church)

**JANUARY 21, 2024**

*Thanks for joining us! Have questions?*

*Stop out in The Commons or email: [info@daybreakweb.com](mailto:info@daybreakweb.com)*

### SAVE THE DATE

1/27: Taste of Sabbath - Grand Examen  
2/3: Discover Daybreak  
2/11-3/3: Food Drive  
2/17: Mental Health Matters Conference

3/15-3/23: Short-term Trip to Cuba  
4/28: GC5K

We invite you to prayerfully consider how God is inviting you to engage in His Family on Mission at Daybreak in this season.

### WINTER/SPRING GROUPS @ DAYBREAK

Whether you need healing, connection, or personal growth in this season, we have groups designed for you - Life Groups, Mental Health & Support Groups, Spiritual Formation Groups. Look through the groups booklet and see what group you might lean into this season.

### TASTE OF SABBATH - GRAND EXAMEN

The Taste of Sabbath entitled Grand Examen has been rescheduled for Saturday, 1/27, 8:30am-3:00pm at GP. This interactive time will guide you in prayerfully reflecting on the past year and looking ahead to the coming year. Register at [registrations.db.church](http://registrations.db.church).

### DISCOVER DAYBREAK

Discover Daybreak and engage in the opportunity to commit to Jesus, His family, and His mission through Daybreak's 2-module Discover Daybreak Workshop. Save the date for Module 1 on 2/3 from 8:30am to 1pm. Register at [registrations.db.church](http://registrations.db.church).

### BAPTISM TEAM NEEDED

Looking for an occasional way to serve? The Baptism Team serves 2-3 times a year. We need coordinators, check-in/admin, building team/tear down team, photographers. Contact [sandy.herman@db.church](mailto:sandy.herman@db.church) for more info or to sign up.

### GC5K SPONSORSHIP

Do you or someone you know own a business that would be willing to sponsor the 2024 GC5K? Many sponsorship opportunities are available and we would love to have you as part of our team! Head out to [gc5ksponsor.db.church](http://gc5ksponsor.db.church). Deadline is 3/1/24!

### STEPHEN MINISTRY CARE REFERRALS

Do you know someone struggling and in need of emotional or spiritual care? Anyone in our served communities is eligible for this one-on-one care provided by our trained Stephen Ministers. Learn more at [StephenMinistry.db.church](http://StephenMinistry.db.church).

### MENTAL HEALTH MATTERS CONFERENCE

In conjunction with Daybreak's sermon series, In Him Christian Wellness & Daybreak will host the Mental Health Matters Conference on 2/17 offering workshops into how our mental health impacts our mind, heart, soul, and strength. Register at [registrations.db.church](http://registrations.db.church).

### MENTAL HEALTH RESOURCES

In addition to the Whole-Self Mental Health series and the Mental Health Matters Conference, Daybreak has resources for you or your loved ones who are struggling with mental health or wellness. To access these resources, head to [mentalhealth.db.church](http://mentalhealth.db.church).