

CONTACT US

Ephesus Seventh-day Adventist Church

105 6th Avenue North
Birmingham, AL 35204
205-252-7490 (Phone)
205-252-7918 (Fax)

ephesuschurch@birminghamephesus.org

www.birminghamephesus.org

Pastor, Dr. Compton Ross, Jr. 205.598.9973
First Elder, Dr. Delsadie Callins 205.425.3981
Head Deacon, Wayne Blanding 205.903.5550
Head Deaconess, MaryAnn Calhoun 205.798.2418
Pastor's Secretary, Annie Dailey..... 205.668.7190
Church Clerk, Rhenae Kennedy 205.616.7487
Church Van..... 205.586-1433

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facebook  Ephesus SDA Church
(Birmingham).

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OUR CHURCH SCHOOL

www.ephesus-academy.org

Ephesus Academy 205-786-2194
Child Development Center 205-786-2195

You Have To Eat Fat To Beat Fat.

While too much of the wrong fat (certain saturated fats in highly processed meats and trans fat found in some cookies and crackers) is bad for your health and waistline, a diet rich in the right fat -- good unsaturated fats -- can help both.



Good fats, like monounsaturated fatty acids (MUFAs) in olive oil, nuts, and avocados have proven to be powerful reducers of belly fat. Other sources of good fat are the polyunsaturated fatty acids (PUFAs); found in fish and its oil, and in many nuts and seeds, PUFAs help release fat, too. A Dutch study found that consumption of PUFAs lead to a higher resting metabolic rate (the calories used just to live), as well as a greater DIT, or diet-induced calorie burn. PUFAs are also burned faster than saturated fats in the body.

What's more, fats help you feel full—they have 9 calories per gram compared to 4 for protein or carbs. So a small nibble of something yummy, like a handful of nuts or some peanut butter on whole wheat crackers, can help you feel full for hours.

EPHESUS SEVENTH-DAY ADVENTIST CHURCH

CONNECTING • NURTURING • TRANSFORMING

APRIL 15, 2017

SABBATH SCHOOL

Lesson 3 A Royal Priesthood

Memory Verse: "You are a chosen generation, a royal priesthood, a holy nation, His own special people, that you may proclaim the praises of Him who called you out of darkness into His marvelous light" (1 Pet. 2:9, NKJV).

Read for this Week: 1 Pet. 2:1-3; Heb. 4:12; 1 Pet. 2:4-8; Isa. 28:16; Exod. 19:3-6; 1 Pet. 2:5,9, 10.

SUMMARY

We must be acquainted with the history of ancient Israel in order to fully understand Peter's references to us as a royal priesthood and a holy nation. God's will was the same for them as it is for us Christians now. We must assume our duties to spread the gospel around the globe, just as God had hoped would happen for the descendants of Abraham.

In essence, that did happen through the birth of the Messiah and then the Christian church starting at Jerusalem and spreading as it did across the world.

- 1 Peter 2:1-3 described how we should live as Christians (Sunday)
- 1 Peter 2:4-8 talked about how the church is made up with living stones with Christ as the Chief Cornerstone (Monday)
- explored who God's covenant people are (Tuesday)
- 1 Peter 2:9 brought out that they were to be a nation of priests (Wednesday)
- 1 Peter 2:10 examined the mercy we are to proclaim (Thursday)

EMBRACING THE MESSAGE

Review these "spiritual sacrifices" that Peter mentioned in 1 Peter 2:5 and consider how you are making them every day...

- "Offer the sacrifices of righteousness, and put your trust in the Lord." Psalm 4:5
- "The sacrifices of God are a broken spirit, A broken and a contrite heart..." Psalm 51:17
- "Let them sacrifice the sacrifices of thanksgiving, and declare His works with rejoicing." Psalm 107:22
- "I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service." Romans 12:1
- "Therefore by Him let us continually offer he sacrifice of praise to God, that is, the fruit of our lips, giving thanks to His name. But do not forget to do good and to share, for with such sacrifices God is well pleased." Hebrews 13:15, 16

Next Week: Social Relationships, Lesson 4

SICK & SHUT-IN

4/15/2017

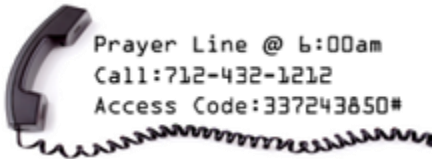
Dorothy Scott (205-787-2619) Oak Knoll Health & Rehab 824 6th Avenue West Birmingham, AL 35204	Mattie Foster 2017 47 th Street Ensley, Birmingham, AL 35208	Ruby Stewart 900 7th Street SW Birmingham, AL 35211
Helen Pollard Eastview Rehab & Healthcare Ctr. 7755 4th Ave S, Birmingham, AL 35206	Narretta Arnold South Health & Rehab Center 1217 17th St S Birmingham, AL 35205	Silas Gooden (205-322-3763) 1412 32nd St North Birmingham, AL 35234
Inez Smith Northway Health & Rehab 1424 25th St N Birmingham, AL 35234	Noah Akphan Terrace Oaks Nursing Home 4201 Bessemer Super Hwy Bessemer, AL 35020	Sonia Moss (205-297-2108) Arlington Rehab 1020 Tuscaloosa Avenue Birmingham, AL 35211
Johnnie Stanton (205-787-0172) 7216 Belgium Avenue Birmingham, AL 35244	Parker Moore 3729 42 nd Street North Birmingham, AL 35217	Theodore Dortch (205-956-4150) Fair Haven Nursing Home 1424 Montclair Rd Irondale, AL 35210
Mamie Avant 1335 Simmons St (PO Box 249) Dolomite, , AL 35061	Reita Perry (205-788-6008) 901 45th St Ensley Birmingham, AL 35208	Willie Dean Vaughn 6403 Court F Birmingham, AL 35064

ANNOUNCEMENTS

Submit announcements by noon on Wed.
ephesuschurch@birminghamephesus.org

Sermon CD: Please see Woodrow Cook Jr or A/V Team member

CAYF Track & Field Event in Birmingham, AL. Open to all ages.



Need Prayer. Prayer Request Boxes at each entrance or see any team member.(W. Whatley, E. Gardner, B. Masuca, A. Stephens, K. Spencer C. Smith and D. Blevins)

Elijah Radio is expanding! Elijah Radio is now working with Anniston SDA church, 100.1 FM. For updates, to pray or participate. info@ElijahRadio.org

THIS WEEK

Prophecy Seminar continues Wednesday nights @6:30p in the fellowship hall. Come and bring someone with you.

THIS MONTH

Ephesus Academy Education Day, April 22nd Speaker, Pastor Benjamin Jones, South Central Conference President.

Baby Dedication Sabbath, April 22, 2017 - The Heard Family

Communion Sabbath, April 29, 2017

SCC Youth Congress, Knoxville, TN, April 27-29, 2017. Delegate registration deadline-April 20, 2017 \$299/delegate. See Shayla Dowe for information.

IN THE FUTURE

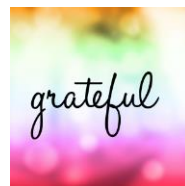
'Save The Date' 2018 Prayer Summit will be March 9-11, 2018 at Shocco Springs, plan now to attend.

Adventurers Weekend: May 5-7, 2017

Volunteer: PATHWAYS Homeless Shelter - Sunday June 26th @ 11:15AM, 409-Richard Arrington Blvd. Call [\(205\)-213-9001](tel:(205)-213-9001)

SCC Campmeeting, June 2-June 10, 2017, Oakwood University Campus. Divine Worship services from Oakwood University Church will be live streamed here at Ephesus on June 3rd and June 10th.

ETERNALIGHT : THE NEW BEGINNING EXPERIENCE- THE LOVE, THE BLOOD, THE LIFE. Join us for an enlightening Q&A presentation of the Biblical story of how God came down to give mankind the promise of everlasting life. Great singing, captivating media video and expressive art. "Special Tribute to Mothers". Bring a guest. **Saturday, May 6th 5:30pm. BJCC, SOUTH MEETING ROOM**



Sometimes there just aren't enough words to describe the appreciation. Thank You So Much! The Family of Mr. Luqmann M. Muqtadi

THE FUNDAMENTALS

Teachings About Salvation

11 Growing in Christ

Did you know God is more powerful than Satan?

By His death on the cross Jesus triumphed over the forces of evil. He who subjugated the demonic spirits during His earthly ministry has broken their power and made certain their ultimate doom. Jesus' victory gives us victory over the evil forces that still seek to control us, as we walk with Him in peace, joy, and assurance of His love. Now the Holy Spirit dwells within us and empowers us. Continually committed to Jesus as our Savior and Lord, we are set free from the burden of our past deeds.

No longer do we live in the darkness, fear of evil powers, ignorance, and meaninglessness of our former way of life. In this new freedom in Jesus, we are called to grow into the likeness of His character, communing with Him daily in prayer, feeding on His Word, meditating on it and on His providence, singing His praises, gathering together for worship, and participating in the mission of the Church.

As we give ourselves in loving service to those around us and in witnessing to His salvation, His constant presence with us through the Spirit transforms every moment and every task into a spiritual experience.

Psalm 1:1, 2 Psalm 23:4
Psalm 77:11, 12 Colossians 1:13, 14
Colossians 2:6, 14, 15, Luke 10:17-20
Ephesians 5:19, 20 Ephesians 6:12-18
1 Thessalonians 5:23 2 Peter 2:9
2 Peter 3:18 2 Corinthians 3:17, 18,
Philippians 3:7-14

DIVINE WORSHIP

Call to Worship Freddie Jenkins, Elder

Invocation Freddie Jenkins, Elder

Commission Freddie Jenkins, Elder

Hymn of Worship

Spotlight Personal Ministries

Welcome & Fellowship

Ministry through Music

Intercessory Prayer Elder Tracy Cook.

Tithes & Offering Kee'Laun Crum, Elder

www.adventistgiving.org/?OrgID=ANTPCB

Children's Story

Ministry through Music

Spoken Word Pastor Rowland Carter

Benediction Kee'Laun Crum, Elder

