#### **EPHESUS SEVENTH-DAY ADVENTIST CHURCH**

105 6th Avenue North Birmingham, AL 35204 205.252.7490 phone 205.252.7918 fax

<u>ephesuschurch@birminghamephesus.org</u> www.birminghamephesus.org

Pastor Larry Bailey, Senior Pastor 516.510.7109 Pastor Tyler Buford, Asst. Pastor 916.996.5532 First Elder, Dr. Delsadie Callins 205.425.3981 Head Deacon, Wayne Blanding 205.903.5550 Head Deaconess, MarvAnn Calhoun 205.798.2418 Pastor's Secretary, Annie Dailey 205.252.7490 Church Clerk, Tameka Hannah 205.249.9720 Church Van 205.586.1433

> Ephesus SDA Church(Birmingham) @EphesusBham

## Our Church School

www.ephesus-academy.org

Ephesus Academy	205.786.2194
Child Development Center	205.786.2195



## SERMON CD



Dorothy Scott (787-2619)
Oak Knoll Health & Rehab
824 6th Avenue West
Birmingham, AL 35204

Parker Moore (849-0981) 3729 42nd Street North Birmingham, AL 35217

# Theodore Dortch (956-4150)

Fair Haven Nursing Home 1424 Montclair Rd Irondale, AL 35210

# Sick & Shut-In

# **Noah Akphan**

Terrace Oaks Nursing Home 4201 Bessemer Super Hwy Bessemer, AL 35020

## **Ruby Stewart**

900 7th Street SW Birmingham, AL 3521

Mattie Swanson (252-0015) 528 6th Street W Birmingham, AL 35204

Mattie Foster (987-0901) Diversicare of Riverchase 2500 River Haven Drive Birmingham, AL. 35244

#### Lillie Parker

1918 31st Avenue N Birmingham, AL. 35207

# **Johnnie Stanton**

(205-787-0172) 7216 Belgium Avenue Birmingham, AL 35244

Silas Gooden (322-3763) 1412 32nd St North Birmingham, AL 35234

Mattie Tarrant (925-6629) 4633 Hillman Dr SW Birmingham, AL 35221-1817

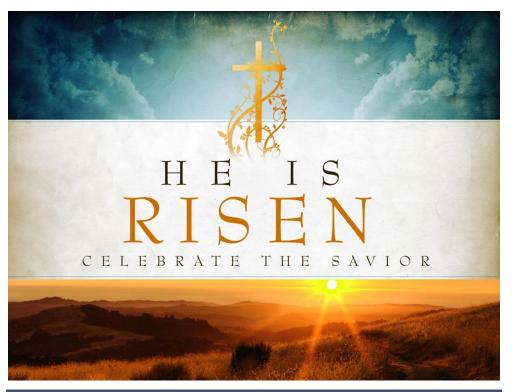
# **John Wesley Sears**

2700 21st Street, Ensley Birmingham, AL 35208

# Ephesus Seventh-Day Adventist Church

# CONNECTING • NURTURING • TRANSFORMING

April 20, 2019



# **SABBATH SCHOOL**

## PREPARING FOR CHANGE, LESSON 3

Jesus encouraged thoughtful planning when it comes to "building" our lives, much as we plan so carefully when we build or buy our homes. He said...

"For which of you, intending to build a tower, does not sit down first and count the cost, whether he has enough to finish it-" Luke 14:28 NKJV

Yes, we must also count the cost of having an unhealthy lifestyle and making unwise choices without consulting God. Most would agree, just based on the observation of others, that much better outcomes result from taking an opposite course in life and taking better care of ourselves, both physically and spiritually.

Scientists are now making the case that by just taking a closer look at the foods we eat (eating primarily whole, unrefined plant foods) that we can lower death and disability, reducing it from being the number one risk factor in the United States.

Ellen G. White was certainly ahead of her time by recommending more than a hundred years ago that our diet should consist of foods chosen for us by our Creator–a diet of grains, fruits, nuts, and vegetables. See The Ministry of Healing, p. 296.

Diet and other life practices that were shown to Ellen White so long ago show us a simple, practical way to prepare for life, involving not just a decision to make lifestyle changes, but to have the Lord by our side, helping us implement them.

Trust God today to enlighten and empower you to make continuous changes that will enable you to meet all of life's many difficult challenges.

## **ANNOUNCEMENTS**

Submit announcements by Wed. to ephesuschurch@birminghamephesus.org **Room Reservations:** email <a href="mailto:ephesuschurch@birmingham.org">ephesuschurch@birmingham.org</a> or voicemail @ 252-7490.

**LIGHT MY PATH MINISTRIES** -5th Conference & Retreat "Praying & Pressing Toward The Mark"! Phil 3:14. April 26 - 28, Shocco Springs Register at Shocco Springs.org or call 800-280-1105

## **LIGHT MY PATH MINISTRIES**

# **5th Anniversary Conference and Retreat**

Concert Featuring...Gabriel's Horn Ensemble.

The beautiful music of Gabriel's Horn is the evidence of their commitment to play to God's glory and honor with both skill and tremendous anointing & Anointed artists Shondolyn Richardson, Evelyn Sampson and more... Your heart and your mind will be taken to the heavenly places!

Sunset Today: 7:20pm.....Sunset Friday: 7:26pm

Shocco Springs Conference Center 1314-Shocco Sprigs Road Talladega, AL 36160 April 27th, 2019 at 4pm Cost: 'Free- All are Welcome!

DIVINE WORSHIP 11:00AM

#### Introit

Call to Worship & Invocation ...... Elder Kee'Laun Crum

Mission Statement ..... Elder Kee'Laun Crum

## Announcements

Welcome......Jacqueline Hendricks

# **Greetings & Fellowship**

# Hymn of Worship

Spoken Word ......Pastor Larry Bailey

Benediction .....Elder Tracy Cook

Praise & Worship

# **Closing Hymn**