

**EPHESUS SEVENTH-DAY ADVENTIST CHURCH**

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

[ephesuschurch@birminghamephesus.org](mailto:ephesuschurch@birminghamephesus.org)  
[www.birminghamephesus.org](http://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, MaryAnn 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](http://www.ephesus-academy.org)

Ephesus Academy	205.786.2194
Child Development Center	205.786.2195



Mon-Tues: 6am & 6pm  
 Wed: 6am  
 Thurs-Fri: 6am & 12pm  
 (515) 739-1015 Code: 337243850#

**SERMON CD**

PLEASE SEE THE AV TEAM

**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](mailto:ephesuschurch@birminghamephesus.org)

**Room Reservations:** email [ephesuschurch@birmingham.org](mailto:ephesuschurch@birmingham.org) 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](http://ShoccoSprings.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!

Shocco Springs Conference Center  
1314-Shocco Sprigs Road  
Talladega, AL 36160

April 27th, 2019 at 4pm  
Cost: **Free**- All are Welcome!

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

### 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

Intercessory Prayer ..... Elder Tracy Cook

Tithes and Offering ..... Elder Benjamin Sellers

#### Children’s Church

Scripture Reading ..... John 18:1-11 ..... Elder Benjamin Sellers

#### Praise & Worship

Spoken Word ..... ‘Trial by Ambush’ ..... Pastor Larry Bailey

Benediction ..... Elder Tracy Cook

#### Closing Hymn