

Welcome to The Journey Church

Weekend of May 17

Restore

Spiritual, physical & emotional health are interconnected.

1. Caring For The Body: Sleep, Food, Exercise.

“Don’t you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself; for God bought you with a high price. So you must honor God with your body” 1Corinthians 6:18–20 NLT-SE

“If we don’t give the body what it needs, it will demand everything.” John Cassian

2. “Examen”-ing Finances: Manage, Simplify, Give.

“Yet true godliness with contentment is itself great wealth.” 1Timothy 6:6 NLT

“When we are converted to Christ we undergo three conversions: the conversion of our heart, the conversion of our mind, and the conversion of our wallet.”

Martin Luther

3. Delighting in Playing Together: Joy, Laughter, Fun.

“the LORD says: I am returning to Mount Zion, and I will live in Jerusalem. ... Once again old men and women will walk Jerusalem’s streets with their canes and will sit together in the city squares. And the streets of the city will be filled with boys and girls at play.”

Zechariah 8:3–5

NLT-SE

“A man must love a thing very much, if he not only practices it without hope of fame or money, but even practices it without any hope of doing it well...If a thing is worth doing, it is worth doing badly.”

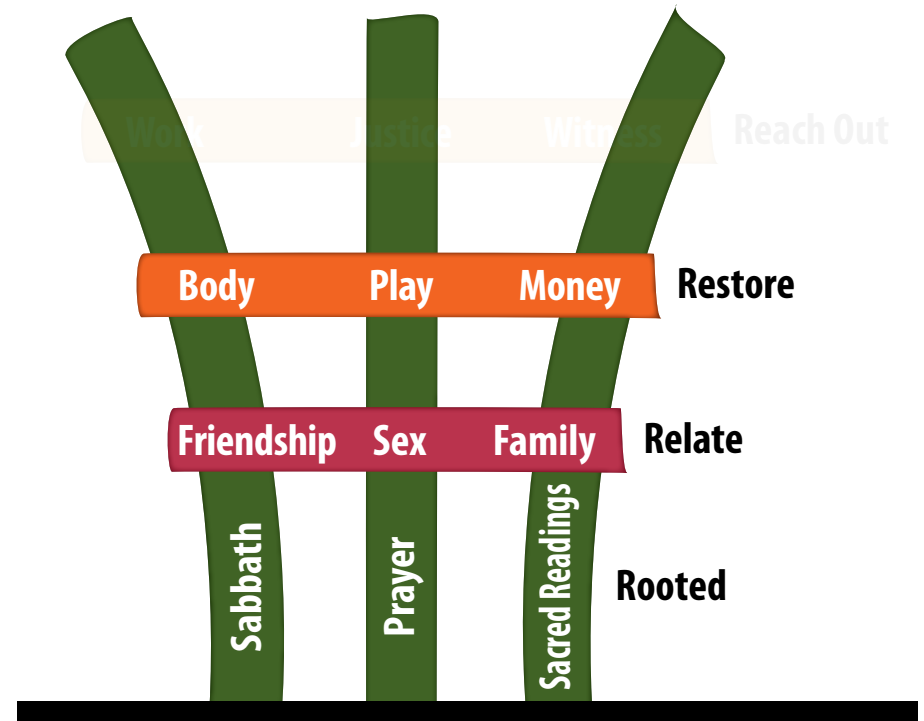
G . K. Chesterton



Visit our website at onthejourney.ca

That’s where you’ll find information about everything happening at The Journey Church, including

The *Journey to Jamaa* movie event, *Journey Kids Camp*, a *Men’s Breakfast*, and more. You’ll also be able to link to our YouTube channel; facebook & twitter pages and podcasts.



Study Questions

1. How can we honor our Maker and ourselves through our eating, sleeping, & exercise habits? How can we avoid extremes in our body-health habits?
2. How has your relationship toward money is change because of your faith in Jesus Christ?
3. Why is play an important part of a healthy spirituality?