

## THE BODYBUILDER

*Our vision is to be a community of grace,  
telling the unsaved of salvation by grace,  
encouraging the saved to live and grow in grace,  
and extending grace to others.*

### On Things Above

The time of year is upon us. The time of year when most people set their minds to making changes in their life. For most people, these resolutions are made without a serious commitment. They mean well and they would like to see these changes implemented in their life, but they fail to make changes in their lifestyle and within a days they find themselves right back where they were on December 31.

Then, there are people who seek change in their lives but they do so by setting goals. A goal-setter will make a series of steps in order to achieve that goal. It's not enough to say, "I'm going to start losing weight," rather they make a series of achievable steps like, "Tomorrow I will begin drinking more water and take a walk after work." These steps give small victories, and your chances of success are much higher.

Regardless of any change you want to make, a change of mind is absolutely necessary. This is true for our daily spiritual walk as well. If we keep our minds set on worldly ways, it will be impossible to become more like Christ.

We are familiar with the exhortation Paul gives us in the book of Colossians, that we are to put on the new self. This can only happen when we set our minds on the things of Christ. As Paul continues, he instructs us to not only set our minds on things above, but we need to also put to death the things that are earthly in each of us.

The flesh, as we all experience, has very strong desires, and to resist those desires we must rely on the Holy Spirit to give us strength if we are to succeed.

Whatever resolutions you make, whatever goals you set, I challenge you to look to Him and draw from His power each and every day. The goal is not simply change, but to give him glory by living a life that exalts Him.

*"Whatever you do, do all to the glory of God."  
1 Corinthians 10:31 (ESV)*

May you have a blessed New Year and may 2025 be a season of fruitful changes to your life.

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## THE MONTH OF January

### Calendar of Events

**Join us for these upcoming events.**

- 6 - Evening of Prayer, 7pm
- 11 - Youth Christmas Party, 6pm
- 18 - Ladies' Prayer Breakfast, 7:30am
- 18 - Men's Breakfast, 7:30am
- 26 - Meet & Greet, 12pm
- 31—2/2 - Women's Retreat



- We want to thank Mike Lothes and Duane Normant for their faithful service as deacons. We welcome Marc Charpentier and Tom Wagner as they return to serve as deacons
- We would like to give a special "Thank You" to all of our leaders, teachers and helpers. Your faithfulness throughout the year does not go unnoticed. Thank you for serving with continued excellence.

FAMILY UPDATE





**"Too Little, Too Late"  
Heinous  
Christmas Attire  
Youth Party!  
and White Elephant  
Gift Exchange**

**January 11,  
6-9pm at the Ridlen's home**

**Contact Phillip Ridlen for more  
information.**

# JANUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
*Birthdays			1 	2	3 *Eddie Rich	4 *Quinn Beth
5  9:15AM Bible Classes 10:30AM Worship 4:00PM AWANA Club 6:00PM Youth Group	6  	7	8	9	10	11 *Micheal Thompson Naiya Melendres  
12  9:15AM Bible Classes 10:30AM Worship 4:00PM AWANA Club 6:00PM Youth Group	13	14	15	16 *Hudson Ridlen Legacy Ridlen	17 *Glen Summers	18  7:30am   
19  9:15AM Bible Classes 10:30AM Worship 4:00PM AWANA Club 6:00PM Youth Group	20	21	22 *Mike Lothes	23	24	25
26  9:15AM Bible Classes 10:30AM Worship 4:00PM AWANA Club 6:00PM Youth Group	27	28	29	30	31 *Merle Ridlen Emma Matlack  	