

Making... The 'Main Thing, the 'Main Thing!'



Greater Second Baptist Church

This Week's Events

- Sunday Morning Worship 8:00 AM
- Sunday School 9:30 AM
- Sunday Worship Services 10:45 AM
- Wednesday Noon Prayer at 12 Noon
- Teacher's meeting at 5:30 PM
- Wednesday Night Fellowship Dinner 6:00 PM

Bible Study at 7:00 PM

Shout Out Praise!



He put a new song in my mouth, a song of praise to our God; many will see and fear and will trust in the LORD... Psalm 40:3

Got a "Praise" passage? Email us info@greatersecond.org.

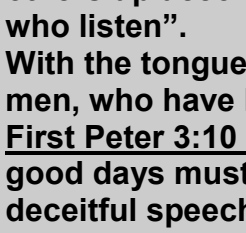
Scripture for the Week

'IN THE LAND OF UZ THERE LIVED A MAN WHOSE NAME WAS JOB. THIS MAN WAS BLAMELESS AND UPRIGHT AND FEARED THE GOD AND SHUNNED EVIL.'

Job 1:1

Men of genius are admired; Men of wealth are envied; Men of power are feared; but only Men of character are trusted.

What Does the Bible Say About...



Question: Cursing, cussing, swearing is it a Sin?

Answer: It is definitely a sin to swear (curse, cuss, etc.) the bible makes it clear and instructs us not to allow this to come from our mouths.

Ephesians 4:29 tells us, " Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen".

With the tongue we praise God and when we use it to curse men, who have been made in God's likeness we speak evil.

First Peter 3:10 declares " For, whoever would love life and see good days must keep his tongue from evil and his lips from deceitful speech.

It is a sin to curse, swear or cuss because sin is a condition of the heart, the mind, and "the inner man" which is manifested in our hearts, actions and words.

Jesus taught that what comes out of our mouths is that which fills our hearts.

Resource: Got Questions.Org. What do you think? We want to hear from you.

Email us at info@greatersecond.org or go to our blog at www.greatersecond.org

Personal Application

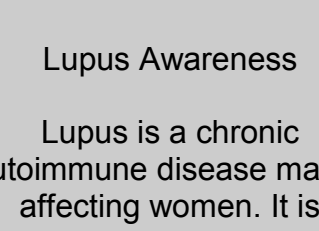
Rest is found in being yoked to Jesus

Rest means to calm, comfort, and refresh. It reflects the O.T. concept of rest as we release from the pressures and tensions of life and of the peace that follows.

"Come unto me, all ye that labour and are heavy laden, and I will give you rest." Matthew 11:28

GSBC UPDATES

- In a effort to maintain contact with our members please up date your records to include your new address, telephone number, email address, etc. Forms to make updates are available in the administrative office. **Membership Committee.**
- DVD'S are now on sale from the **Tape Ministry.** Request forms are available at the Welcome Center and in the Administrative Office. Volunteers are needed for this ministry; please see Lynn Redden or William Burton.
- **Food Pantry** Donations for the month of January and February is Spam. Contact Administrative for more details.
- **KAA** (Kids Across America) is now open for registration; ages 9-18; camp cost \$150, with a \$30 registration fee included. For more information contact **Ebony Crutchfield @ 501-612-6517** or **Latoya Johnson @ 501-350-3867.**
- **Prison Ministry** services will be at Tucker Max Unit on Friday, January 28, 2011.
- **Young Adult Ministry (AGES 18-34) and Adult Ministry (35-49) NEEDS YOU!** Please check with Frank "DJ" Scott or Regina Wilkerson for Young Adult/Adult and Janis Hadley or Rodney Bohanon for Adults.



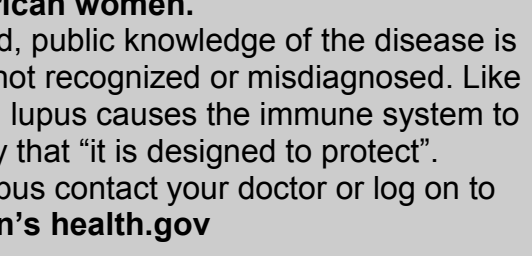
- **The GSBC Sanctuary Choir's** Annual Fashion Affair will be held on Saturday, February 13, 2011 at 4:00 PM at the church. Tickets are \$10 for adults and \$5 for children ages 5-12, free for children under five. Beauticians and barbers are encouraged to showcase their talents.

- **Emergency Response Plan** training session Saturday, February, 19, 2011 at 10 AM.

Health Notes

Lupus Awareness

Lupus is a chronic autoimmune disease mainly affecting women. It is estimated that between 161,000 and 322,000 adults in the United States have Lupus. Nine out of 10 people are women. Most people with Lupus develop symptoms during the childbearing years (ages 15-44). Lupus **also is two to three times more common among African American, Latino, Asian, and Native American women.**



Although lupus is widespread, public knowledge of the disease is low. Its symptoms are often not recognized or misdiagnosed. Like many autoimmune diseases, lupus causes the immune system to attack parts of the body that "it is designed to protect".

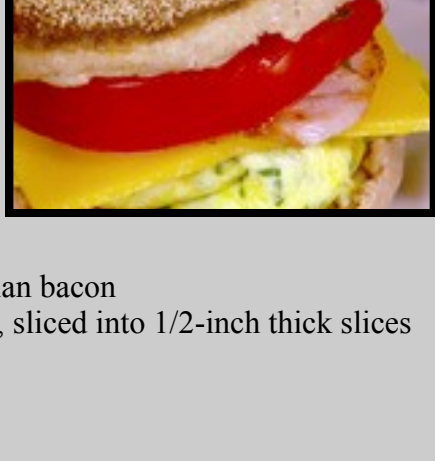
For more information on lupus contact your doctor or log on to women's health.gov

This Week's Recipe

Healthy Breakfast Sandwich

Ingredients

- Nonstick cooking spray
- 4 eggs and 4 egg whites
- 1/4 cup minced chives
- 1/4 cup minced parsley
- 4 whole-wheat English muffins
- 4 1/2-inch round slices Canadian bacon
- 1 large beefsteak tomato, sliced into 1/2-inch thick slices



Directions

Crack eggs and egg whites into a bowl and whisk. Add chives and parsley and stir to incorporate. Spray a large nonstick skillet with cooking spray. Ladle 1/4 egg mixture into skillet and cook, omelet style, until eggs are cooked through, about 1 to 2 minutes per side. Slide omelet onto a plate and repeat with remaining eggs; cover with foil to keep warm. In same skillet, heat Canadian bacon until warm, about 1 to 2 minutes per side. Toast English muffin. Fold omelet in to fit English muffin, then place omelet on 1 muffin half. Top with a bacon slice, then tomato, then top with other muffin half.

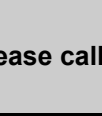
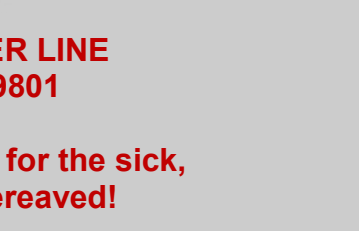
Calories 330; Protein (g) 25; Fat (g) 13; Carbohydrates (g) 31.

Got a better recipe or just a favorite one? Why not share it with us? Email it to us at info@greatersecond.org

Word for the Week

Abomination is found in the bible 76 times in 69 verses. Primitive root of the word means to stink, smell bad. It also means de-testable things, filth, abhor, utterly loathsome.

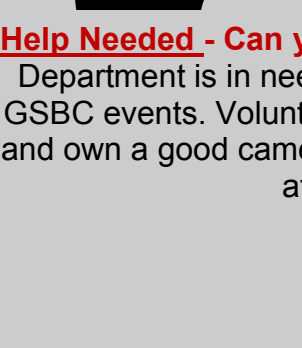
Website of the Week
www.blueletterbible.org



GSBC PRAYER LINE
(501) 569-9801

Remember to pray for the sick, shut-in and bereaved!

To add a love one to the list please call the church office at 569-9988.



Help Needed - Can you take photos? The GSBC Communication Department is in need of two (2) photographers to take photos at GSBC events. Volunteers must be willing to attend different events and own a good camera. Contact Gwen Miller or Joyce Richardson at info@greatersecond.org.

A Going Church for a Coming LORD!!

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"God Bless You This Day and Always"

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