

Health Corner

By Serena Scott, CMH



Stewardship of God's Creation

When we think of stewardship, we often picture the care of natural resources, our communities, our finances and even our time and talents. Rarely, though, do we consider that the concept of stewardship extends to our bodies as well. How marvelous and beautiful is God's creation! There's a uniqueness and intricacy in all of His works, but humanity holds a distinctive place in creation. Our bodies are magnificent works of craftsmanship and also the temple of the Holy Spirit. The understanding of our bodies being temples of the Holy Spirit implies that God Himself dwells within us. This realization can be both inspiring and humbling. It inspires us to strive for purity, holiness, and health because we house the Spirit of God. When we view our bodies through this lens, it becomes clear that taking care of our physical health isn't just about looking good or living longer. It's an act of worship. It's a way of honoring God, showing gratitude for the life He has given us and acknowledging the Holy Spirit within us. When we eat healthily, exercise regularly, get sufficient sleep, drink enough water, get fresh air daily, create healthy lifestyle habits and avoid harmful behaviors, we are maintaining the temple that God has entrusted to us. We are showing respect for His creation and His sacrifice. Stewardship of our bodies not only means avoiding disease or aiming for longevity. It is fundamentally about reverence for our Creator. Every time we choose to do what is best for our bodies, we are essentially saying, "Thank you, God, for this incredible body You have given me. I want to honor You by taking the best care of it that I can." As believers, we are called to be stewards in every aspect of our lives, reflecting God's love and wisdom in how we manage His gifts. Let's strive to honor God through healthy living, caring for our bodies with the same dedication and reverence we give to the world around us.

The connection between God and health in the Christian life is deep-rooted. Our physical wellness impacts our spiritual strength, enabling us to live out our faith more fully. Embracing a healthy lifestyle is not only about personal benefit, but it also means living out our faith. This call to stewardship should inspire us to honor God through healthy living. We can start this journey of stewardship today by treating our bodies with the love and respect they deserve, recognizing them as God's creations which are to be nurtured and preserved. By taking care of our bodies, we honor God and equip ourselves to better serve His purpose. This journey towards a healthy Christian lifestyle is a path of worship, gratitude, and a deeper connection with God our Creator!

Article taken from <https://marisadamore.com/blog/10-christian-perspective-on-health-and-wellness>

"Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God." **1 Corinthians 10:31**

All Nations Fellowship SDA Church

Our Mission

Building a healthy, strong and growing community of believers in Christ who work together to prayerfully, strategically and intentionally advance the kingdom of God by sharing the gospel of Jesus Christ.

Matt 24:14; John 14:1-6, 27, 28; John 3:16; John 18:36; Rev 11:15; Acts 28:31; Luke 24:13-3

Sabbath School 9:50AM

Praise and Worship Service 11:15AM

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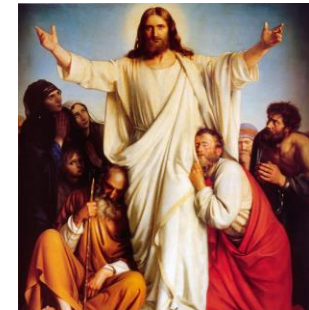
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All Nations Fellowship SDA Church

Where all feel loved, valued, and cared for because the presence and power of God's Holy Spirit produce His fruit in our daily living and in our worship.

You Are Welcome Here

...to this part of God's family, a community of believers in Christ seeking to live under His Lordship. We are glad that you have joined us here today. We trust that you will receive a tremendous blessing from God as you worship and fellowship with us.

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“What They Did Not Know”
(Recap from Sermon on April 13, 2024)
Judges 16:15-22

Pastor Nikolai X, Greaves gave a backdrop to the message. Samson was a judge of Israel whose purpose was to begin to deliver the Israelites from the Philistines. Samson, however, was disobedient. Prior to the narrative in Judges 16, Samson had just had a moment of escape and triumph. He had gotten out of the reach of the Philistines and carried the gates of the city to the top of a hill. Then he went down to his favorite place, the house of Delilah. Verses 15-17 depict a conversation between her and Samson. On two previous occasions Delilah had asked Samson the source of his strength, and he had lied to her. This time, he was truthful. He told her that he was a Nazarene and his hair should never be cut. Delilah then called the rulers of the Philistines who returned, found Samson sleeping on Delilah’s knees, and cut his hair. This resulted in the removal of his strength.

Samson placed himself in this predicament. He was experiencing pain. He married a Philistine, and because of politics, his wife was burned alive. After that time, Samson was out of sync with his relationship with God. Sometimes something interesting happens when we are offended. We don’t just become irrational, we become more sinful.

Following are three points relative to the narrative:

1. There are prerequisites for your purpose. Prior to his birth, Samson was given prerequisites of what his life should look like in order to accomplish his purpose - (1) He was not allowed to spend time around dead things; 2) No razor was to be placed on his head (hair was not to be cut); 3) Avoid strong drink. What prerequisites has God shared with you about your purpose? If you don’t pass the prerequisites, you cannot proceed to the next level.

2, You must be intentional about your purpose. The easiest way to lose your purpose is when you do what is assumed rather than what is assigned. Samson spent more time trying to be friends with the Philistines than destroying them. Could it be possible that many mess up their purpose because they do what is assumed rather than what is assigned. Is God’s church trying to make friends with people who God says should never happen. Could it be that a person who is burned out with church activities is that way because they are doing what is assumed and not what is assigned?

3. Whatever is stopping you from your purpose, God will take. Part of the challenge of this narrative is that for years it was thought that the problem with Samson was his hair. If you are in the will of God, He will take the thing that is obstructing you from getting where you need to be. God allowed something to happen to Samson that we did not expect. He took his eyes. Samson refused to judge the people with right eyes. When his eyes were removed, that is when he really saw.

What they did not know - The Philistines allowed Samson to live so they could humiliate him. They didn't know that God would allow his hair to grow back and for his strength to return. People will put you in a space to embarrass and humiliate, and God will still use that circumstance to bring about His purpose.

All Nations Fellowship SDA Church
Divine Service
April 20, 2024
11:15 AM



Welcome-----Pastor Nikolai X. Greaves

Health Nugget-----Elder Michael Campbell

Praise Team

Opening Prayer and Scripture-----Maria Hartung

"Romans 12:2" ESV

Children’s Story-----Abigail Greaves

Tithes and Offering-----Video

Special Music-----Michael Hartung

ANF PERSPECTIVES
“The Christian Lifestyle”

Introduction of Program-----Jackie Abrams

Business-----Melvin Pettis

Finance-----Pastor Greaves

Outreach-----Ron Harlan

Personal Reflection-----Maria Hartung

Closing Remarks-----Gabrielle White

Benediction-----Elder Osborne

ANNOUNCEMENTS and Reminders

- **Breakthrough Tuesdays 1st, 3rd and 4th Tuesdays at 7:30PM. Zoom ID: 96091356728; Passcode: 7**
- **Sabbath School is at 9:45 AM. Zoom ID: 945 6406 8099, Passcode: ritBb4**
- **Health Meetup 2nd Tuesday 6:45PM.**
- **Board meeting Sunday evening 6:00PM**
- **Please keep the family of Vilma Robinson in your prayers as they mourn her passing.**
- **Please support the LRC Education fund raising campaigns. Millions of dollars are needed to renovate our schools.**
- **“Just for Prayer” Teleconference on Thursday evenings at 8:30 pm. The call-in number is: 716-293-7717. PIN # is 71316.**
- **Pray for healing for Allison Hull, Gabby Smith, Sade’ Carpenter (Osborne’s niece), Tracia and Teresa Williams, Sophie Reyes (co-worker of Diane Wright), Darin (Dawn Robinson’s brother) Jerome Atkins, Deb Agard, Joyce Agard, Henrietta Collins, Maria Hartung, Fuchsia Campbell, Bob (Fuchsia Campbell's nephew) Michael Hartung, Gloria Toscano, and Dana (Allison’s daughter), Shirley Matthews Atkins, Nicole Pratts**
- **The Environmental Working Group is a nonprofit, nonpartisan organization dedicated to helping you live your healthiest life. This is an excellent resource for information on toxicity in your environment. <https://www.ewg.org>**