

TODAY'S FACILITATORS

PRAYER: Prayer

OFFERING: TBA

WORD: Pastor

WELCOME

We warmly welcome you, if you are worshipping with us for the first time. We believe you've become a member of our church family by God's grace.

Please ensure you speak to the Pastor or one of today's facilitators before you leave.

May God bless you richly (Amen).

VERSE(S) OF THE DAY

"Rabbi, we know that you are a teacher come from God; for no one can do these signs that you do unless God is with him." Jesus answered and said to him, "Most assuredly, I say to you, unless one is born again, he cannot see the kingdom of God.
John 3:2-3 (NKJV)

GROWTH & ADVANCEMENT

To build a church that is **growing, healthy and full of love**, do you have comments, ideas or suggestions? If so, please talk to the Pastor or a minister.

DID YOU KNOW?

Did you know you could join most of our services online when **you are unable to attend**? Talk to the technical team or the Pastor to find out how.

DID YOU KNOW?
AN AVERAGE FIZZY DRINK CONTAINS BETWEEN 6 AND 8 TEASPOONS OF SUGAR.

EAT WELL

BENEFITS OF HEALTHY EATING:

FACT:
LOW ENERGY, LOW VITAMINS, CONTRIBUTES TO WEIGHT GAIN, POOR ORAL HEALTH, INCREASED RISK OF TYPE TWO DIABETES AND HIGH BLOOD PRESSURE...



Helps to maintain a healthy weight



Healthy bowels



Keeps blood sugars balanced

BENEFITS OF HEALTHY EATING:

Healthy skin and teeth



Helps to increase energy levels



Helps to fight infections

HERE ARE SOME TOP TIPS FOR A HEALTHIER DIET:

www.nhs.uk/Livewell

CONTACT:

Be Well Tameside - 0161 716 2000
www.nhs.uk/choices



Sunday 13 June 2021

WELCOME

Redeemed Christian Church of God

Bethel

WEEKLY SERVICES & MEETINGS

SUNDAY

Thanksgiving / Worship service
From 10am

FRIDAY

Prayer meeting / Bible study
From 7pm

RCCG Bethel Parish

Unit 13, Skylines Village

Limeharbour, London E14 9TS

PHONE: 07889906677 || EMAIL:

admin@rccgbethel.church

WEB: www.rccgbethel.church

Our 'must-visit' website



Home Our Focus About us Contact Us Sermons Privacy Policy



Our website is a treasure trove of information, and not only about our focus and mission. You could subscribe to our podcast or listen to past sermons too (<http://rccgbethel.church/sermons/>). This is particularly useful for when you are unable to attend services or for refreshing your recollection as an essential part of your private Bible study.

There's more! Details of events and outreach will almost certainly be available from relevant pages on our website and updated regularly, along with downloadable copies of our Sunday bulletins (<http://rccgbethel.church/category/bulletins/>).

So, why don't you set our homepage as one of your **startup page(s)** in your browser now? The following instructions for most of the common browsers may help.

Google Chrome

1. Open the browser and the **Settings** menu (or the **three vertical dots** to the right of the menu bar).
2. Scroll down and click on **Advanced Settings**.
3. Select **Open a specific page or set of pages** under **On Startup**.
4. Select **Set pages** and enter or add <http://rccgbethel.church/>.

Mozilla Firefox

1. Open Firefox. Press **Alt-T** on the keyboard and select **Options** from the drop-down menu or go to **Tools >> Options** from the main menu.
2. In the **Home** section, select **Homepage and new windows** and **Custom URLs...** from the field's drop down.
3. Enter or paste the URL: <http://rccgbethel.church/> or click **Use Current Page** if you are already on our website.

Microsoft Edge

1. Click the **three horizontal dots** to the right of the top menu bar.
2. Select **Settings** and select **A Specific Page or Pages** from the **Open Microsoft Edge With** section drop down options.
3. Enter <http://rccgbethel.church/>. (Click the Plus sign to add more pages if required).
4. Click the **three horizontal dots** to the right of the top menu bar again to close **Settings** menu.

FROM THE PASTOR'S DESK

Eating healthy

Text: 1 Corinthians 10:21

We all know it is important to eat food that can sustain our bodies, but does it really matter what we eat as Christians? Does God care? If we've ever been ill, we know it takes a lot of energy until we recover lost or depleted strength. Food is also a crucial part of our social interactions and relationships, bringing people together. The wedding in Canaan is one example of this in the bible. But what does it say about food and eating?

It is vital to note food is part of God's provision for us to enjoy (Gen 9:1-3; 1 Tim 6:17; Eccl 2:21-25). There are also some cultural aspects to food and eating e.g. during weddings. But several texts tell us how much we eat is under our control (Prov 25:27). Spiritual understandings about certain foods e.g. those considered unclean (Acts 10:9-16) should be taken into consideration too, along with the appropriate meals during religious events such as the Passover.

Our text today tells us everything we do must give glory to God. The word of God says our bodies are the temple of God and a gift from him (1 Cor 6:15-17). We're charged to take care of what we've been given and to make it a fitting sacrifice for his kingdom (Rom 12:1). While all foods may be good and under our control, just like Paul says about food dedicated to idols, not everything is helpful or beneficial (1 Cor 10:23).

Ultimately, eating well and exercising to ensure we keep our bodies – the temple of God – fit is our responsibility, it is also important we know God is the one that gives us good health and what comes out of us is just as crucial to him (Mk 7:14-23). We must therefore feed our bodies spiritually with the word of God and enrich our thoughts (Rom 12:1; Josh 1:8; 2 Tim 3:16-17; Phil 4:8).

Bottom line:

What comes out of our bodies is just as important as what goes into them. We must strive to feed our body, spirit and soul with the right sustenance and ensure it is fit for the kingdom of God.

8 Tips for Eating Well as We Age

- Whole grains** = eat the whole grain (approximately five to 10 ounces) = one roll, slice of bread, $\frac{1}{2}$ cup cooked rice or pasta, or 1 cup of ready-to-eat cereal.
- Vary your vegetables** (2 to $\frac{3}{4}$ cups) = choose a variety of colors and types of vegetables. Some of the best vegetables include green, leafy leafy (spinach, arugula, baby greens), green beans, yellow squash, peppers (red, yellow and orange), cucumbers, broccoli or other favorites.
- Don't forget the dairy** (equivalent of 3 cups of milk) = eat lowfat dairy products (choose reduced fat or nonfat) = 1 cup of lowfat milk or $\frac{1}{2}$ cup of cheese equals 1 cup of milk. If you are lactose intolerant, or many of us are today, then look for lactose-free choices or soy milk, which should be readily available in most supermarkets.
- Proteins pump you up:** meat, poultry, fish, beans, eggs and nuts (5 to 7 ounces of lean meat, poultry or fish, 2 eggs, 1/2 cup beans or nuts, 1/2 cup of cheese equals 1 cup of protein). If eggs, 1/2 cup of meat or nuts, or 1 tablespoon of peanut butter can count as one ounce of meat.
- Flush your body with fluids** = You need to stay hydrated, especially on hot days (and particularly if you have moved to a hot climate). Drink water every day, but also drink juice, milk and soups to maintain hydration.
- Find the fiber** = We've all heard the buzz about fiber, but the fact is it's not just buzz. Fiber can help you avoid intestinal problems and may lower your cholesterol and blood sugar.
- The salt shake-up** = Sodium is very important (about 2,300 mg a day). If you remember from 4th grade science class, and while too much can affect our blood pressure, some sodium is necessary to maintain good health in our blood, muscles and nerves.
- Fat is our friend** = We all want to believe that fat is OK – and it is, of course, in moderation like anything else. A healthy amount of fat in our diet helps us with certain vitamins and some energy.

RCCG Bethel Parish
Pillar of truth ... defining the future today