Sunday 1st Service – 8:30 am

Discipleship Hour – 10 am

Sunday 2nd Service – 11 am

Youth Group -5-7pm

Upcoming

You can find additional info on Facebook, Instagram and Eaststreet.church

Jan 22 – Youth Sunday AM – “A One Another Decision”

Jan 22 – Youth Group “New Purpose, New Focus”

Jan 29 – Youth Sunday AM –“Reckless Love Session 1”

Jan 29 – Youth Leader Meeting 4 pm (Adult and Student)

Jan 29 – Youth Group “New Inspiration”

Feb 5 – Family Sunday Reckless Love Session 2” (9 am)

Feb 5 – Family Sunday (One Service 10am)

Feb 5 – Youth Group - “L.O.V.E.”

**Feb 11- Winter Jam** (We the Kingdom, Jeremy Camp, Andy Mineo, Anne Wilson, Disciple, Austin French, Newsong and More) $20 (Tickets must be purchased by Jan 22nd)

**Feb 12- Parent Appreciation Night**

**Feb 19 – Guys/Girls Special**

**Feb 26- Skate Night**

**Mar 4 – Bowling $20 (Includes shoe rental)**

**Mar 19 – Life After Death** (Toby Mac, Cochrin & Co, Tasha Layton, Jon Reddick, Terrian) $35 (Tickets must be purchased by Feb 26th)

**Writers/Actors** – Prepping for Fall and Winter Projects

Connect with Jackson for Details

**Artists** – Looking for a new Logo. Connect with Jackson for Details

**SIGN UPS** – Help us better plan for the future! Sign up for your interests

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| January 22nd, 2023 |
|  A song for pilgrims ascending to Jerusalem. A psalm of Solomon.**1**Unless the Lord builds a house, the work of the builders is wasted.Unless the Lord protects a city, guarding it with sentries will do no good. **2**It is useless for you to work so hard from early morning until late at night, anxiously working for food to eat; for God gives rest to his loved ones. – Psalm 127:1-2**28**Then Jesus said, “Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. **29**Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. **30**For my yoke is easy to bear, and the burden I give you is light.” – Matthew 11:28-30 |
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| New Purpose, New FocusSunday, January 22nd 2023Planning and Preparing is Good.Planning with God in Mind is Better.Make time to Rest in GodRelease the pressureLet God do the Heavy Lifting5 ways to better rest and let GodPlan ahead - Days, Times and ActivitiesSlow down – Allow space between actions, conversations, and decisions.Pause – Breathe. Wait a moment. Count to 100Stop – If it is bad, hurtful, mean, ungodly, disrespectful or taking you or others away from God.Let Go – Past, bad habits, bad relationships**Small Group Questions**What is a high/Low from this past week?What are some parts of your life that are stressful or draining?How often do you need to rest?What are some ways you can rest up?When are some times you can rest?What would it look like for you to better rest in God?What would it look like for you to let God do the heavy lifting?What keeps you from doing that?How might the group keep you in prayer?Notes and Prayer Requests |
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