

“Jesus is Coming Soon”
Matthew 24: 42-44
Recap of Sermon on July 11, 2026

The sermon was based on Matthew 24:42–44 and centered on Jesus’ call to remain spiritually watchful, because no one knows the day or hour of His return. Pastor Darlene Thomas emphasized that Christ’s second coming is certain, even though its timing remains unknown. She urged believers to live in a constant state of readiness rather than spiritual complacency.

To illustrate this message, Pastor Thomas compared preparing for an expected guest with preparing for someone who could arrive unexpectedly. When the arrival time is known, people often wait until the last minute to prepare. However, when someone may come at any time, they maintain continual readiness. Jesus uses this same principle regarding His return, calling His followers to stay alert and prepared.

Three commands were highlighted in the sermon. **First** was the command to watch. Watching means remaining spiritually awake, vigilant, and aware rather than becoming passive, distracted, or indifferent. Since no one knows when Christ will return, believers should avoid delaying their commitment to God or assuming they have more time to change.

Second was the analogy of the thief. Just as a homeowner would stay awake if he knew when a thief was coming, believers should recognize that although they do not know the timing of Christ’s return, they have been warned that it will happen. Spiritual carelessness allows worldly distractions such as materialism, entertainment, anxiety, and the pursuit of status to weaken faith and cause people to forget that this world is temporary.

Third was the condition of readiness. Readiness does not require abandoning ordinary responsibilities, but faithfully serving God in daily life. It includes regular confession, forgiving others quickly, investing time and resources in eternal priorities, living obediently even when no one is watching, and helping family and friends prepare for Christ’s return.

Pastor Thomas concluded by stating that the second coming is not merely a prophecy to study, but a lifestyle to live.

Call to Action: Examine your heart, identify anything preventing a complete surrender to God, confess your sins, seek forgiveness, and ask the Holy Spirit to renew and transform you.

ALL NATIONS FELLOWSHIP SDA CHURCH
Order of Service
July 18, 2026 11:15AM



Opening Songs ----- Praise Team

Welcome/Scripture----- Ricky Robertson
Proverbs 22:6,MSG Titus 2:7-8 , MSG

Opening Prayer -----Praise Team

Music ----- Praise Team

Health Nugget ----- Serena Scott

Tithes & Offering ----- Video

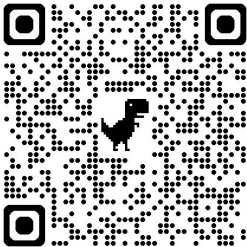
Intercessory Prayer ----- Pastor Darlene Thomas

Sermon ----- Perspectives Team
Familyhood 101 –Who’s In Charge?
Ron Tunis & Jackie Abrams

Benediction-----Ron Tunis

ANNOUNCEMENTS

- Elder of the month VG Lacey
- Please refrain from eating/drinking in the sanctuary.
- Please remember to support the renovation of LRC schools on your tithe envelope.
- Breakthrough Tuesday resumes on July 21, 2026 from 7:30 to 8:30 PM. The seven "I Am" statements of Jesus! Pastor Thomas will be presenting, "I AM The Bread of Life” (John 6:35)
- **SAVE THE DATE!** The ANFC Women’s Ministry is hosting a free spa day at the All Nations Fellowship SDA Church for women on Sunday, August 9, 2026 from 3 - 5:30 PM. Please scan the QR code to register. For questions please see Dawn Robinson.



- Have an announcement? Please send email to elders@anfisdac.org before 5PM on Wednesday.

JULY BIRTHDAYS & ANNIVERSARIES
BIRTHDAYS: Marty Scott (7/1), John Lacey (7/17), Dawn Robinson (7/22)
ANNIVERSARIES: Elder Aaron and Dawn Robinson (7/9)

REQUESTS FOR PRAYER & HEALING
William/Corvina Coleman, Caleb Bays, Dolly Robinson, Angela (Ron Tunis’ daughter), Michael Wright, Gabby Smith, Sade Carpenter (Osborne’s niece), Sophie Reyes (co-worker of Diane Wright), Jerome Atkins, Deb/Joyce Agard, Henrietta Collins, Maria/Michael Hartung, Bob (Fuchsia Campbell's nephew), Gloria Toscano, Dana, Spencer (Allison’s children), Shirley Matthews Akins, Nicole Pratts, Winston Family, Debbie Jones, Lacey Family, Fanchon Lewis, Nirayl Israel, Morawshaw Israel, Nancy Mandra (husband passed), Will Carter & David S. Phelps house. Baby Lucy (Darlene’s grand daughter), Vanessa and her family (Visitor from the Mystery Dinner), Bereaved families in the church. Pray for government and elected officials. Please remember to pray for all prayer requests mentioned during our Breakthrough Tuesdays worship hour.

The Not So Sweet Side of Sugar

Who doesn't like something sweet? We all do. In fact, sugar provides energy to the body. Sugar occurs naturally in all foods that contain carbohydrates, such as fruits and vegetables, grains, and so on. Consuming whole foods and plant foods that contain natural sugar is okay because these foods have high amounts of fiber, essential minerals, and antioxidants; and since the body digests these foods slowly, the sugar in them offers a steady supply of energy to our cells. In actuality, a high intake of fruits, vegetables, and whole grains have been shown to reduce the risk of chronic diseases, such as diabetes, heart disease, and some cancers. The problems occur when we consume refined sugar. That is, process sugar that food manufacturers add to products to improve taste and extend shelf life. Foods rich in refined sugars are often heavily processed and they contain virtually no vitamins, minerals, protein, fat, fiber, or other beneficial compounds.

In the American diet, the top sources of refined sugar are sodas and fruit juices, energy drinks, flavored yogurts, cereals, cookies, cakes, pastries, candy, and most processed foods. But refined sugar is also present in items we may not think of as sweetened, like soups, bread, cured meats, and ketchup. In a study published in 2014 in JAMA Internal Medicine, an association was found between a high-sugar diet and a greater risk of dying from heart disease. Over the course of the 15-year study, people who got 17% to 21% of their calories from refined sugar had a 38% higher risk of dying from cardiovascular disease compared with those who consumed 8% of their calories as added or refined sugar. The higher the intake of refined sugar, the higher the risk for heart disease. Refined sugar leads to osteoporosis because it leaches calcium from the bones.

Like tobacco and alcohol, sugar acts on the brain to encourage subsequent intake. Specifically, refined sugar dampens the suppression of the hormone ghrelin, which signals hunger to the brain. It also interferes with the normal transport and signaling of the hormone leptin, which helps to produce the feeling of satiety. And it reduces dopamine signaling in the brain's reward center, thereby decreasing the pleasure derived from food and compelling the individual to consume more.

How Refined Sugar Affects the Body: Causes blood sugar levels to rise rapidly, increase inflammation, contribute to weight gain, lead to insulin resistance over time, contribute to fatty liver disease, impact cholesterol levels and may be linked to Alzheimer's disease.

Your body is God's Temple. What goes inside of it matters. Let's take good care of it!

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**

ANF RECURRING EVENTS

- Sabbath School is at 9:45AM in the ANF sanctuary and via Zoom.
 - **Zoom ID:** 945 6406 8099; **Passcode:** ritBb4
- "Breakthrough Tuesdays" is every Tuesday of the month (except the 2nd Tuesday) at 7:30PM and remotely via Zoom.
 - **Zoom ID:** 960 9135 6728; **Passcode:** 7
- Health Meetup is every 2nd Tuesday at 6:45PM via Zoom.
 - **Zoom ID:** 865 6085 9283; **Passcode:** 3700

ANF LEADERSHIP

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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.

Sabbath School 9:45 AM

Divine Hour 11:15 AM

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