

“The Cord”

Psalms 62:5-8

Recap of Sermon on August 8, 2026

Pastor Darlene Thomas began the sermon by informing the congregation that God is a law keeper. One spiritual law that is often overlooked is the law of expectation. The premise of this spiritual principle is that people eventually experience what they expect, whether those expectations are negative or positive. Expecting a bad day can result in having a bad day, while expecting God's favor positions believers to experience what God has promised. Biblical expectation, however, must have a valid foundation in Scripture, rather than being based merely on personal desire.

Pastor Thomas identified three primary foundations of positive expectations.

1) **The character of God**

God is faithful, loving, trustworthy, and desires good things for His people. Believers should, therefore, base their expectations on who God is and what His Word says, rather than on circumstances, people, places, or things. Renew your mind according to God's truth and claim His promises.

2) **The track record of God**

God's faithfulness in Scripture is shown in the lives of others, and also in believers' own experiences. Remembering past miracles, blessings, deliverance, and answered prayers builds faith that God can do again what He has already done. Sharing testimonies also strengthens the expectations of those who hear them.

3) **The Word of God**

Paul survived the storm in Acts 27 because his confidence rested on what God had spoken. Scripture contains thousands of promises that give believers reasons for great expectations. Let God's Word shape your thoughts, words, and actions.

However, expectation involves waiting. Psalm 62 teaches that expectation comes from God, while Psalm 27 calls believers to wait on the Lord. Biblical waiting is not passive; it involves faith, readiness, obedience, and dependence on God. Attempting to accomplish God's purposes independently can bring consequences and forfeit your blessings. The Hebrew word *tigva*, translated as “expectation,” is connected to the idea of a cord or attachment. Pastor Thomas used this image to call believers to attach, bind, and fasten themselves to Jesus, making Him their rock, refuge, and source of expectation.

Call to Action: Attach yourself to God, trust Him at all times, and expect Him to fulfill His purpose in His time.

ALL NATIONS FELLOWSHIP SDA CHURCH

Order of Service

August 15, 2026 11:15AM



Opening Song ----- Michael Hartung

Welcome & Announcements-----Jaden Robinson

Opening Prayer ----- Ron Harlan

Song of Praise ----- ANF Praise Team

Health Nugget ----- Serena Scott

Tithes & Offering ----- Aaron Robinson

Intercessory Prayer ----- Pastor Darlene Thomas

Special Music ----- Ron Harlan / Praise Team

Scripture Connection

Genesis 2:1–3; Psalm 23:1–3; Matthew 11:28–30

Ameerah Moore, Gabrielle Moore, Aubree Moore

Sermon ----- Perspectives Team

“Where’s The Love in the 4th Commandment”

Michael Campbell, Aveegayil Lacey,

Alisha Denis, Shalom Mascarinas

Closing Remarks – Michael Campbell, Jaden Robinson

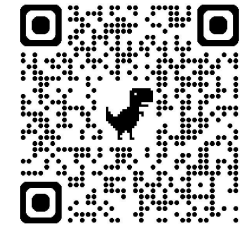
Benediction ----- Ron Harlan

Fellowship Meal

Rest Museum - Gallery Walk

ANNOUNCEMENTS

- Elder of the month Michael White
- Please refrain from eating/drinking in the sanctuary.
- Please remember to support the renovation of LRC schools on your tithe envelope.
- October 24 – ANF Children’s Day
- August 22 – RightNow Media Launch
- Breakthrough Tuesday August 4, 2026 from 7:30 to 8:30 PM. The seven "I Am" statements of Jesus! Elder VG will be presenting, "I AM The Good Shepherd” (John 10:11) on August 18, 2026
- Join the **ANF Pave The Way Campaign**, a special fundraising initiative dedicated to improving and paving our church parking lot. Scan the QR Code and help us prepare the way for continued ministry, fellowship and service.
- Have an announcement? Please send email to elders@anfisdac.org before 5PM on Wednesday.



AUGUST BIRTHDAYS & ANNIVERSARIES

BIRTHDAYS: Calvin Vance (8/9)

ANNIVERSARIES: John and Elder VG Lacey (8/9)

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 Tuesday worship hour.

Ten Basic Principles of Health

1 - Regularity in meals

. Do not eat them early or late but maintain a regular schedule. Your stomach is used to eating at certain times each day.

2 - Relax and eat slowly

. If you are too rushed to eat, then do not eat. Do not be hurried, anxious, worried, fatigued, or angry.

3 - Chew your food well

. You will derive far more energy out of less food, if you do this.

4 - Do not eat too many things at a meal

. Three or four items are all you need.

5 - Avoid peculiar additives

, such as artificial colors (Red 40, Yellow 5), artificial sweeteners (Aspartame), preservatives (BHA, BHT, Potassium Bromate, Sodium Nitrite), MSG, High Fructose Corn Syrup, Carrageenan, monosodium glutamate, etc. They only upset your stomach, slow digestion.

and are linked to hyperactivity, allergic reactions, gut inflammation, cancer risks, hormone disruption, and other health related issues.

6 - As a rule

, eat your fruits at one meal and vegetables at another. Acid fruits (such as citrus) can be eaten with either.

7 - Greens have more compacted vitamins and minerals than other type of food

. Eat them regularly.

8 – Seaweeds.

They are the only rich source of trace minerals.

Seaweeds are nutrient-dense marine vegetables packed with minerals (especially iodine for thyroid health), vitamins, fiber, antioxidants, and omega-3s, offering benefits for gut health (prebiotics), heart health, blood sugar control, and immune function.

9 - Blackstrap molasses

is the only very rich source of iron. It is also a very rich source of choline and inositol; the two B vitamins used in the largest quantities.

10 - The best pattern

is to rest before the meal, and walk around after it, not vice versa.

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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