

“Where Is the Love in the 4th Commandment?”

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

Recap of Perspectives Presentation on August 15, 2026

Elder Michael Campbell started the service by asking an important question: **If God is a God of love, where is the love in the 4th Commandment?** This was followed by responses from Elder Aveegayil Lacey, Elder Michael Campbell, Alisha Denis, Jaden Robinson, and Shalom Mascarinas. However, the overarching response was that the Sabbath itself is an expression of God’s love. God did not create the Sabbath to place another burden on exhausted people. Instead, He gave humanity a designated time to stop, rest, and remember Him. In a world where people are constantly busy, connected to devices, and entertained, many have forgotten how to experience genuine rest. The Sabbath is, therefore, God’s loving invitation to pause and receive spiritual, physical, emotional, and social renewal.

Three important words in the commandment were highlighted: **remember, rest (stop), and holy (set apart)**

Remembering the Sabbath involves intentionally making time for “the Lord your God.” **Rest** or Shabbat, means ceasing from ordinary work and releasing the constant pressure to perform. The Sabbath is **Holy** because God set apart time itself. God took the one thing (time) that is evenly distributed and gave it to everyone. So instead of saying, “I keep the Sabbath,” Christians might better understand it as, “I receive the Sabbath.” This perspective reveals God’s love because He understands humanity’s need to stop before exhaustion takes control.

From a medical and emotional perspective, it was noted that God designed the human body to require rest. The body has a natural daily rhythm and a seven-day biological rhythm connected to changes in areas such as blood pressure, stress, hormones, and immune function. Also, restorative rest is important for brain function. Without adequate rest, people may experience brain fog and impaired thinking.

Finally, the Sabbath extends God’s love beyond the individual. God commands the children, servants, foreigners, workers, and even animals to rest. Also, the love in the Sabbath is that God cares enough to give everyone permission and protection to stop, recover, and be renewed.

Call to Action:

Choose to receive this commandment as God’s gift of love.

ALL NATIONS FELLOWSHIP SDA CHURCH

Order of Service
August 22, 2026 11:15AM



Opening Song ----- ANF Praise Team

Welcome/Opening Prayer ----- Elder Glen White

Song of Praise ----- ANF Praise Team

Health Nugget ----- Elder Michael Campbell

Tithes & Offering ----- Video

Intercessory Prayer ----- Elder Michael White

Special Music ----- Video

Sermon ----- Elder Oneil Bryson
“Mama! Dada! Somebody! Save Me...”
1 Kings 3:16-21

Benediction ----- Elder Michael White



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.
- August 22 – ANF Church is excited to introduce **RightNow Media**, a powerful digital library designed to help you and your family grow in faith throughout the week! **Scan the QR code below** to access RightNow Media and begin exploring resources selected to help our ANF Church family learn, grow, and stay connected to Christ.
- Breakthrough Tuesday August 25, 2026 from 7:30 to 8:30 PM. The seven "I Am" statements of Jesus! Elder Aaron will be presenting, "I AM The Resurrection and The Life" (John 11:25)
- Perspectives team is seeking volunteers for 2026 Christmas Play. If interested, please reach out to Jackie A, Ricky, Ron H, or Michael C for details.
- Have an announcement? Please send email to elders@anfisdac.org before 5PM on Wednesday.



AUGUST BIRTHDAYS & ANNIVERSARIES

BIRTHDAYS: Calvin Vance (8/9), David White (8/25)
ANNIVERSARIES: John and Elder VG Lacey (8/9), Glen & Sheila White (8/31)

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.

Health & Longevity: Keys Principles for a Longer, Vibrant Life!

Longevity simply refers to long life. While genetics play a role in longevity, lifestyle choices such as diet, exercise, stress management, and social connections have a much greater impact on how long and how well we live. Many studies on Blue Zones (regions where people live exceptionally long lives) show that factors like eating mostly plant-based foods, staying physically active, maintaining strong social ties, and having a sense of purpose contribute to longevity. By making conscious choices like eating nutrient-dense foods, exercising regularly, managing stress, and getting enough sleep, we can greatly improve both lifespan and health-span. What you eat has a direct impact on the cells in your body, which in turn, has an impact on longevity. Eating healthy directly impacts our cells and longevity. Nutritious foods provide energy, support immune function, and help repair cells, while unhealthy diets high in sugar, processed foods, and unhealthy fats increase the risk of diseases like diabetes, cancer, and cardiovascular issues. A plant-based diet is linked to a longer lifespan. It focuses on vegetables, fruits, nuts, whole grains, and legumes while limiting red and processed meats.

Exercise is a powerful factor in promoting longevity. Regular physical activity helps keep the body strong, improves cardiovascular health, and boosts immune function. It also helps maintain a healthy weight, reduce the risk of chronic diseases like diabetes, heart disease, and cancer, and even slows down the aging process by keeping muscles and joints flexible. Exercise also promotes better sleep and enhances cognitive function, reducing the risk of age-related mental decline such as dementia. Research has shown that moderate to vigorous physical activity, like brisk walking, cycling, or strength training, can significantly extend life expectancy. Even small amounts of exercise such as 30 minutes of activity a few days a week can make a big difference. The key is consistency and finding enjoyable activities to stay active over time.

Sleep plays a crucial role in longevity. Getting enough quality sleep allows the body to repair itself, support brain function, regulate hormones, and strengthen the immune system. Consistent, restorative sleep also helps manage stress, maintain a healthy weight, and lower the risk of chronic conditions like heart disease, diabetes, and high blood pressure.

Three Easy Action Plan:

- 1. Prioritize whole, plant-based foods over processed ones
- 2. Exercise regularly
- 3. Get proper amount of sleep daily

“Long life is in her right hand; in her left hand are riches and honor.” - **Proverbs 3:16**

“The fear of the Lord adds length to life, but the years of the wicked are cut short”. - **Proverbs 10:27**

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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