


Health Ministries

 Sustained by the Source of Life

Just as Paul's life was protected because God is the source of life (Acts 28:5), our health and well-being depend on staying connected to the One who gives us life. God created our bodies to thrive, and He calls us to care for them as a temple of the Holy Spirit (1 Corinthians 6:19-20).

Being "alive" in God's plan includes taking steps to sustain physical, mental, and spiritual health:

- Nourish your body: Choose whole, plant-based foods, drink plenty of water, and get regular exercise.
- Rest and recharge: Adequate sleep and Sabbath rest help restore strength for life's challenges.
- Protect your spirit: Prayer, Bible study, and fellowship keep your heart and mind aligned with God.

Healthy Tip of the Week: Try this simple, nutrient-rich dish to refresh your body and honor God's gift of life:


Vegan Lentil & Veggie Stew

- 1 cup lentils, rinsed
- 2 cups vegetable broth
- 1 carrot, diced
- 1 zucchini, diced
- 1 small onion, chopped
- 1 tsp garlic, minced
- 1 tsp thyme or rosemary
- Salt and pepper to taste

Instructions:

1. Sauté onion and garlic until fragrant.
2. Add lentils, broth, and veggies.
3. Simmer 25–30 minutes until lentils are tender.
4. Season with herbs, salt, and pepper. Serve warm.

Remember, God wants us alive and thriving—not just surviving. By caring for the body He gave us, we honor Him and remain ready to follow wherever He leads.

 Presented by the Health Ministry Department
Montgomery First Seventh-day Adventist Church



**Prayer Requests
Update Information
Need Help!**



CONTACT US:
PASTOR DWAYNE CAMPBELL
334-273-5835 / 269-210-1929
email: dcampbell@gscsda.org

HEAD ELDER BOYD STEPHENS
334-657-7364
email: bstephens@netelysis.com

**HEAD DEACON EVERETT
COCKRELL**
334-865-7675
email: ecockrell@gmail.com



Seventh-day
Adventist Church
Gulf States Conference
www.gscsda.org



**Montgomery First
Seventh-day
Adventist Church**

January 3, 2026



**Sabbath Sunset 4:47 pm
Next Friday Sunset 4:51 pm**

Pastor Dwayne Campbell

4233 Atlanta Hwy,
Montgomery, AL 36109
(334) 277-4164
montgomeryfirstoffice@gmail.com

WE MEET REGULARLY!

- **Morning Devotion** (M-F) 4:00 a.m. Dial in at 1-667-770-1429 + Code 710197.
- **Prayer Call** (M-W-F) 7:00 a.m. Call 334-694-1160.
- **Elder Boyd's Bible Study** (Mon) 5:30 p.m. Call 888-913-7451.
- **Prayer Meeting** (Wed) 12:30 p.m. In person at the church or call 334-694-1160. Changes are announced.
- **Recharge Wednesday** on Zoom at 7 p.m. Meeting ID: 997 7736 9982 or call 1-309-205-3325 + ID 997 7736 9982.
- **Sabbath Vesper** (Fri) 7:00 p.m. Zoom at 7 pm. Join link: [Zoom.com +840 2163 8473](https://zoom.com/join/84021638473) or call 1-646-931-3860 + 840 2163 8473
- **Sabbath Potluck**
 - January- 2nd & 4th sabbath
 - Starting February 2026, potlucks will be on the 1st & 3rd Sabbath of the month. Any changes will be announced.
- **Pathfinder/Adventurer Clubs Meeting** - Meetings will be announced.
- **GriefShare: Winter Break until March** (Sun) 8 a.m. CST - Zoom Meeting ID 997 7736 9982 or call 1-309-205-3325 + ID 997 7736 9982.



 **We're on the Web!**

- montgomeryfirstal.adventistchurch.org
- www.griefrecoverysteps.com

 **We're On Facebook!**

- Montgomeryfirstsda - Church News
- Montgomeryhealthministry - Health & Recipes
- Montgomeryfirstchildrensministry - 4 Kids
- Grief Support GriefShare Fellowship

Shaken Off, Still Standing

Scripture: “But Paul shook the snake off into the fire and suffered no harm.” — Acts 28:5 (NIV)

Paul’s moment on the island of Malta reminds us that life does not come from our circumstances, our strength, or our plans—it comes from God alone. A deadly viper fastened itself to Paul’s hand, and all eyes watched, expecting his life to fade. Instead, Paul simply shook it off and kept moving. Why? Because his life was anchored in the One who is the true source of life.

When God is our source, what threatens us does not define us. When God sustains us, what tries to drain us cannot destroy us. Paul lived because God still had purpose for him. His breath, direction, and protection came from the Lord.

To truly be alive is not just to exist—it is to depend fully on God and to go wherever He leads. Sometimes God leads us through unfamiliar places, difficult seasons, or unexpected trials. Yet, if we remain connected to Him, we can shake off fear, discouragement, and doubt, and continue walking forward in faith.

Today, let us remember: life flows from God. Stay connected to Him. Stay responsive to His voice. And when challenges attach themselves to you, shake them off and keep going—because God is not finished leading you yet.

Prayer:

Lord, You are the source of our life and strength. Help us to trust You fully, remain connected to You, and follow wherever You lead. Teach us to shake off anything that threatens our faith and to walk boldly in Your purpose. Amen.

Elder In Charge: Chris Daniel

Vesper Leader: Brian Halley

Pianist: Mr. Dimitri Swaby

Praise Leader: Corene McNorton

Deacons on Duty: Sam Serrano, Greg Norris,


John Walker, TBD

Greeter: Furlonia & Justin Davis

GriefShare: Winter Break

CHURCH AT STUDY- 9:30 a.m.

Sabbath School Message Ivonne Norris
The Truth About Angels
Worship Song On the Screen
Holy Holy Holy Is What The Angels Sing
Prayer Ivonne Norris
Sabbath School Classes - 9:50-10:50 a.m.
Church at Study Boyd Stephens

Lesson 1
Persecuted *but* Not
Forsaken




13th Sabbath Program

Beginners Class - Special Music & Verse
Primary Class - Reading
Youth Class - Promotion

CHURCH AT PRAISE - 10:55 a.m.

Welcome & Announcements
Pastor’s Welcome

SPECIAL ANNOUNCEMENTS

Donations Needed — Acts of Peace - Your support is needed! Don't hesitate to get in touch with Elder Bernell Mapp or any member of Acts of Peace for more information.

10 Days of Prayer will begin on January 7-17th at 7 PM on Zoom.

Elders Meeting: January 6, 2026 at 5:30 PM on Zoom

Church Board Meeting: January 8, 2026, at 6:30 PM Hybrid

Sabbath School Quaterlies - Please see Karen Halley for Large Print Lessons.

Stay Tuned to our Next Evangelistic Series - Guest Speaker - Ron Smith, President of the Southern Union Conference

Adventist Screening - Are you currently a church leader or aspiring to be one? If yes, please visit our screening website to complete the free training offered for both the Children’s Safety and Bloodborne Pathogen Certification. For more information, please visit <https://www.nadadventist.org/asv> or contact Mike Gates or our church administration.

Stay Connected - Subscribe on our website to receive newsletters, emails, and important announcements.




CHURCH AT WORSHIP - 11:00 a.m.

Call to Worship *In Christ Alone* Praise Team
Invocation Pr. Dwayne Campbell
Children’s Ministry Offering and Song
Children's Time Donna Campbell
Worship in Giving Chris Daniel

Systematic Benevolence

Give Thanks with a Grateful Heart

CHURCH BUDGET & COLLECTIONS

Church Fund	Monthly Goal	Collected (DEC)	
Church Budget	\$6,500.00	\$9,455.65	
	Total-to-date	Collected (DEC)	Balance (11/30/2025)
Building Remodel	\$193,829.86	\$439.00	\$203.60
LCDF Conf Loan (5%)	\$100,000.00	@Oct 2026 Pmt.	\$16,143.06
SURF Union Loan (6%)	\$60,000.00		\$36,818.25
Loan Payments now due	\$1,445.60	LCD - \$985.60	SURF - \$460.00
Project/Event	Goal	Collected	Match-able
*Gym A/C Units	\$17,000.00	\$13,864.72	\$4,791.25 

CHURCH AT WORSHIP - 11:30 a.m

Worship in Praise Praise Team
We’ve Come This Far By Faith
How Great Is Our God ... How Great Thou Art.

Call to Prayer Cast All My Cares Praise Team
Worship in Prayer Chris Daniel

Scripture Reading Abigail Serrano
Acts 28:1-5 NKJV

Worship Meditation Praise Team
“Praise to the Lord” – SDA Hymnal #01

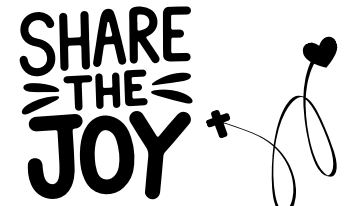
Sermon Pr. Dwayne Campbell
Bitten but Still Alive

Worship in Response Praise Team
“When We All Get to Heaven” – SDA Hymnal #633

Benediction Pr. Dwayne Campbell

Please Wait to be Dismissed by Rows

“One More Time”



“Tell how much the Lord has done for you.” – Mark 5:19
Joy is meant to be shared! When God blesses us, He invites us to pass it on—to be a light, a friend, and a witness.

This week, share His joy by:

- *Inviting someone to church*
- *Sharing a testimony*
- *Praying for a friend*
- *Encouraging someone with Scripture*



Joy multiplies when we share it. Let’s spread it!



NEXT SABBATH WORSHIP TEAM

JANUARY 9-11

Elder in Charge: Cynthia Bush
Vespers: Cynthia Bush
Sabbath School Message: Cynthia Bush
Children’s Story:
Offering & Giving Focus:
Elder/Prayer Call: Cynthia Bush
Scripture Reading: Matthew Ware
Speaker: Brian Halley
Praise Team Leader: Corene McNorton
Deacons on Duty: Everett Cockrell, Milton Ganier, Lovell Wooley, Bill Bolen
Greeter: Petra Parker
GriefShare: Winter Break
Church Potluck: Lesby Jackson & Team

