

Health Ministries

Walking with Jesus — Healthy in Body, Mind, and Spirit

This special Sabbath, as we celebrate World Adventurer Day and the joyful Investiture Service of our Adventurer and Club Ministries, we are reminded that Jesus calls every child to grow strong—not only spiritually, but physically, mentally, and emotionally as well.

The Adventurer pledge teaches children to “walk with Jesus,” and one of the best ways we walk with Him daily is by caring for the bodies God has entrusted to us. Healthy habits formed in childhood often become lifelong blessings. Encouraging our children to eat nourishing foods, stay active, rest well, spend time outdoors, and trust in God helps build strong foundations for a Christ-centered life.

Children’s Health Challenge of the Week

This week, Adventurers and children are invited to complete the “Walk with Jesus Health Challenge”:

- ✓ Drink more water instead of sugary drinks
 - ✓ Eat at least one fruit and one vegetable each day
 - ✓ Spend 30 minutes being active outdoors
 - ✓ Pray and read one Bible verse with your family each day
 - ✓ Get to bed on time for healthy rest
- Parents, encourage your children to share which challenge they completed this week!

“And Jesus increased in wisdom and stature, and in favor with God and man.” — Luke 2:52

Happy World Adventurer Day and congratulations to all those participating in today’s Investiture Service!

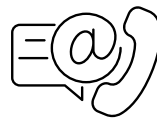
Presented by the Health Ministry Department
Montgomery First Seventh-day Adventist Church



SCAN ME



*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

May 16, 2026



Sabbath Sunset 7:36 pm
Next Friday Sunset 7:40 pm

Pastor Dwayne Campbell

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

WE MEET REGULARLY!

- **Morning Devotion** (M-W-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** will be in person and on Zoom at 6 p.m. Meeting ID: 997 7736 9982, or call 1-309-205-3325 with ID 997 7736 9982.
- **Sabbath Vesper** (Fri) 7:00 p.m. Join link: [Zoom.com +840 2163 8473](https://zoom.com/join/84021638473) or call 1-646-931-3860 + 840 2163 8473
- **Sabbath Potluck**
 - Potlucks will be on the 1st & 3rd Sabbath of the month. Any changes will be announced.
- **Pathfinder/Adventurer Clubs Meeting - Every 1st and 3rd Sabbath at 2:30 PM - 4:30 PM.**
- **GriefShare:** (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!

FOLLOW US

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

