

MORNING WORSHIP

Giving Thanks Always

“Giving thanks always for all things unto God and the Father in the name of our Lord Jesus Christ.” (Ephesians 5:20)

There are times when you must speak with all the sternness of an Elias. There are proper seasons when there must be no holding back of the most terrible truth. But for all that, let the general current of your life, the natural outflow of your entire being, be a thankfulness to God which makes you loving towards men. I am sure in this way, when you come to speak of Jesus, you will get a more attentive ear, and when you tell your experience, you will recommend the Gospel by your own conversation.

Beloved, I pray the Lord give us evermore a thankful spirit, and when we talk to each other, let it not be our habit as it is ordinarily with Englishmen—to complain of this and of that, but let us thank God and testify of His goodness.

Charles Spurgeon

Order of Worship

Full Life Family Ministries

Eld. Paul L. Berry, Pastor

Timothy Hinkle, Minister

FLFM



FULL LIFE FAMILY MINISTRIES

Giving Thanks Always



February 8, 2026

Devotion

Praise and Worship

Morning Message

Pastor Paul

Altar Call

Acknowledgements

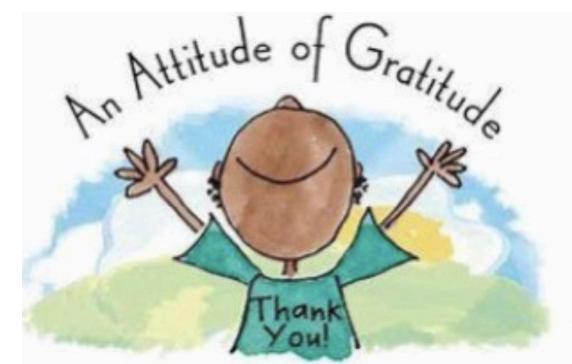
Announcements

Benediction

Statement of Faith:

We believe the Scriptures to be the inspired Word of God, the complete revelation of His will for the salvation of men through Christ Jesus, and the Divine authority for all Christian faith and life,
II Timothy 3:6-17; II Peter 1:19-21.

Ephesians 5:20



Healthy Living

Oregano Oil (Oral)

Oregano (*Origanum vulgare*) is a plant with olive-green leaves and purple flowers. The oil it contains is called oregano oil. This is extracted and sold as an over-the-counter (OTC) supplement in pill, capsule, or liquid form. Always talk with a healthcare professional before starting a new supplement.

Let's take a closer look at what the science shows about oregano oil's reported benefits.

- **May improve digestive health**
- **May have an antibacterial effect on skin**
- **May lower inflammation**
- **May lower cholesterol and help prevent diabetes**
- **May help with pain management**
- **May help with weight loss**
- **May have anti-cancer activity**
- **May help fight yeast infections**

What are the side effects and risks of oregano oil?

The reported side effects are generally mild. When taken by mouth, the most common ones are upset stomach and diarrhea, allergic reaction, counter with certain medications, and not recommended for people who're pregnant or nursing.

<https://www.goodrx.com/well-being/supplements-herbs/oregano-oil-benefits>



Sunday School 10:00 am
Morning Worship 11:30 am
Children's Church 11:30 am
Wednesday Prayer 6:00 pm
Wednesday Bible Study 7:00 pm
Services can be accessed via Zoom.

- Choir Rehearsal immediately following service.
- Group Therapy - 2nd Sunday of each month @ 2pm; Next meeting: February 8th.

Mission Statement:

To build, in Christ, a church of Love whereby working together for the unity, edification, discipline, and encouragement of believers, we might grow into our Lord, Jesus Christ's image, and have a full life in Him.

"The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full."

John 10:10

Full Life Family Ministry
80 West Lee Street; (240) 347-2259



Prayer List:

Christine's Mom (God's Healing & Comfort)
Raven McCall
Sis Margo (Health)
Leslie Chaney and Family
Kristi (God's healing and ministering)
Lloyd Ewer (Health)
Debbie Bankus (Health)
Joshman Simington
Evelyn (Linda's sister)
Audra (Min Tim's Sister)
Ann Drakeford (Sunshine's Mom)
Mrs. Dannisa Hart (Wife of Rita's Pastor)
Mary Stover (Potomac Towers)
Pamela Waters (Lenore's Aunt)
Tony Blair and Son (Lenore's Cousin)
Patrice Berry (God's Protection)
Yolanda Merkel (Health)
Beverly Higgins-King (Health)
Rosa Miller (Health)
Princess Daniel Losing Mother (Mental Health)
Jackie (Prince's Mom - Healing from Cancer)
Sheresa (Housing)
Mary (Cynthia's Aunt - Health)
Betsy Broadus (Healing)
Earl (Sunshine's Brother - Healing)
Julie Grace (Healing from Cancer)
Debbie Hartman ((Health)
Dennis Goree, Sr. (Health)
Caleb Goree
Bishop Hayden (Health)
Teams Miner (Healing)
Parson Family (Grieving)
Heather Saunders (Health)
Alonso (Marcia's little nephew)
Lorpur and Family (Grieving)
Max-Julian Andrew Smith (Healing)

We will have communal prayer on Zoom, at 6pm, on Wednesday for anyone who would like to join.