

MORNING WORSHIP

Let It Alone!

“And we know that for those who love God all things work together for good, for those who are called according to his purpose..”— **Romans 8:28**

I do the best I can to keep things right, and then I leave them with the Lord. If the works are not his work, then let them go to pieces. If they are, then he will attend to them. I am an instrument in his hands, and as such I do the little I can do, and leave the rest to him. It is wonderful how smoothly things go when we trust them with the Lord. Our fidgeting and worrying contributes to the problem. If something gets between the wheels, they will not work, and I will tell you what that something is; It is our own finger, and when we feel the unbearable squeeze then a lesson is learned. Let's take our finger out, and let it alone. We know it's best to pray to God about it, and then put it on the shelf, and never take it down again. We may have come here with a heavy burden today. Throughout the preaching, the praying, and singing, we have laid down our load, or have not felt it, but just as soon as we get outside, we say, “I left my burden inside! Let me go get it; “and we feel it on our mind again, if not heavier. Beloved, this is not the way to trust God. The way to trust him is to cast your care on him altogether. “All things work together for good to them that love God.” Be sure that when you pass through the rivers they shall not overflow you, and through the fires, they shall not burn you. Be sure that as your days so shall your strength be. Be sure that God will bring you through, for he will deliver his people, out of all troubles, and give them a sure admittance into his eternal kingdom and glory. *Taken from the Charles*

Spurgeon Sermon Library (Metropolitan Tabernacle Pulpit Volume 55)

Order of Worship

Full Life Family Ministries
Eld. Paul L. Berry, Pastor
Timothy Hinkle, Minister

Let It Alone!



July 19, 2026

Devotion

Praise and Worship

Morning Message

Pastor Paul

Altar Call

Acknowledgements

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.



FULL LIFE FAMILY MINISTRIES

Let It Alone!



Romans 8:28

Healthy Living

Benefits of Lemons

Protects cells from damage

Lemons are a potent source of antioxidants, which our bodies need in order to reduce the harmful effects of oxidative stress. Oxidative stress damages your cells and organs, and plays a part in the development of many chronic diseases, like:

- Alzheimer's disease
- Cancer
- Diabetes
- Heart disease
- Premature aging

According to Zumpano, eating a diet that's rich in antioxidants helps keep damaging free radicals in balance. Among the antioxidants found in lemons (many of which are in the peel) are:

- **Hesperidin:** This antioxidant, found in the peel and pulp, can help strengthen blood vessels and promote heart health.
- **Flavonoids:** This reduces inflammation, supports heart and brain health, and may even have anti-carcinogenic properties.
- **Quercetin:** Found in the peel, quercetin is best known for its cardiovascular benefits.
- **Lutein and zeaxanthin:** These carotenoids can be found in lemon juice. They're recognized for the role they play in eye health.

Lemon also do the following:

- Aid in Digestion
- Aid Iron Absorption
- Support Immune System
- Help prevent kidney stones
- Enhance Heart Health

<https://health.clevelandclinic.org/lemon-benefits>



Sunday School 10:00 am
Morning Worship 11:30 am
Children's Church 11:30 am
Wednesday Bible Study 7:00 pm

Services can be accessed via Zoom.

- Group Therapy - 2nd Sunday of each month @ 2pm; next meeting - July 12th.
- Women's Luncheon - August 1st; 2pm. Bring a summer dish and share the recipe.
- Church Clean-Up Day - July 25th; 9am-12pm. See the sign-up sheet on the board.
- VBS: August 19th - 21st; 6pm-7:30pm

**If you desire to be baptised,
Please see Pastor Paul.**

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
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Prayer List:

Raven McCall
Sis Margo (Health)
Leslie Chaney and Family (Health/Healing)
Kristi (God's healing and ministering)
Lloyd Ewer (Health)
Debbie Bankus (Health)
Joshman Simington
Evelyn (Health)
Audra (Health)
Ann Drakeford (Health)
Mrs. Dannisa Hart (Healing)
Mary Stover (Healing)
Pamela Waters (Health)
Tony Blair and Son (God's Protection)
Patrice Berry (God's Protection)
Yolanda Merkel (Health)
Beverly Higgins-King ()
Rosa Miller (Health)
Princess Daniel (New Employment/Home)
Sheresa (Housing)
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)
Twana Miner (Healing)
Parson Family (Grieving)
Heather Saunders (Health)
Alonso (God's Healing/Protection)
Lorpu and Family (Grieving)
Max-Julian Andrew Smith (Healing)
Rose Shatzer - (Strength)
Rahmihre - (Mental Health)
Raven Grant (Grieving)
Patricia Jackson (Health)
Matthew Welch (Military/Mideast)
Sharon Blair and Family (Bereavement)
We will have communal prayer on Zoom, at 6pm, on Wednesday for anyone who would like to join.