



the Vision

MONTHLY NEWSLETTER | FIRST BAPTIST
CHURCH OF SHALLOTTE | JANUARY 2024

How to Focus on Spiritual Fitness in 2024

Every new year is exciting! Flipping the calendar provides opportunities to review how we are doing in key areas of life, and then ignites a desire to set goals to improve in those areas.

That's why gym memberships mushroom in January. For lots of people, personal health and losing weight is the priority in the new year.

But *Runner's World* magazine says we should pause before we launch into a new diet or routine. According to them, how we think about our health matters more than what we do about our health.

That is to say, in the new year many people begin a fitness regimen because they want to lose weight. Instead, in a 2021 article, the writers encourage us to adopt a new perspective and to focus on fitness rather than weight loss.

In fact, the writers provide evidence that focusing on our overall fitness produces better long-term results than simply

changing our diet. Research shows that people who focus on dieting tend to fall into a "yo-yo dieting pattern," bouncing back and forth between weight loss and weight gain and feeling consistently frustrated.

On the other hand, research demonstrates that people who focus on fitness also tend to eat better and take better care of themselves overall.

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happy
NEW YEAR

Church Events

- Jan 1st — Office Closed
- Jan 3rd — New Disciplelife Classes Begin
- Jan 3rd — \$50 Centrifuge Deposit Due
- Jan 8th at 6:30-8:30pm — Ladies Ministry Meeting; Guest Speaker Debbie Keener of Samara's Village
- Jan 9th at 6:30-8:30pm — Men's Ministry Meeting; Speaker Rob Michel
- Jan 14th at 6:00pm — Quarterly Ministry Meeting

2024

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How to Focus on Spiritual Fitness in 2024

And that's true in our spiritual lives as well

That's not only true in our physical fitness but in our spiritual fitness as well.

For example, sometimes in the new year we recommit ourselves to church attendance. And that's a good thing! We should be in church for worship and fellowship!

However, focusing on church *attendance* is similar to focusing on a change in diet only. It may be good for us, but we tend to become yo-yo attenders. We do well for a while, then fall back into the old pattern of missing church, and we become frustrated with our failure to sustain our new commitment.

Clearly that doesn't promote overall spiritual fitness and may even hamper it. Instead, promoting and sustaining spiritual fitness should be our goal. If we do that, we will improve our attendance along with it.

So, as we go into 2024, I want to challenge you to focus on spiritual fitness. And there's one significant way you can do that: Join a D4 Pathway Group!

Why do we have D4 Groups?

"Social distancing" during the pandemic was a wakeup call. It reminded us that church attendance is not the same thing as discipleship.

In fact, the adjustments we made during the pandemic revealed that churches had focused so much on "attendance" that most Christians were woefully ill-prepared to live for Christ apart from being in church. And in a world that is becoming more and more hostile toward Christianity, and with the prospect of persecution in the future, we need to be prepared to live for Christ whether or not we can attend church weekly.

So, we created the D4 Groups.

Many of you participated in our first cycle of the D4 Groups in 2021 and 2022. We are starting another cycle in 2024, and I want to encourage you to sign up for this cycle. Here's what you need to know:

What is a D4 Pathway Group?

A D4 Group consists of four adults or youth growing as disciples together in a small group relationship. Each group has one "Paul" who leads the group and three "Timothys" who are in the group to be discipled (2 Tim. 2:2, 2:15). Men are with men and women are with women.

Each group meets weekly at a location that the group chooses and studies a book called *Connecting Faith to Life: A Discipleship Journey*. This book helps us focus on key biblical truths, answer core questions about our faith, learn doctrine, biblical history, how to study and apply the Bible, strengthen our walk with Christ, and how to share our faith. You'll get a big picture overview of the books of the Bible in their historical context.

The book guides the journey. It's a tool for spiritual fitness. But D4 Groups are not simply meeting to finish a book. D4 Groups grow in relationships together and build spiritual muscle as disciples of Jesus. That's the difference between a D4 Group and, say, a DiscipleLife course.

How long will it take?

Everyone asks that. How long is the study? How long will it take?

The simple answer is—I don't know. Sure, the book has 33 sessions, so you can count on at least 33 weeks. Some groups meet less than 33 weeks, others longer. Why? Because a D4 Group is not about the duration of the meetings or about finishing the book. It's about building muscle in your discipleship. And many groups continue to meet long after they complete the book.

See, when we ask, "how long will this take," we are focusing on results, not relationships. Have you ever noticed that when Jesus called the Apostles to follow Him, none of them asked, "How long will this take?" That's because they knew that answering the call to follow Christ was not a task to complete. It was a relationship for life. And it was about becoming more like Christ.

So let's focus on fitness

So, in 2024, I want to challenge you to focus on spiritual fitness rather than merely attendance. And one way to do that is to join a D4 Pathway Group. Sign up now, in person this Sunday or on our website at <https://www.firstbaptistshallotte.com/d4/>.

With Love in Christ,

Pastor Bob



King's Hill Church Boston

King's Hill Church Boston is a college student ministry. Jonathan Moseley is the teacher pastor who has a heart to reach the lost of Boston. Recently four college students became covenant members with King's Hill Church to God be the glory.

In January FBCS will be partnering with King's Hill through budgeted giving of \$500 a month and a King's Hill fund available online. Giving is

one aspect of partnering with King's Hill Church praying for the increase of souls in the kingdom of God is most needed. Thank you for praying and be looking for more news about King's Hill Church and a ministry that can touch the nations.



2023 Giving Statements

With 2023 in the rear view mirror, I wanted to provide a few updates for the new year.

The 2023 Contribution Statements will be emailed out by January 15, 2024. Anyone that would like a hard copy mailed instead of an email, please let me know by emailing finance@firstbaptistshallotte.com or calling the church office. If we do not have an email address on file, your statement will automatically be mailed.

If you have moved and changed your email address in the past year, please contact the office and provide the new information as soon as possible.

Also, don't forget to pick up your new giving envelopes for 2024 in the back of the Family Life Center.

Finally, there is now an online form to submit reimbursement requests and/or provide receipts paid for by a church credit card. Visit fbcsallotte.org/financial-form for more information.

I am looking forward to serving with you in 2024!

Kristy Couch
Financial & Promotions Manager

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NEW YEAR
2024

Deacon of the Week



TOMMY CARPENTER

(910) 200-5091
carpente2001@yahoo.com
Jan 7th-13th



KELLY HOLDEN

(910) 231-6053
seekellrun@atmc.net
Jan 14th-20th



JAMES BUFFKIN

(910) 279-5179
buffkins@atmc.net
Jan 21st-27th



VERNON ABNEY

(859) 358-4224
abney358655@gmail.com
Jan 28th - Feb 3rd

FIRST BAPTIST CHURCH OF SHALLOTTE

LOVE GOD. LOVE ONE ANOTHER. LOVE THE WORLD.

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Shallotte, NC 28470

910.754.4048
fbcshallotte.org

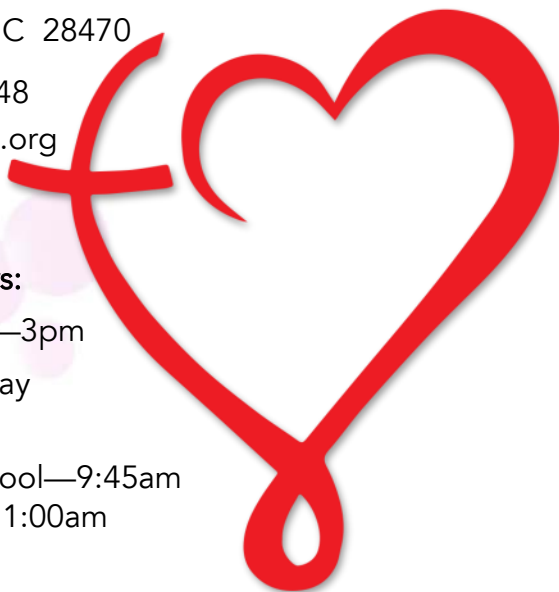
Office Hours:

M-Th 9am—3pm

Closed Friday

Sunday School—9:45am

Worship—11:00am



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Bible Reading Plan

With Daily Proverbs

1/1/2024	<input type="checkbox"/> Gen 1-3; Pro 1	1/17/2024	<input type="checkbox"/> Ex 3-5; Pro 17
1/2/2024	<input type="checkbox"/> Gen 4-6; Pro 2	1/18/2024	<input type="checkbox"/> Ex 6-8; Pro 18
1/3/2024	<input type="checkbox"/> Gen 7-9; Pro 3	1/19/2024	<input type="checkbox"/> Ex 9-11; Pro 19
1/4/2024	<input type="checkbox"/> Gen 10-13; Pro 4	1/20/2024	<input type="checkbox"/> Ex 12-15; Pro 20
1/5/2024	<input type="checkbox"/> Gen 14-16; Pro 5	1/21/2024	<input type="checkbox"/> Ex 16-18; Pro 21
1/6/2024	<input type="checkbox"/> Gen 17-19; Pro 6	1/22/2024	<input type="checkbox"/> Ex 19-21; Pro 22
1/7/2024	<input type="checkbox"/> Gen 20-22; Pro 7	1/23/2024	<input type="checkbox"/> Ex 22-24; Pro 23
1/8/2024	<input type="checkbox"/> Gen 23-26; Pro 8	1/24/2024	<input type="checkbox"/> Ex 25-28; Pro 24
1/9/2024	<input type="checkbox"/> Gen 27-29; Pro 9	1/25/2024	<input type="checkbox"/> Ex 29-31; Pro 25
1/10/2024	<input type="checkbox"/> Gen 30-32; Pro 10	1/26/2024	<input type="checkbox"/> Ex 32-34; Pro 26
1/11/2024	<input type="checkbox"/> Gen 33-35; Pro 11	1/27/2024	<input type="checkbox"/> Ex 35-37; Pro 27
1/12/2024	<input type="checkbox"/> Gen 36-39; Pro 12	1/28/2024	<input type="checkbox"/> Ex 38-40; Lev 1; Pro 28
1/13/2024	<input type="checkbox"/> Gen 40-42; Pro 13	1/29/2024	<input type="checkbox"/> Lev 2-4; Pro 29
1/14/2024	<input type="checkbox"/> Gen 43-45; Pro 14	1/30/2024	<input type="checkbox"/> Lev 5-7; Pro 30
1/15/2024	<input type="checkbox"/> Gen 46-48; Pro 15	1/31/2024	<input type="checkbox"/> Lev 8-10; Pro 31
1/16/2024	<input type="checkbox"/> Gen 49-50; Ex 1-2; Pro 16		