

PLEASE HELP US CREATE A DISTRACTION-FREE ENVIRONMENT DURING OUR WORSHIP SERVICES. IF YOU NEED TO LEAVE DURING KEY TIMES OF THE SERVICE, YOU MAY BE ASKED TO SIT IN THE BACK WHEN YOU RETURN. ALSO, WE ENCOURAGE YOU TO TAKE ADVANTAGE OF OUR AMAZING KIDS' CLASSES FOR CHILDREN, BIRTH THROUGH 5TH GRADE. WE REALLY WANT EVERYONE TO EXPERIENCE GOD'S BEST IN OUR WORSHIP SERVICES. THANKS!

WEEKLY EVENTS

SUNDAY SERVICE TIMES

9AM, & 10:30AM

MIDTOWNE STUDENTS

6-12TH GRADE | WEDNESDAYS | 6:00-7:30 PM
MEETS IN THE MILL. THIS IS A NIGHT OF FUN, AWESOME WORSHIP & A RELEVANT MESSAGE.

KIDSTOWNE | BIRTH-PRESCHOOL

SUNDAY | BOTH SERVICES
BIBLE STORIES, CRAFTS, MUSIC, AND FUN ACTIVITIES TO HELP APPLY THE LESSON FOR THE DAY!

KIDSTOWNE LIVE | K-5TH GRADE

SUNDAY | BOTH SERVICES
FUN GAMES, MUSIC, LIVE DRAMA, SMALL GROUPS AND CREATIVE TEACHING OF GOD'S WORD THAT HELPS THEM FIND AND EXPERIENCE GOD'S BEST.

OUR STAFF

DOUG PRUITT

LEAD PASTOR
501.258.2527 / DOUG@MIDTOWNECHURCH.COM

JOSH INMON

EXECUTIVE PASTOR
501.786.6555 / JOSH@MIDTOWNECHURCH.COM

SPECIAL KIDSTOWNE | K-5TH GRADE

SUNDAY | 9AM
REGISTER AT MIDTOWNECHURCH.COM/SPECIAL EACH SATURDAY BY NOON TO HELP US BEST SERVE YOUR CHILD.

SUPER KIDS | PRESCHOOL

WEDNESDAYS | 6:30-7:30PM
PRESCHOOLERS WILL LEARN GOD'S BEST THROUGH SONGS, GAMES AND BIBLE TEACHING THAT IS ON THEIR LEVEL.

ELEVATE | K-5TH GRADE

WEDNESDAYS | 6:30-7:30PM
KIDS WILL LEARN AND EXPERIENCE GOD'S BEST FOR THEIR LIVES THROUGH SKITS, SONGS AND GROUP ACTIVITIES!

CELEBRATE RECOVERY

FRIDAYS | 6:45PM: LARGE GROUP
A CHRIST-CENTERED RECOVERY PROGRAM.
FIND MORE INFO AT:
CELEBRATERECOVERY@MIDTOWNECHURCH.COM

AARON SEXTON

STUDENT MINISTRIES PASTOR
903.280.2891 / AARON@MIDTOWNECHURCH.COM

BROOK BUTLER

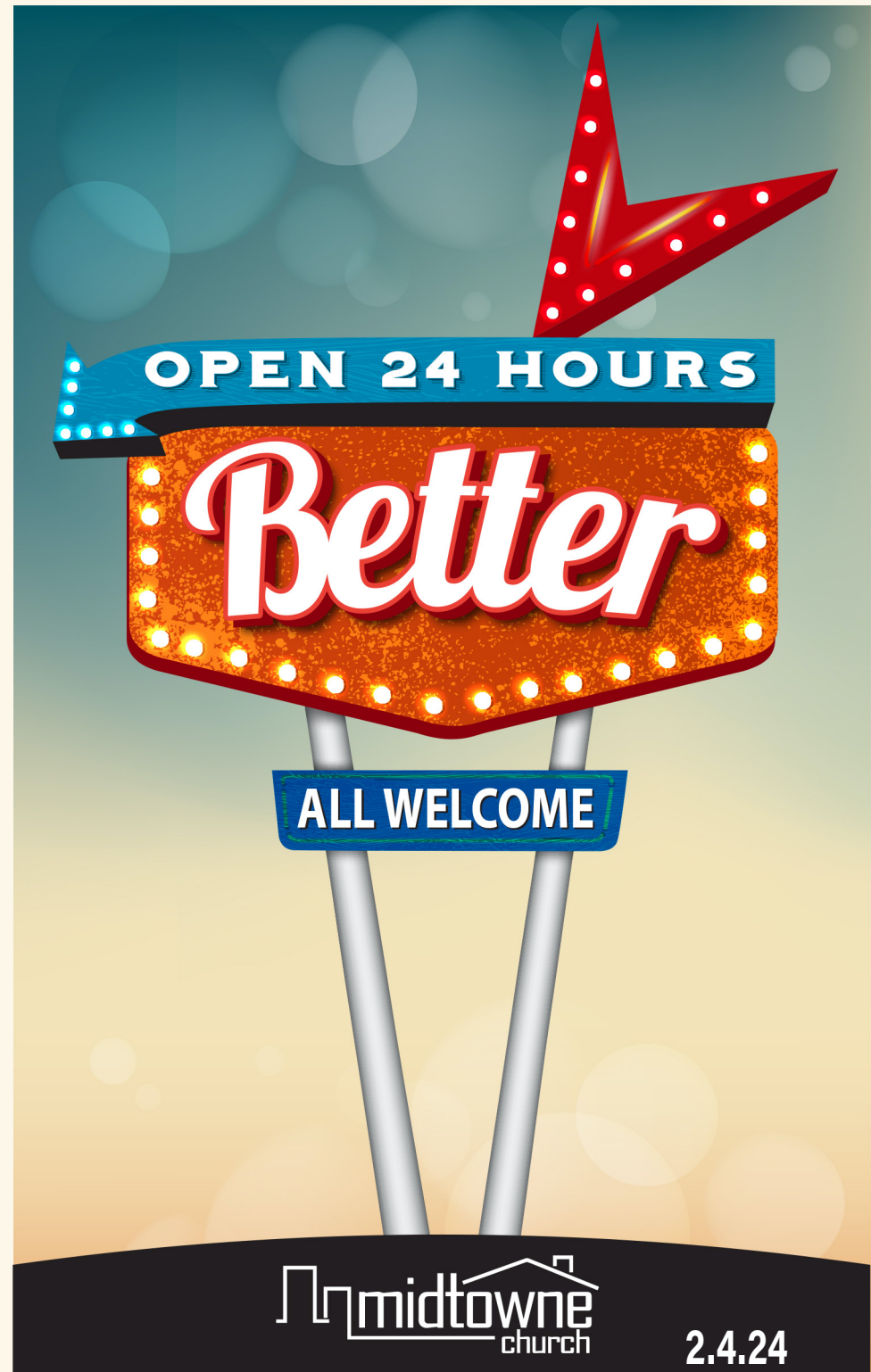
CHILDREN'S MINISTRY LEADER
501.416.2410 / BROOK@MIDTOWNECHURCH.COM

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TWITTER @MIDTOWNECHURCH

IG @MIDTOWNE_CHURCH

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BETTER HEALTH

1. Better _____ health.

A. Guard your _____.

Guard your heart above all else, for it determines the course of your life. Proverbs 4:23 NLT

Three Ways to Guard Your Mind

• _____ is _____

And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. Philippians 4:8 NLT

• _____ out the _____

So get rid of all the filth and evil in your lives, and humbly accept the word God has planted in your hearts, for it has the power to save your souls. James 1:21 NLT

• _____ the _____ with _____

Think about the things of heaven, not the things of earth. Colossians 3:2 NLT

B. Get some _____.

• Go to _____

The Lord says, "I will guide you along the best pathway for your life. I will advise you and watch over you." Psalms 32:8 NLT

• Get _____

The heartfelt counsel of a friend is as sweet as perfume and incense. Proverbs 27:9 NLT

• See a _____

Get all the advice and instruction you can, so you will be wise the rest of your life. Proverbs 19:20 NLT

The mouth of the godly person gives wise advice, but the tongue that deceives will be cut off. Proverbs 10:31 NLT



EXPERIENCE GOD'S BEST WITH OTHERS

ALL GROUPS MEET AT VARIOUS TIMES THROUGHOUT THE WEEK

COUPLES' GROUPS • WOMEN'S GROUPS • MEN'S GROUPS

For more information about Neighborhood Groups **check the box** on your connection card today **or** contact Josh at Josh@MidtowneChurch.com

the Landing™

CelebrateRecovery® for Students



Fridays @ 6pm

For More Info: (870) 834-0380

celebraterecovery@midtownechurch.com

A safe place for teens to process life, provide tools to help them, and point them toward the freedom found in Jesus Christ.

CELEBRATE RECOVERY

A CHRIST-CENTERED RECOVERY PROGRAM

Come and experience freedom from all of life's hurts, habits, and hang-ups through Bible based teaching, worship, and fellowship!



ONLY 1 IN 3 PEOPLE ARE AT CR FOR DRUG OR ALCOHOL ADDICTIONS

EVERY FRIDAY NIGHT: 6:00 Dinner • 6:45 Large Group • 7:45 Small Group • 8:45 Missing Piece Café

FOR MORE INFO EMAIL: CELEBRATERECOVERY@MIDTOWNECHURCH.COM

ARE YOU PRAYING?

PRAYERFUL

Devote yourselves to prayer with an alert mind and a thankful heart. Colossians 3:2



MINDFUL

Devote yourselves to prayer with an alert mind and a thankful heart. Colossians 3:2



THANKFUL

Devote yourselves to prayer with an alert mind and a thankful heart. Colossians 3:2



**ASK GOD TO SHOW YOU HOW YOU CAN HELP
MAKE OUR NEW BUILDING A REALITY**

BOYZ IN THE WORD

SUNDAYS

9AM-10AM

FOR 6-12TH GRADE BOYZ

IN "THE EDGE" 5TH GRADE ROOM

Email aaron@midtownechurch.com for more info



SUNDAYS

10:30-11:30AM

5TH GRADE STUDENTS

IN THE CLASSROOM UNDER THE MILL

brook@midtownechurch.com

HELPING MEN FIND & EXPERIENCE GOD'S BEST



MIDTOWNE MEN

FOR MORE INFO EMAIL: [MEN@MIDTOWNECHURCH.COM](mailto:men@midtownechurch.com)

UPTOWNE
girls
Midtowne Church
Women's Ministry

For More Info Email:
women@midtownechurch.com

2. Better _____ health.

A. Your body is a _____.

Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, for God bought you with a high price. So you must honor God with your body. 1 Corinthians 6:19-20 NLT

B. Don't _____ but _____ for _____.

Do not let any part of your body become an instrument of evil to serve sin. Instead, give yourselves completely to God, for you were dead, but now you have new life. So use your whole body as an instrument to do what is right for the glory of God. Romans 6:13 NLT

"Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come." 1 Timothy 4:8 NLT

SO WHAT?

And you must love the Lord your God with all your heart, all your soul, all your mind, and all your strength. Mark 12:30 NLT

God doesn't just want me to be _____.

He wants _____ for _____ of _____.

MAKE THE BEST OF IT

1. How would you describe a healthy life? What are some characteristics or qualities that make life healthy?
2. What is your opinion of the current state of mental health in our community?
3. What are some things that contribute to being unhealthy mentally?
4. Look back at the things we talked about in this message that can help people be mentally healthy. Which of those do you think are most helpful? What are some things that you need to add to your mental health?
5. Most of us would agree that majority of people are not very healthy physically. Why do you think that is?
6. Why do you think physical health is important to God?
7. What are some things you think are beneficial to physical health?
8. What is one specific thing you will start this week to help you get in better health?

Budget Needs: Weekly/YTD
General Fund: \$19,142.77/\$76,571.08
Land Fund: \$3,358.10/\$13,432.40
BackPack: \$784.03/\$3,136.12

Received: Last Week/YTD
General Fund: \$15,000.17/\$66,361.58
Land Fund: \$2,497.50/\$11,811.50
BackPack: \$1,010.00/\$5,705.00

MIDTOWNE U

CHRISTIANITY 101

What we believe about the Church, the Bible,
the Holy Spirit, and Salvation

BEGINS TODAY

10:30AM - Barn Door Room

text UNIVERSITY to 501-365-9556

Email gathright@fastmail.com for more info

INFO NIGHT

— AT THE CALL —

If you've ever wanted to learn more about
fostering, adopting, or volunteering - please
join us at our next open house to learn more!
The need is so great for foster families!

FEB. 5TH 6:30-7:30

2010 MILITARY ROAD BENTON, AR 72015



FORGED

HELPING MEN FIND AND EXPERIENCE GOD'S BEST.

Meets every Monday Night

6:00pm at Midtowne Church

text FORGED to 501-365-9556 to sign-up.

Coffee House

WOMEN AGES 18+

Sunday, February 18th
Come enjoy coffee with friends at
Midtowne Church, 6pm.
We are Better Together!



text COFFEE to 501-365-9556 to sign up

MIDTOWNE CHURCH

WE NEED YOUR HELP TO FEED

BACKPACK MINISTRY

FEEDING CHILDREN IN OUR COMMUNITY

→ TO ADOPT A KID TEXT "ADOPT" TO 501-365-9556

FOR MORE INFORMATION EMAIL
BACKPACKINFO@MIDTOWNECHURCH.COM

→ \$20 PER MONTH FEEDS ONE CHILD

OVER 500 KIDS

IN OUR COMMUNITY