

ASBURY CIRCUIT RIDER



All in (A new decade begins)

This Sunday is our kick-off for the Daniel Plan, and it is the last Sunday of the decade. In a few days, we will begin 2020. A new year and a new decade. What are your hopes for the next ten years? You all are at the top of my list. My hope is that everyone in our community will be healthier and have the energy and desire to take on the work of creating a vibrant community together. Are you all in?



I start with research when I prepare to write an article. I do the same for each Sunday's message. Our topic for this week is health? I have read at least a hundred articles and dozens of books about health. I am not fixated on health. But I know that God has called me to speak and write about health. I also know that God wants me to take care of my own health. And this is where I fall short. I often fail to find a healthy balance between what I do for others and what I do for myself. It's complicated. But I know that it does not have to be. So why make it complicated? Why can't I be all in?

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Emerge (The power of beauty emerging)

There are times when it can take days before a single verse of scripture rises above the rest to lodge in my spirit for a coming Sunday's message. I use a process of prayer, reading scripture, and reflection and this process became the emerging metaphor for this week. Imagine an early spring flower poking its head through a layer of snow, finding the sun, and sharing its beauty with the world. Like the flower, God's Word rises out of

the clutter and anxiety of my state of mind. Beauty overtakes the aftermath of violence just as the ashes of yesterday's dreams give way to new ideas.



I read another article this morning written by one of the doctors at Cleveland Clinic. It was more of a question and answer transcript. Here is how the article begins:

Poor lifestyle choices, such as smoking, overuse of alcohol, poor diet, lack of physical activity and inadequate relief of chronic stress are key contributors in the development and progression of preventable chronic disease including obesity, type 2 diabetes, mellitus hypertension, cardiovascular disease and several types of cancer.

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And so it has been since humankind first began sharing God's love for creation with others. A few sentences about beauty emerging recall a text from Isaiah. Like the flower bulb sensing that the days are getting longer even while it is covered by soil and snow, the light from above is pervasive. The flower's desire to share its beauty is inherent in what God created the flower to be. Anything less is oppressive.

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Volume 19 Issue 29

December 29, 2019

Special points of interest:

*** City of Flint Neighborhood Planning will be meeting in the Fellowship Hall on Tuesday, January 7th at 5pm.

*** Worship Design will be meeting on Monday, January 13th at 6pm in the Asbury Library.

*** Leadership Team will meet on Monday, January 20th at 6pm.

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Emerge (The power of beauty emerging) ...cont. from page 1

Anything more is God showing off, which God often does. The Lord seems to take great joy in showering God's creation with abundance.

I wrote in my prayer journal one morning that should I ever see God's glory in its fullness, I would surely die. I recalled Moses sharing similar thoughts. I imagined the creation of the stars and planets. Whether a big bang or a slow, gradual progression, the energy that was released when God began creation would have been beyond anything that life could ever withstand. Yet, all of it carried the raw material for life. Life is because God is love. And God so loves the world that God's light shines bright, not just in the heavens, but onto a flower anxious to share its beauty. Not only on a flower but on all of God's creation.

We are God's flowers being called out of our slumber. God summons us from whatever covers our beauty, that we might also flourish and experience the joy of God's peace and love. Emerge — to move away from or out of something, to rise to significance, to recover from an unfortunate circumstance. To emerge is to allow our beauty to be seen.

"But I'm not beautiful," he says, "I'm rather plain." So emerging may begin with seeing ourselves the way that God sees us. Like the flower emerging out of the snow-covered ground, God sees our beauty waiting to emerge from its cover. And we often cover our beauty with our own deceptive thoughts.

We are God's flowers being called out of our slumber.

God, speaking through the Prophet Isaiah, declares an emergence from darkness to light. "The people who walked in darkness have seen a great light," shouts the Prophet (Isaiah 9:2). God declares that the faithful will emerge out from whatever darkness is surrounding us. Like the flower, covered by snow, we need not allow layers of guilt, regret, doubt, or anything that keeps us from emerging into the light, to prevail.

We exist at the intersection of violence and beauty at any given moment. We notice that someone decided to leave a mark on our truck. We wonder who would do such a thing. A shut-off notice shows up in the daily mail. A sudden feeling of panic overtakes us. We watch as a group of teenagers throw their paper on the ground. We wonder if it matters that the packaging could still be there when their children

walk by. We see the aftermath of violence.

We are frequently confronted at the intersection of violence and beauty. We noticed the wind brought down a large limb that wrecked our shed. We hear the screeching of tires, the crash of metal, and the breaking of glass. We know that lives will be changed in an instant, and broken bodies will be left behind from a split-second, wrong decision. And we wonder what good can come out of catastrophe.

The people who walked in darkness have seen a great light.

Isaiah 9:2

We make decisions every day at the intersection of violence and beauty. We notice that our clothes no longer fit, and try to remember the last time we took a walk or skipped a second trip to the dessert table. We notice a door hanger announcing a musical performance, and we contemplate if we may decide to watch reruns on TV instead. A voice tells us our decisions don't really matter. But voices often lie.

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All in (A new decade begins)...cont. from page 1

The top two leading causes of death in this country are heart disease and cancer. And the research is clear. What we put into our bodies and what we do with our bodies is the primary contributor to our quality of life and how long we live. Most of our health outcomes are not the fault of our DNA. So why don't we just change our lifestyle over to a healthier lifestyle? Don't we want to have less disease?

Don't we want to get well? Why are so few of us all in?

The Daniel Plan is the outcome of a collaboration of doctors and pastors at Saddleback Church in Southern California. ² When the Daniel Plan was launched at Saddleback, over 15,000 people signed up, and the results were miraculous, but also predictable. They were miraculous only by comparison to

the rest of us. The results were predictable because God wants this for all of us. But we have to be all in. This week we talk about the motivation for being all in.

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In our Prayers

Curtis Young	Miriam Watson
Rachel Bastine	Shirley Craig
Norma Buzzard	Christopher Lewis
Mary Lyons	Sarah Tanner
Barbara McIvor	Elizabeth Wright
Austin & Mary Suffle	Judy Tanner

FRIENDS AND LOVED ONES WHO ARE
HOMEBOUND OR IN NURSING CARE

Mary Nations	Mary Russell
Elaine Lamoreaux	


↓ **Coming up this week** ↓

Dec 30	Mon	5:00pm	Youth Choir
		7:00pm	Flint Jubilee
Dec 31	Tues	10am-2pm	Water Distribution
		6:00pm	Community Gospel Choir
Jan 1	Wed	12Noon	NO BOOK CLUB TODAY
Jan 2	Thu	1:00pm	UMW
		6:00pm	Worship Band Practice
Jan 3	Fri	11am-2pm	Asbury Cafe Open
Jan 4	Sat	10am-12N	Japanese Jiu Jitsi
Jan 5	Sun	8am-10am	Japanese Jiu Jitsi
		9:30am	Café Open
		10:30am	New Beginnings
			Contemporary Worship

Asbury Worship Series Pono

According to Wikipedia, the word Pono is from the native language of Hawaii. A common English synonym for Pono is "righteousness." For example, the motto of the state is *Ua Mau ke Ea o ka 'Āina i ka Pono*. This motto is translated as "The sovereignty of

the land is perpetuated in righteousness."



The word righteousness is not used that much anymore. The

word is steeped in religiosity. To be righteous is to be obedient to God's will. To be free of sin, or at least, trying our best not to sin. For that matter, sin is another word that comes out of religious dogma. The word sin is not commonly used, except for describing a particularly tasty dessert that is so good it must be sinful.

Book Club News

On November 13th our group started discussing a book written by a local hero. Dr. Mona Hanna-Attisha is the courageous, children's doctor who risked her reputation and her career to bring to light that our public water was poisoning us. Being a whistleblower in the midst of desperate people willing to destroy anyone who disagrees with them requires



courage, and other people willing to stand with you. This is Dr. Mona. What the Eyes Don't See is a story about all of us. It is a personal story. We know the names in the book, or at least most of them. We know a lot that is not in her book. And we can feel the anger, helplessness, disgust, and regrets, that Dr. Mona shares in her testimony. More important, we have an opportunity to learn from the past, and to work together for a stronger Flint. But what does this look like to you?

Dr. Mona's book will challenge you to get involved, just as we challenge each other. And as we

reflect on the events that rocked our community, you can anticipate new ideas and discussions that could shape how you view our circumstances. And what you may feel called to do about it.

I encourage you to come to our Wednesday gatherings. Our small group is a diverse group and we are delighted when new persons join us. I hope that you will join in on our discussion. We meet each Wednesday at Noon. There are a couple of books available. You can contact our office with questions, by phone or simply type your question on our website's homepage — FlintAsbury.org. Please consider making a donation to cover the cost of books.

Leadership in Worship & Service

- Welcome Team: Tony, Mirium
- Ushers: Anthony, Jim
- Production Team: Jonathon, Terrance
- Children: Patrice & Mirium
- Worship Leaders: Cyndi
- Café: Christine & Norma

- Jim Craig: Leadership Chair
- Kevin Croom: Operations
- Blair Neifert: Farm Manager
- Israel Unger: Function to Funding

- Asbury Staff**
- Rev. Dr. Tommy McDoniel: Pastor
 - Connie Portillo: Office Secretary
 - Sylvia Pittman: Empowerment Arts

Asbury Café

Plan to meet outside the sanctuary each Sunday before worship for coffee, tea, snacks, conversation and so on. The music will start when it is time to wrap up and head in for worship.

Come join us for a light lunch, fellowship and discussion. Our food selections have been fantastic and we always have plenty to share. And we are always on the lookout for our next book, video lesson or topic. Your participation and suggestions are greatly appreciated.

Pastor Tommy



Asbury Worship Series—Pono... Coming December 8th... Cont. from page 4

Our next series takes place during the Christmas season. A time of anticipation, celebration, deep discount sales, generosity, parties, and remembering God's grace. At Asbury, we will be performing the musical, *Dusty*, again this year. I'm sure there will be some tweaks to the lines and the songs, along with some new faces and voices. Think *Dusty 2.0* — even better than version 1.0.

While our series title is a Hawaiian word for righteousness, our subtitle may seem like a different direction — *The intersection of violence and beauty*. I read this phrase, which I believe to be poetry, in a book which inspired this series.¹ Once again, God is working through other people and through art. I was so moved by this line of poetry that I stopped reading immediately and went to prayer. Thank You, Lord, for inspiring me. Your mercy and love never end.

What does this phrase even mean? I instantly felt an urge to explore this poetic line, deeper, before reading on. I didn't want the author to tell me what it meant before I had a chance to reflect on what it meant in prayer. Perhaps a habit I picked up in seminary. I want to know what God has to say to me about essential subjects before the writer tells me what God told them.

The intersection of violence and beauty. This poetry speaks to me because I feel it. It right away. I'm feeling it right now. The intersection of violence and beauty sounds like a title for a play or a book. Perhaps the title of a song or a poem. Maybe the title for a Christmas season worship series? Lord, what do You want us to know about this observation of Your city? Help us to see this intersection through Your eyes, Lord. I see violence when I see the blight in our neighborhood. I see violence

perpetrated by weather, by fire, and by people. I also see beauty. I see potential in the people. I know that God loves them dearly. I know that God has uniquely gifted them for work in the kingdom. But what work? While there is beauty in the gifts of our neighbors, there is violence in the lack of employment. Violence comes out of scarcity. Beauty comes out of gifts. As does abundance.

I once came across a man tearing the siding off of the walls of what was once a home. He was using a snow shovel. I wondered if there was something deeper going on in the ripping off of the siding. Anger, I understand, is a kinetic feeling. We dissipate anger by physical movement. I wonder whether the man was less angry after he had finished taking off the siding.

This is where the word *pono* came from. Well, not directly. I read an article in *Psychology Today* about anger. The article used this word *pono*. But instead

May our barns be filled with crops of every kind. Psalm 144:13

of righteousness, perhaps the more common translation, the writer focused on the results of *pono*. The beauty of finding balance in the community. Hurt and hopelessness finding forgiveness and abundance. Giftedness finding purpose.

The story of Christmas is a tale that offers insight into this poetic line. We imagine the beauty of pregnancy. The miracle of a tiny egg and seed becoming a child carried in the womb of His mother until the time is right for His birth. We imagine the violence of an empire requiring this family to travel from their village, tucked away in the northern highlands. Only to arrive in a place where they would not find shelter other than a stable. It was in that intersection of beauty and violence that a Savior was born.

But the violence wouldn't end. Nor would the violence be replaced by beauty. Not yet. Shortly after the child's birth, after the shepherds went back to tend their flocks, and after the travelers from the far east had returned to their native land, the holy family was in danger. Unimaginable violence was taking place around them. They were not safe. Even the Son of God could not escape the violence of the city.

Dr. Matt James writes, "Pono is when you feel centered and comfortable in your own skin. You feel connected to nature, your community, your friends and family, and yourself. You feel at peace. You feel balanced and a sense that all is well. When you feel *pono*, your decisions and actions are driven by integrity and awareness of what is good for the whole. And when you feel *pono*, you feel energetic, focused, and effective."¹

May the Christmas season give you feelings of *pono*. May you feel more connected to your community and to the earth. May your decisions and actions be driven by integrity and awareness of what is right for our community.

I pray that you will join us during this season of Christmas each Sunday. And on Christmas Eve, when we will unwrap the gift of Christmas by sharing a unique retelling of this story at the intersection of violence and beauty.

Join us each Sunday and invite your friends and neighbors. I lead a short Bible study in the Asbury Café at 9:30 am. *Dusty*, the musical, will be performed on Christmas Eve at 6 pm. Auditions are coming very soon, so be sure to get involved. You can find more information about us on our website at FlintAsbury.org.

Pastor Tommy

All in (A new decade begins) ... cont. from page 2

One day Jesus was walking down the street during a religious festival. He spots this guy sitting beside a pool where people go for pain relief. There was a tradition that when the water stirred, the first person to go into the pool is healed. But the man could not get into the pool by his own power, and he had been this way for 38 years. Jesus walks up to the guy and asks a crucial question. It is the same question I am asking you in this article. Jesus asks the man, "Do you want to get well?" This might seem like an odd question at first. This guy's been sick 38 years. Of course, he wants to get well.

So why would Jesus ask such an obvious question? "Do you really want to get well?"

I believe that Jesus asked the man this question for the same reason that I am asking you this question. I don't know the specifics of each illness that exists among us. I don't know what worries keep you up at night. I don't know what disappointments each of you struggle with from day-to-day. I don't know what the doctor says to you in the privacy of her examination room.

But I do know this from personal experience, and I know this from observation. It is one of life's axioms. It is both biblical and biological. Unless the answer to the question, "Do you

want to get well?" is "yes," the odds of getting well are minimal. It is not just about self-fulfilling prophecy. It is one of the most significant examples of God's grace that we each experience each day.

Our body belongs to God and is on loan. Each of us is the manager of our body. When one of us tries to exert control over another person's body, this is contrary to God's plan because each of us is responsible for our own body. This is not to say that we don't take care of each other. We must. If I am incapable of taking care of my own body, I need help from others. But I still get to answer the question asked by Jesus.

It is like the parent who allows a child to choose their vocation after realizing that at some point, love is best expressed through letting a person be who they are and not who we want them to be. It is the greatest show of grace that I can imagine. God loves us, and God proves it every day. And yet, God gives us the freedom to choose whether we love God back. And whether we return God's love or not, we are still loved just as much.

"Do you want to get well?" The answer is often so evident that we say yes without really saying yes. We want to be healthier. We want to honor God with our bodies, but there are just too many temptations.

And sometimes it is nothing more than doing what is not good for us just to prove that we are our own person. And if I want another snickers bar then I shall have one. "It is my body," we say, but it's not.

But this is the problem. You did not create your body, so you don't own it. You don't own your body, and your mother does not own your body either. While she carried you, God created you. God knitted you together. God made the subatomic particles that cooperate together to make your eyes, and your ears, and your nose. And you becoming you was a labor of love.

In Paul's letter to the church in Corinth, he writes, "Don't you know that your body is the temple of the Holy Spirit" (1 Corinthians 6:19). In verse 20, Paul concludes his message on the importance of our bodies to God with "use your bodies for God's glory."

One of the many things about Jesus that I really admire is His ability to be precise. After all of the parables, metaphors, and illustrations through storytelling, Jesus looks us in the eye and says, "If you love me, you will do as I say." I believe that this statement can accurately be translated as, "If you love me, you want to get well. If you love me, you are all in." *Page 10*

THE DANIEL PLAN

GOD'S PRESCRIPTION FOR YOUR HEALTH

Coming December 29, 2019

Why the Daniel Plan is so important ...

I have never met Pastor Steve Willis. But there is something that he said that is haunting me. And I hope that it will haunt you too. Pastor Steve's call to action is powerful, timely, and the shoe surely fits our community. We were poisoned by our public water system. But we can recover. Our children can recover. But the problem, at this point, is not someone else's problem. It is our problem. We have the solution and Pastor Steve's challenge is a call to step up and do something about our health.

The fight for good nutrition was never more real to me than when I watched my kindergarten-aged son struggle with adapting to his physician-prescribed, mind-altering drugs. Lucas had been having discipline problems in school, would frequently struggle with the ability to focus on tasks at hand, and found himself well below grade level in many academic areas...This is more than a health issue; it is a social justice issue. Millions of our children are not reaching their God-given potential because we, as adults, won't take the steps necessary to get them the nutrition they need. For the church, this problem has to be seen as a moral issue. For the sake of our children and our nation's future, we have to do better.¹

I agree. We have to do better. Teachers, healthcare professionals, counselors, clergy, and others are anticipating the first part of Pastor Steve's story to be a common story. Children with higher concentrations of lead in their bodies are prone to exhibiting behaviors that are not conducive to learning, including lower cognition. The only known solution is available to us. But not in a drive-through or at a liquor store.

But how is a community that sits in the middle of one of the least healthy counties in Michigan going to be able to regroup and move forward with the necessary changes to help ourselves and our children?

First, we are going to admit that we are incapable. We are going to stop making excuses for ourselves. We are going to quit pointing to some other power, whether it is the force, the ineffective excuse, "I'm spiritual, but I don't go to church" and the hundreds of other absurd claims that I hear every year as to why I don't see people on Sunday mornings. We are going to repent — that is, we are going to change. Our lives matter. Our children's lives matter.

The Daniel Plan
Faith, Friends, Fitness, Food and Focus

I found myself making a declaration this past week that I have declared before. I wrote and said that responding to God's will for our lives is a human right. And as a human right, we need to treat this right in the same way that we protect other human rights. But it is very difficult to respond to God's purpose for us when our health is less than it needs to be. The Daniel Plan is not the solution on its own, but it is a roadmap that points to and can help us pursue the solution. But the solution begins with God. Without God's power any plan is a non-starter.

By the way, Pastor Steve's son, Lucas, soon was off the drugs and today he is an A student. This story is not a one-of-a-kind, never to be repeated miracle. It is the sort of miracle that God offers every one of us. It is the miracle of making better choices. It is the miracle of taking care of ourselves and each other.

We will begin on Sunday, December 29, by writing down a resolution for 2020. For most of us, our resolution will begin in the same way. "In 2020 I will make my health and well-being a priority by participating in the Daniel Plan." And then we will write down a goal for each of the five areas: faith, food, friends, fitness, and focus. During the first five weeks of 2020, we will learn about each of the pillars of success, possibly modify our goals, and meet regularly with others who have made this same New Year's Resolution.

Make a New Year's Resolution for 2020 to commit to The Daniel Plan.

Join us each Sunday and invite your friends and neighbors. I lead a short Bible study in the Asbury Café at 9:30 am. *Dusty 2.0*, the musical, will be performed on Christmas Eve at 6 pm. We are praying for a big turnout, and that most of our visitors will return to participate in the Daniel Plan.

Pastor Tommy

¹ Warren, Rick. *The Daniel Plan*. Grand Rapids: Zondervan;



Life Group Questions & Notes

Jesus went to Jerusalem for a religious festival. Near the Sheep Gate in Jerusalem there is a pool with five porches...A man was there who had been sick for thirty-eight years. Jesus saw him lying there, and he knew that the man had been sick for such a long time; so he asked him, "Do you want to get well?"

John 5:1-2, 5-6 (GNT)

NOTES FROM WORSHIP

QUESTIONS FOR LIFE GROUPS

- 1 Read John 5:1-2, 5-6. What does this scripture mean to you? Why did Jesus ask the man if he wanted to get well? What gets in the way of one of us being able to answer this question with an honest "yes?" What are some of the ways that you answer yes but don't really mean yes?
2. Read the article in this week's Circuit Rider, *All in*. What does it mean to be all in? How does this question relate to the question that Jesus asked the man by the pool? Isn't Jesus asking you this question? Are you all in?
3. How can the members of your group help you this week and on-going to help you to be more receptive to hearing and understanding the Word of God?



Jesus said, "Aren't five sparrows sold for two pennies? Yet not one sparrow is forgotten by God. You are worth much more than many sparrows!" (Luke 12:6-7). What if we imagine that God is with us each time we arrive at the intersection of violence and beauty? What if God reminds us that even before the shut-off notice comes, or the cars crash or the buffet is set, God knew about the intersection we faced. And what if God is there, at each intersection we face, regardless of our next step?

When Mary learns from an angel that she will become the mother of Jesus, Mary is troubled by the angel's pronouncement. Perhaps remembering Mary's age and innocence, the angel leaves Mary with a reminder. "For there is nothing that God cannot do" (Luke 1:37).

There is nothing that God cannot do. How easily we forget. God created all that there is, including sparrows, you, and I. God is apparently in love with creation. There is much violence in scripture. The tiny baby that Mary delivers will one day face horrible violence. A reminder of the violence that humankind is capable of doing to each other. Yet, light overcame the darkness. Beauty overtook the violence.



The Wednesday after this Sunday, we celebrate Christmas. The evening before, we remember. We remember a time when God was so near that a young mother kissed his face. An expectant father held God in his arms. Beauty emerged out of the violence of systemic oppression, terror, danger, and ironic inconvenience. Beauty that shined so bright others could not miss the opportunity to see for themselves.

"Don't be afraid! I am here with good news for you, which will bring great joy to all the people," announced angels to day-workers tending to livestock in the field (Luke 2:10). I can only imagine the daily lives of these shepherds. Social outcasts, most likely. Living in the elements with the animals outside of the villages where families are resting.

Sometimes I imagine a sudden light illuminating a dark field like a football field, only brighter. The sudden emergence of glowing lights is more apt to signal danger rather than a peace-filled invitation. Sometimes violence is imagined when beauty emerges. Sometimes violence is real, like the birth of a star. But beauty overcomes the violence and emerges into the light.

My prayer for all of us is that we will emerge from whatever keeps us from sharing our beauty with each other. God so loves the world, that each of us is special. A reflection of God's love. We are made in God's image. We reflect God's love for creation as the light of the world illuminates our beauty.

I hope that you will join us for Christmas Eve at 6 pm to celebrate the light of the world. The Asbury Players will perform the original musical, *Dusty*, that retells the story through the beauty of creative storytelling, drama, and music. This is a family event. The nursery will be available for use by caregivers with children 0-3 years old, but no attendant will be on duty. Plan ahead.

On December 29, we kick off our new, community-wide program and worship series based on *The Daniel Plan*. Be sure to read the articles introducing this program. More important, join us for a life-changing experience. The Daniel Plan can help you emerge. I promise.

Here at Asbury, we worship each Sunday at 10:30 am, and I believe that God is calling you to join us. Come and participate in worship, not as a spectator, but as someone who belongs to God. I lead a short Bible study in the Asbury Café at 9:30 am. You can find more information about us on our website at FlintAsbury.org.

Pastor Tommy



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Welcome to the Asbury Community

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PERMIT #151

Neighborhood Connection



We envision a community in love with God, each other, and our neighbors evidenced by the transformation of ourselves and our neighborhood. We are a center for worship & spiritual growth, a center for connections and a center for health & wellness.

Our goal is a revitalized community where every resident can use their talents and passions for the common good, where children grow into citizens who contribute to building and maintaining a vibrant neighborhood, and all residents are able to enjoy safety, good health, a culture that fosters life long learning and satisfying lives.

We believe that such an ambitious goal can never be attained without God's grace and abundance and Christ calls each of us to be disciples willing to share our witness through words and acts.

All in (A new decade begins) ...cont. from page 6

Are you all in? For most of us, it will take some self-reflection, prayer, and a little time to commit. After all, when we are honest with

Don't you know that your body is the temple of the Holy Spirit?

1 Corinthians 6:19

ourselves, this is a huge deal. Am I really willing to let go of the habits that are detrimental to my health and develop new habits that are good for my health? Will I commit with my words but continue to do whatever pleases me at the moment. It's your choice.

There is a statement found in the Old Testament that occasionally gets dusted off as a reminder from ancient wisdom. It is simple and powerful. "Choose wisely."

For me, this means that I need to put aside my stubbornness and commit to God's will. Not out of hopelessness, but because of the hope that God offers.

The Daniel Plan is called "God's prescription for your health." I like this statement because it is counter to the prescriptions written by my doctors and by doctors all over the globe. And I believe the wisdom that most of our prescriptions would be unnecessary if we made the lifestyle changes that are necessary for good health. This wisdom comes from doctors when they are not trying to stuff their own pockets with money.

But without the motivation to be all in, sadly, we will be just another statistic. Most persons who commit to New Year's Resolutions that will improve health, only to give up within a few months. Left to our own will

power, this will happen. But God's prescription for our health does not depend on our own will power. It depends on God's power. We surrender our will power to God. Are you all in?

Are you all in?

Here at Asbury, we worship each Sunday at 10:30 am, and I believe that God is calling you to join us. Come and participate in worship, not as a spectator, but as someone who belongs to God. I lead a short Bible study in the Asbury Café at 9:30 am. You can find more information about us on our website at FlintAsbury.org.

Pastor Tommy

¹"Lifestyle Choices: Root Causes of Chronic Diseases," Mladen Golubic, MD, PhD. © 2013 Cleveland Clinic.

²Warren, Rick, Dr. Daniel Amen, Dr. Mark Hyman. *The Daniel Plan*. Grand Rapids: Zondervan;