

SERMON NOTES

1. The earthly sanctuary was a model of the Heavenly sanctuary.
 2. The earthly sanctuary was cleansed once per year on the Day of Atonement.
 3. The Heavenly sanctuary must also be cleansed.
 4. Daniel received a vision that predicted that the sanctuary would be cleansed after 2300 days.
 5. We are now living in the period of Atonement.
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Health and Healing **Ten Tips for Making Meals Happy, Healthful and Special**

1. Eat a high fiber breakfast-it's the most important meal of the day
2. Start your meal with soup, salad or fruit
3. Increase portion sizes of high fiber foods such as veggies, salad and beans
4. Keep healthy foods on hand such as fruit, raisins, and whole grain crackers
5. Slow down and relax at mealtime
6. Educate your child to make better school lunch choices
7. Use smaller plates
8. Reduce portion sizes of concentrated calorie foods
9. Resist the urge to lecture -make meals fun
10. Do not use food as a bribe or reward



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SEVENTH DAY ADVENTIST CHURCH



MARANATHA



“And he said unto me, Unto two thousand and three hundred days; then shall the sanctuary be cleansed” Daniel 8:14

Sabbath
1st September 2012

SABBATH IN BIBLE STUDY

Theme:
"Members Our Mission, Our Missionaries"

9:00 - 9:15	Prayer & Praise by Prayer Band
9:15 - 9:30	Praise 'n Songs
9:30	Continuing Song # 366 - O Where Are the Reapers
9:33	Scriptural Insight John 4: 27 - 42
9:35	Prayer Bro. C. Prince
9:36	Secretary's Report Sis. Kieyanna Smith
9:38	Mission Emphasis, " <i>The Power of Prayer</i> " Sis. Laura Pompey
9:43	Main Feature " <i>Members Our Mission, Our Missionaries</i> " Lionel Penn II
10:00	Sharing Lesson Insights in Classes Discussion Leaders
10:35	Closing Remarks Lionel Penn II
10:38	The Committal Mission Song # 370
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10:40	Announcements
10:45	Feature: Winsome Witnessing Elder Khoy Smith
10:50	Songs of Praise

## SABBATH IN DIVINE WORSHIP

11:00 am - 12 noon  
*(Platform enters as congregation sings  
 "Lord Prepare Me to be a Sanctuary")*

Call to Worship	Elder Lionel Penn
Doxology	Elder Lionel Penn <i>(#341 To God Be The Glory)</i>
Invocation	Bro. Clive Smith <i>(Congregation stands, platform personnel kneel)</i>
Welcome	Elder Lionel Penn
Hymn of Adoration	Sis. Kerian Penn # 416 The Judgement Has Set
Scripture Reading	Sis. Kerian Penn
<i>(#671 As We Come to You In Prayer)</i>	
Morning Prayer	Elder Lionel Penn <i>(#684 Hear Our Prayer, O Lord)</i>
Offertory & Prayer	Elder Lionel Penn
Children's Story	Children Ministries Department
Continuing Song	Sis. Kerian Penn # 425 Holy, Holy, Is What the Angels Sing
Sermon	Bro. Clive Smith <b>2300 DAYS</b>
Hymn of Dedication	Sis. Kerian Penn #330 "Take My Life and Let It Be"
Benediction	Elder Lionel Penn

## ANNOUNCEMENTS

### **Community Outreach**

Elder Khoy Smith hosts a Revelation Bible Code Seminar this Sabbath, and throughout the month of September from 12 noon - 1 pm on ZROD 103.7 fm. With the assistance of other elders in the Church, this seminar teaches listeners about Bible prophecy and end time events. Please pray that this Ministry will touch the hearts and open the minds of radio listeners and bring many souls to Christ.

### **Eager Beavers, Adventurers and Pathfinders Club**

There will be a meeting for all the Clubs' personnel, as well as other persons willing to work with our boys and girls, this afternoon at 4:45 pm.

### **Cooking Demonstration For Children**

The health ministries department has planned a healthy cooking demonstration for our children this evening, September 1st 2012 from 6:30 - 8:00 pm. All our children 15 years of age and under are invited.

### **Sunday and Wednesday Night Service**

Services continue at the Church every Sunday and Wednesday night, beginning at 7:30 pm. Our speakers this week are Elder Khoy Smith and Elder Lionel Penn.

### **Day of Prayer and Fasting**

The 8th of September 2012 will be a day of Prayer and Fasting at the Church. Please prepare to spend the entire day with us at the Church.

### **Meeting of the Church Board**

The next meeting of the Board is scheduled for 8th September, 2012 at 6:00pm.