

Welcome
to



GraceUnion
CHURCH

Encountering Grace through Jesus, right where we are.
Being moved by Grace toward all God has for us.

3900 Union Rd, St. Louis, MO 63125 | graceunionstl.org
Email: graceunionstl@gmail.com | Phone: 314.892.2757

WELCOME TO GRACE UNION

Thank you for joining us today! If this is your first time with us, please stop by the Connect Center in the lobby for a free gift. We'd love to meet you.

GU SPOTLIGHT

Find out more about these events at graceunionstl.org.

SAFETY TRAINING

January 13th @ 9am
GU Elementary Room

If you volunteer in any of the GU Kids areas, we are having a Safety Training day on Saturday, January 13th. All volunteers are urged to attend. Breakfast snacks will be provided. Contact Crystal with any questions at crystal dawnmyers@gmail.com.

fa | **FOOD ADDICTS** *in recovery anonymous*

We are so appreciative to have **Maureen Chirco** sharing her story in this morning's service. If you suffer from food addiction, there is support for recovery and fellowship of others to help begin living fulfilling lives. Each **Monday at 6:30 p.m.**, Maureen leads the South County Food Addicts group here at GU. All are welcome. Maureen will be available after service to talk, and you can contact her at **314.378.5259**. You can also see www.foodaddicts.org for more information.

CONQUER SERIES THE BATTLE PLAN FOR PURITY

The Conquer Series is a powerful, cinematic study that is transforming the lives of men around the world. **Dave Allen will be leading this group starting Thursday, January 25th.** It will be an empowering and educational look at the affects of the porn industry on our lives and the lives of our loved ones. Whether you need support or a place to learn more about how to help someone you know, all are welcome. Dave will be in the lobby after service today for anyone with questions. If you'd like to participate in the series, you can also call or text him at **314.620.3104**. Also see www.conquerseries.com to find out more about the series.

WAYS TO CONNECT



SUNDAYS @ 10AM
Nursery—Elementary



PRAYER NEEDS
Email: gucprayer@gmail.com



SUNDAYS (Middle School) @ 10:15
WEDNESDAYS (Gr 6-12) @ 6:30PM



SUNDAYS @ 9AM
Women's Group (Conf. Room B)
Men's Group (Conf. Room A)

CONNECTION CARD

If you're new to GU, want prayer, or need to update your info, fill out a Connection Card, and put it in the Offering or the Giving Box in the lobby.

STAY CONNECTED



@graceunionstl | #graceunionstl

LISTEN ONLINE



ONLINE AUDIO
graceunionstl.org/multimedia

WAYS TO GIVE



ENVELOPE
Offering/Giving Box



TEXT TO GIVE
314.888.5188



ONLINE
graceunionstl.org

SAVE THE DATES



1/8	Food Addicts Anonymous
1/13	Ministry Workers Safety Training
1/18	Keenagers Group (50+)
1/20	Men's Breakfast
1/24	Wednesday Night Experience (NEW)
1/24	Awana Wednesdays (PreK-Elementary)
1/25	Conquer Series Begins
1/26	Ladies DIY Night
2/25	Annual Church Business Meeting
3/10	Youth Fine Arts Festival



HOSPITALITY MINISTRY

Event Decorating, Cooking, Set-up & Clean-up

Contact Karen at karenmomma@live.com to be a part of the team.

Are you looking for a place to meet more people and get plugged in? We have one for you! The Hospitality Ministry handles all of our GU event logistics, and we'd love to have more members of the team. Please let Karen know if you'd like to serve GU through the Hospitality Ministry (karenmomma@live.com).

OUR STAFF IS HERE TO SERVE YOU

OFFICE: 314.892.2757

- **Rev. Bob Poley, Lead Pastor**
bobpoley78@gmail.com
- **Rev. Jason Myers, Associate Pastor**
jscott5157@gmail.com
- **Patrick Daniels, Student Ministry Pastor**
patrickdaniels1137@gmail.com
- **Carrie Indelicato, Worship Leader**
cindelicato@live.com
- **Crystal Myers, Early Childhood Director**
crystaldawnmyers@gmail.com
- **Carrie Clifton, Publications & Media**
lcclifton@aol.com

REDEEM THE TIME: *Jesus Fixed My Liker*

Ephesians 5:15-16 – Be very careful, then, how you live—not as unwise but as wise, making the most of every opportunity, because the days are evil.

God has given us many blessings, but our sinful nature has corrupted them.

- These potential blessings that have been scattered.
- If we can rein them in and get them within the boundaries God has set, they will function as BLESSING.

1 Corinthians 6:19-20 – 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.

I. Point: God cares about your Physical Body. When properly stewarded our body becomes part of our worship.

Romans 12:1-2 – And so, dear brothers and sisters, I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice—the kind he will find acceptable. This is truly the way to worship him. Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think.

- A well stewarded physical existence is like a continuous flesh-and-blood proclamation of God's Greatness.

II. Our bodies are not only intended to be avenues of Worship but of Blessing as well.

- A. As much as this body can be a source of blessing when it is healthy, it can also be a source of frustration and pain if it is not well cared for.
- B. **Physical Intimacy was also given by God with the potential to Honor God and be a source of Blessing.**
- C. When our sexuality gets out of bounds it is like a *fire escaping the fire place.*
- D. Our culture has swung so far in the direction of unedited self-expression that we think it a value to do whatever our bodies tell us.
- E. The most dangerous attack in our day against our God given intimacy comes from pornography.
 - Our sexual appetites are actually driven by a need for close, human intimacy.

- Your intimate life was meant to foster an experience of Oneness in marriage; but by living in this kind of imaginary, fantasy world, we morph our intimacy into something that isolates rather than unites.

F. Your physical body (with all of its appetites, passions, and hungers) has profound potential for Good or for Harm.

III. Question: How to we move our Bodies (with all their appetites and proclivities) from the Liability Column to the Blessing Column?

Romans 8:1-2 – So now there is no condemnation for those who belong to Christ Jesus. And because you belong to him, the power of the life-giving Spirit has freed you from the power of sin that leads to death.

- First, start by understanding that shame, self-loathing, and feelings of condemnation are from Satan and not from God.
- A life of freedom and wholeness, where your physical body brings honor to God and blessing to you, has already been given to you and is yours; and the Holy Spirit is ready to walk in partnership with you and help you work it into the dough over time.

Romans 12:2 – Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think.

IV. Blessings are mutated into Liabilities because we believe lies and see the world through a skewed lens.

- We see things in a distorted way and that causes us to do the things we do.
- We need to fill our minds with the truth of God's word.

2 Corinthians 10:5 – We take captive every thought and make it obedient to the knowledge of Christ.

C. The battle for your body is won or lost in your thought life.

- You have to put the truth in. And you have to stop lies and distortion.
- Live in the Grace you have been given through Jesus.
- Start filling your mind with the Truth. Then over time you will recognize the lies.
- Your thoughts run your actions, so change the way you think, and you will change the way you live.
- This battle is won or lost in your thought life. Focus your attention there.