

Today's Sermon

Visit [GracePolaris.org/Sermons](https://www.GracePolaris.org/Sermons) to play messages, view study guides, and subscribe to the podcast.

Spiritual Diet and Exercise

PASTOR ZAC HESS
1 TIMOTHY 4:6-16



A healthy church _____ to God's
_____ health plan.

Godly _____ Fuels Godly Exercise (4:6-10)

Godly _____ Fuel a Healthy Church (4:11-16)

DIG DEEPER

What does it look like to prioritize and pursue godliness? How do we train ourselves in godliness?

What is the relationship between hoping and striving in verse 10? How and why does hope affect our striving?

What might it look like for you to immerse yourself this week in the things this passage talks about? What change could that bring about in your life?

Welcome to Grace

SUNDAY, APRIL 14, 2024 AT 9:00 & 10:45 A.M.

REGISTRATION IS NOW OPEN!
VACATION BIBLE SCHOOL
JUNE 24-28, 9:00 A.M. - 12:00 P.M.

All kids entering Grades 1-6 are invited to join us for an underwater adventure! As we explore God's deep sea creations through lessons, games, snacks, crafts, science experiments, and music, we'll learn what it means to have a friendship with God.

Students entering Grades 7-8, you're invited to our special Youth VBS where we'll focus on building leadership skills as we serve at the elementary VBS and have our own Bible teaching times.

For more information and to register, visit [GracePolaris.org/VBS](https://www.GracePolaris.org/VBS).



Grace Polaris Church exists to honor God by multiplying devoted followers of Jesus through worship, community, training, and witness.

Contact Us
614-888-7733
Info@GracePolaris.org

Check In
Visit [GracePolaris.org/Checkin](https://www.GracePolaris.org/Checkin) or
Text "Checkin" to 614-888-7733

Inductive Hearing Loop
Activate T-Coil Mode
On Your Hearing Aids

This Week

Visit GracePolaris.org/Calendar to see all our upcoming events.

TODAY

Sunday Morning Groups 9:00 & 10:45 a.m. • MC 1-9 • GracePolaris.org/Groups

Grace Kids 9:00 & 10:45 a.m. • ECC & WC • GracePolaris.org/Kids

Special Needs Classes 9:00 & 10:45 a.m. • ECC & MC • GracePolaris.org/SpecialNeeds

Crossroads Young Adult Class 9:15 a.m. • MC 5 • GracePolaris.org/YoungAdults

Grace Students Grades 5-8 10:45 a.m. • MC 5-6 • GracePolaris.org/Students

Family Foundations 10:45 a.m. • MC 4 • New Class For Young Families

Local Witness Teams Today & Throughout the Week • GracePolaris.org/Witness

Grace Groups Today & Throughout the Week • GracePolaris.org/Groups

MONDAY

Men's Bible Study 10:00 a.m. • MC 3-4 • With Pastor John Jones

TUESDAY

Mom Life 9:15 a.m. • MC & WC • GracePolaris.org/Moms

ESL Classes 7:00 p.m. • Ministry Center • GracePolaris.org/ESL

WEDNESDAY

Grace Students Grades 7-12 6:30 p.m. • Youth Center • GracePolaris.org/Students

Awana 6:45 p.m. • ECC, MC, & WC • GracePolaris.org/Awana

Men's Bible Training 6:45 p.m. • MC 7-9 • GracePolaris.org/MBT

GriefShare 7:00 p.m. • AO Conference Room • GracePolaris.org/Grief

FRIDAY

Single Women's Fellowship 60+ 11:00 a.m. • Morgan House (5300 Glick Road in Dublin) • All widows and single/divorced women age 60 and up are invited to the Morgan House in Dublin for lunch and shopping.

SATURDAY

Car Care for Single Moms & Widows 10:00 a.m. • MC • *See Ad on Right*

CONNECT | **We're glad you're here.**

Please take a moment to fill out the connect card by texting **CONNECT** to **614-888-7733** or stop by our connect center in the lobby. We look forward to connecting with you.

Coming Soon

Visit GracePolaris.org/Email to subscribe and stay informed.



Car Care

FREE Vehicle Service for Single Moms & Widows

Saturday, April 20
at 9:00 a.m. in Warehouse A



We're blessing Grace Polaris widows and single moms with a FREE basic car checkup this season! Let us change your oil and filter, plus check and top off your car's fluids.

To RSVP by April 17, visit GracePolaris.org/CarCare or text **CARCARE** to **614-888-7733**.

Child Dedication Class

Sundays, April 21, 28, & May 5
at 10:45 a.m. in WC 10



Raising children to become devoted followers of Jesus is no small task, but Grace is here to help! This three-session course helps expand parents' awareness of their privilege and responsibility, culminating in a public dedication ceremony on Sunday, May 12.

To RSVP, visit GracePolaris.org/Parent or text **PARENT** to **614-888-7733**.



SPRING WORK DAY

Saturday, May 18, at 8:30 a.m.

We need your help to prepare for summer! Meet in the Resource Center for pastries before heading outside to spread mulch around the church campus. Come rain or shine and bring gloves, rakes, shovels, and wheelbarrows (if you have them).

To RSVP by May 17, visit GracePolaris.org/WorkDay or text **WORKDAY** to **614-888-7733**.



As the host church for Charis Fellowship Conference this summer, we would like to offer host homes to pastors and ministry leaders to help them attend the conference while keeping travel costs down. If you are interested in opening your home and welcoming a guest from Monday, July 8 through Thursday, July 11, please submit the inquiry form by April 30th at GracePolaris.org/Host and a staff member will be in touch with more details.