

# Morning Worship

**“Am I my brother’s keeper?” (Genesis 4:9)**

Yes, we are our brother’s keeper., We are responsible for one another. The Dali Lami is quoted saying: “And if you can’t help them, at least don’t hurt them.” It is a “Cainish Spirit” when one insulates from the concerns that go on around them and responds, “It is not my problem. Am I my brother’s keeper?”

What the Lord confirmed for Cain still applies today: “YES, YOU ARE!” While we are not to judge our Christian brothers and sisters, because they answer to God and not to us (Romans 14:12), we are responsible for the way our conduct affects their lives.”

Furthermore, we cannot unsee what we see or unknow what we know. We cannot stick our heads in the sand and pretend that reality is not happening around us. It is a Christian duty to respond with good, if nothing else, to pray, “To him who knows to do good and does not do *it*, to him it is sin.” (James 4:7)

“We have all of us, especially those of us who are Christians, the power to do good to others. We have not all the same ability, for we have not all the same gifts, or the same position, but as the little maid that waited on Naaman’s wife had opportunity to tell of the prophet who could heal her master, so there is not a young Christian here but what has some power to do good to others...We have all some capacity for doing good.”

# Order of Worship

Eld. Paul L. Berry, Pastor  
Timothy Hinkle, Minister

**Am I My Brother’s Keeper?**



**July 28, 2024**

**Devotion**

**Praise and Worship**

**Morning Message**

**Altar Call**

**Acknowledgements**

**Announcements**

**Benediction**

**Statement of Faith:**

We believe the Scriptures to be the inspired Word of God, the complete revelation of His will for the salvation of men through Christ Jesus, and the Divine authority for all Christian faith and life,  
II Tim 3:6-17; II Peter 1:19-21.



**FLFM**

**AM I MY BROTHER’S  
KEEPER?**



“Am I my brother’s keeper?”— Genesis 4:9

# HEALTHY LIVING

## SALT


The human body requires a small amount of sodium to conduct nerve impulses, contract and relax muscles, and maintain the proper balance of water and minerals. It is estimated that we need about 500 mg of sodium daily for these vital functions. But too much sodium in the diet can lead to high blood pressure, heart disease, stroke, and cause **calcium** losses, some of which may be pulled from bone. Most Americans consume at least 1.5 teaspoons of salt per day, or about 3400 mg of sodium, which contains far more than our bodies need.

Sodium isn't generally a nutrient that you need to look for; it finds you. Almost any unprocessed food like fruits, vegetables, whole grains, nuts, meats, and dairy foods is low in sodium. **Most of the salt in our diets comes from commercially prepared foods**, not from salt added to cooking at home or even from salt added at the table before eating.

According to The Centers for Disease Control and Prevention, the top 10 sources of sodium in our diets include: breads/rolls; pizza; sandwiches; cold cuts/cured meats; soups; burritos, tacos; savory snacks (chips, popcorn, pretzels, crackers); chicken; cheese; eggs, omelets.



Sunday School 10:00 am  
 Morning Worship 11:30 am  
 Children's Sunday School 10:00 am  
 Wednesday Prayer-in person 6:00 pm  
 Wednesday Bible Study at 7pm  
**All services available on Zoom!**

- Book Club will meet July 28th at 3pm; Book Club Outing, August 23rd
-  Men's Outing (Baseball Game), August 1st, 6:30pm
  - Meals on Wheels, August 20th
  - VBS Event August 24th; 10am - 12 pm
  - Annual Church Picnic - Sept 1st
  - Anxiety & Depression Group Therapy- 6 weeks, limit 5-6 people, beginning Sept 15th, at 4pm. Community welcome!

<https://www.facebook.com/settings?tab=profile&section=username>

80 West Lee Street\*Hagerstown, MD 21740  
 240-233-8440  
[www.fulllifefamily.org](http://www.fulllifefamily.org)


**Masks are OPTIONAL but please be considerate and wear one if you are not feeling well.**

**Mission Statement:**  
 To build, in Christ, a church of Love where, by working together for the unity, edification, discipline, and encouragement of believers, we might grow into our Lord, Jesus Christ's image, and have a full life in Him.  
**"The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full."**  
 John 10:10




## Prayer List

Raven McCall  
 Sis Margo (Health)  
 Leslie Chaney's father-in-law  
 Lloyd Ewer (Health)  
 Debbie Bankus (Health)  
 Joshman Simington  
 Evelyn (Linda's sister)  
 Audra (Min Tim's Sister)  
 Ann Drakeford (Sunshine's Mom)  
 Mrs. Danna Hart (Wife of Sis Rita's Pastor)  
 Mary Stover (Potomac Towers)  
 Pamela Waters (Lenore's Aunt)  
 Tony Blair and Son (Lenore's Cousin)  
 Mayor Elizabeth Schaff & Family (Loss of Father)



Bible Word Search

### Apostles / Disciples




O	I	J	E	H	J	F	X	T	U	Q	R	H	T	B
S	W	I	B	M	A	A	V	Q	O	P	O	U	Q	S
T	J	W	E	L	U	A	M	L	B	N	H	B	G	Z
W	U	N	Q	B	J	Y	W	E	I	G	H	B	Z	E
E	D	B	F	H	U	Q	J	C	S	G	D	F	O	E
H	A	B	A	R	T	H	O	L	O	M	E	W	Q	C
T	S	L	T	I	S	B	H	H	S	W	O	W	C	U
T	H	Z	Q	A	Q	N	N	P	P	F	W	Z	G	B
A	G	A	M	G	O	K	U	H	X	J	E	S	P	F
M	B	O	D	M	P	J	J	R	Z	F	R	X	I	J
Y	H	R	I	D	F	H	R	J	N	H	D	F	L	C
T	C	S	S	V	A	E	R	V	A	M	N	P	I	Y
H	P	T	W	X	T	E	V	P	H	U	A	D	H	O
R	K	Z	C	E	K	A	U	J	A	M	E	S	P	R
G	E	F	P	E	W	T	B	S	M	B	Y	C	O	Z

Word list:

PETER  
ANDREW  
JAMES  
JOHN  
PHILIP  
BARTHOLOMEW

THOMAS  
MATTHEW  
JAMES  
THADDAEUS  
SIMON  
JUDAS



SunCatcherStudio.com