



FIT FOR LIFE

SACRAMENT: “sacred” & “mystery”

- The sacraments do not SAVE us.

John 3:16 [NIV]

For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.

- The sacraments are a “means of GRACE.”
- The sacraments were always meant to be practiced in COMMUNITY.

Hebrews 10:24-25

Let us think of ways to motivate one another to acts of love and good works. And let us not neglect our meeting together, as some people do, but encourage one another, especially now that the day of his return is drawing near.

1 Peter 2:5

And you are living stones that God is building into his spiritual temple. What's more, you are his holy priests. Through the mediation of Jesus Christ, you offer spiritual sacrifices that please God.

Baptism is a sacrament of
IDENTIFICATION.

“For you were buried with Christ when you were baptized. And with him you were raised to new life because you trusted the mighty power of God, who raised Christ from the dead.”

(Colossians 2:12)

For every time you eat this bread and drink this cup, you are announcing the Lord's death until he comes again.”
(1 Corinthians 10:26)

Communion is a sacrament of
FORWARD-LEANING remembrance!

How to receive forgiveness from God:

- 1) Admit you, like everyone else, need new LIFE in Jesus.
- 2) Ask God to forgive your sins by the sacrifice of Jesus.
- 3) Receive new LIFE from God by trusting in Jesus as your Savior & Lord.

You can do that now by simply talking to God in a prayer like this:

Dear Lord Jesus, I know I am a sinner, and I ask for Your forgiveness. I believe You died for my sins and rose from the dead. Today, I receive you as my Savior; and I put my faith in you as my LORD. Help me to live for you all the days of my life. In Your name, Amen.

If you chose to follow Jesus today, text "FAITH" to 309-250-2007 to receive additional information about next steps in following Jesus.

For Further Reflection:

:: *If you grew up in the church, what was your understanding of the sacraments?*

:: *Why is it important to understand that the sacraments need be practiced in the context of community?*

:: *Pastor Josh talked through baptism. Can you think of examples from the scriptures that help crystalize and clarify the importance of baptism? (Hint: Baptism is a big deal in the book of Acts!)*

:: *Pastor Josh mentioned that communion is a form of evangelism because we announce the death and resurrection of Jesus when we participate. Does this change the way you view communion?*

:: *Several communal rhythms were mentioned as being important...can you think of other communal rhythms and practices that help bind our hearts together as sisters and brothers in Christ?*

:: *Think back over the whole 'Fit for Life' series. What were the major take-aways for you? What is the next step God is asking you to take?*

Unless otherwise noted, today's Scripture is from the New Living Translation [NLT].
Josh Howard (@joshhoward77) – July 18, 2021

Watch this message and other recent messages online at heritageqc.com/watch

Connect this Summer

We have all kinds of fun and exciting ways to connect with your Heritage family:

- Picnic & Outdoor Worship Opportunity
- Heritage Night @ the Bluegrass Drive-In
- River Baptism
- & More

**Register at heritageqc.com
& in the Church Center App
today!**

Need help finding what you need? Call us at 309-788-2030.



heritageqc.com



[/heritageqc](https://facebook.com/heritageqc)



[heritageqc](https://instagram.com/heritageqc)