PRAYER REQUESTS

Family of Sister Iquo Udosen — Bereavement & Wisdom

Family of Brother & Sister Luttrell — Kathy's Mom

Mother of Sisters Bonnie Maddoux & Glenda Maldonado — Health Issues

Family of Brother & Sister O'Neal — Mother Willie Louise O'Neal

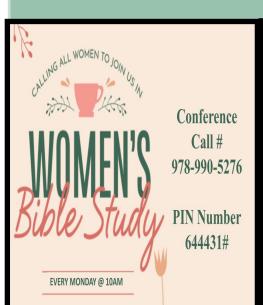
Daughter and Granddaughters of Brother & Sister Ynacay Wisdom, guidance, protection, and peace

Mother of Sister Tonya McKinney — Health Issues

Sister Karen McKinney—Medical Procedure

Family of Sister LeShea Nixon — Prayer request for self and family

But we will give ourselves continually to prayer and to the ministry of the word. Acts 6:4



BROTHERS' PRAYER CALL Every Monday @ 8PM

Zoom Conference:

ID: 817-1996-9456

Passcode: 1111

0ľ

Dial In Number:

346-248-7799

ID: 817-1996-9456#

Passcode: 1111





Come Grow With Us

In Sound Doctrine





Sunday Mornings at 9:00 A.M.Before Worship Service at Tom Wilson Elementary

<u>Wednesday Evenings at 7:00 P.M.</u> Join Our Weekly Bible Study On "ZOOM" We Are Currently Studying The Book of Proverbs

IN-PERSON SERVICE

Tom Wilson Elementary School Gymnasium 5200 Falcon Landing Blvd. — Katy, Texas 77494 Email: info@nfbcoc.org

SERMONS LIVE-STREAMED

Services Live-Streamed on Facebook and YouTube Sermon Audio Online at NFBCOC.ORG

How We Worship

We are a group of imperfect people who come together to help each other strengthen our connection with God and each other. In worship we do this by greeting each other with genuine interest and care for one another.

- **We sing** to God with a spirit of thanksgiving.
- **We pray** together to give thanks to God for what he has done for us and to ask for His help for those who are in need.
- **We take communion** to celebrate the life of Christ, remember His sacrifice, and take comfort in His promise to come back for us.
- We listen to the preaching of God's Word to deepen our knowledge and challenge us to better reflect Jesus in our lives.
- We give from our hearts to support God's mission of reaching our community for Christ.

"God is spirit, and those who worship him must worship in spirit and truth." John 4:24 (ESV)



2024 THEME Colossians 1:28

Him we proclaim, warning everyone and teaching everyone with all wisdom, that we may present everyone mature in Christ. (ESV)

Spiritual Maturity is the continuous process of spiritual growth into the image of Christ.

Things to Know

Based on Bark.us 2022 Case Study across 4.5 billion text, email and social media

- 82% encountered nudity
 64% were involved in a self harm/suicidal situation
- 14% encountered predatory behaviors 13 year old females had the most
- frequent suspicious encounters with risky contacts 83% experienced bullying as a bully,
- victim or witness
- 88% expressed or experienced violent
- subject matter/thoghts 84% engaged in converstions surrounding drugs/alcohol

Current Laws to look into

- Can be arrested at 10
- **Identity Theft**
- David's Law Possession of
- Child nudity pictures
- Internet crime complaint



Slang words/Emojis

Kids often use slang words or emojis to discreetly convey messages to their friends. It is encouraged to have conversations with your child about slang words or

- "What's a new word you and
- your friends are into right now?"
 "I know emojis can mean something different to kids than they do to parents. Are there any emojis I use that you think I should stop using?"



Social Media Tip

- · Make accounts private.
- Do not engage with strangers
- Disable location
- **Enable safety settings** on accounts and devices
- Keep personal information private.





5 apps flagged for Severe Bullying

- 1. Snapchat
- 2. Discord
- 3.Instagram
- 4. TikTok
- 5. Kik

SOCIAL MEDIA CONSEQUENCES

- · Losing scholarships, jobs, or internships
- Distant reality
- Affect mental health

Stories to research:

- Owatonna High School
- Hailey Nailar
- Youtube Headquarters
- Harvard students



Read more https://www.bark.us/annualreport-2022/

HEALTH HIGHLIGHT!!!

April is Stress Awareness Month

What is Stress Awareness Month?

Stress and poor mental health are one of the biggest public health challenges that we're facing. Sadly, even though that is the case, we are still not taking its impact seriously enough. We continue to separate mental health from physical health and vice versa. The reality is they cannot be separate – they are two sides of the same coin. There is no health without mental health and stress can lead to numerous health problems. From physical problems, like heart disease, insomnia, digestive issues, immune system challenges, etc to more serious mental health disorders such as anxiety and depression.

Stress Awareness Month has been held every April since 1992 to raise awareness of the causes and cures for our modern-day stress epidemic. It is the time when we have an opportunity for an open conversation on the impact of stress. Dedicated time to removing the guilt, shame, and stigma around mental health. To talk about stress, and its effects and open up about our mental and emotional state with friends, families, colleagues, and professionals.

What can you do for Stress Awareness Month?

- Talk about Stress and its effects lets work together to reduce the stigma that is associated with stress by talking about the topic openly and freely with friends, family and colleagues.
- Share your coping mechanisms if something has worked for you why not share it. It
 might benefit someone you care about and in the meantime, it might help you take
 your focus off your own challenges.
- Be nice to those who are stressed and anxious we are all undoubtedly going to experience stress and anxiety in our lifetime so treat others going through it with compassion and empathy.
- Look after yourself we all need to think more about self-care. Take time out of your
 day to relax or do something that you enjoy. Don't forget to exercise and eat well, even
 when you feel too stressed.

The most crucial thing you can do when you are stressed or anxious is to make sure you are continuing to look after yourself. Make time to relax when you need to and learn to say no to requests that are too much for you. (https://www.awarenessdays.com)

"fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand" Isaiah 41:10 ESV

"do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God." Philippians 4:6 ESV

ORDER OF SERVICE

APRIL 28, 2024 - 10:00 A.M.

WELCOME	David Jones
Song Leader	David Jones
OPENING PRAYER	Don Nixon
Lord's Supper and Offering	Ron O'Neal
SERMON & Invitation	"The Path of Prophecy—Part 2" (Matthew 2:19-23) Vincent McKinney
Responses	Rob Luttrell
CLOSING PRAYER	David Jones
Announcements	Vincent McKinney
Notes	

Greeters:

March 3— Carol & Caitlin

March 10—Roland & Lisa

March 17—Ron & Connie

March 24—Rob & Kathy

March 31—Don, LeShea, & Nikki

April 7—David & Teresa

April 14—Vincent & Tonya

April 21—Brandt & Corie

April 28—Sonya, Tonya, & Nic

May 5— Cara & Carli

May 12-Richard & Donna

May 19—Glenda & Lily

Happy Birthday/Happy Anniversary

Birthdays:

April 15—Vincent McKinney



Anniversaries:

Placed Membership

Cara O'Neal 3-17-24

Caitlin O'Neal 3-17-24





Announcements

April 28th at 5:00 p.m., Bro. Vincent McKinney is the guest speaker at the **Church of Christ in Sugar Land** for their Spring Revival **Sunday evening** service. The sermon topic is: "**Harmony From The Heart**" (Acts 4:32-35)

May 5th at 5:00 p.m., Sunday evening devotion will be held at the home of Ron and Connie O'Neal.

Saturday, June 1st, **NFTBCOC** will host a fellowship for Bro. Michael Warren and the kids, from the Foster's Home for Children, at the **Main Event**—located at **24401 Katy Fwy, Katy Tx 77494**.

Sunday, June 2nd, Bro. Michael Warren is our guest speaker for the morning bible class and worship service.