

# NEWS+EVENTS

June 30, 2024

For more details and registration, go to [heritageokc.org/news+events](http://heritageokc.org/news+events)

**July Memory Verse:** “Jesus Christ is the same yesterday and today and forever.” ~ Hebrews 13:8

**TODAY Mexico Mission Trip:** November 30 - December 8 – If you would like to learn more about this opportunity, join Jim Jackson after the worship service at 12:00pm for a brief informational meeting in the House.

**DEADLINE TODAY Heritage Retreat:** New Life Ranch, October 18-20 – Bring your family to this church-wide getaway at New Life Ranch in Concord, Oklahoma. **LAST CALL! Register online by TODAY!** For more information, visit the News+Events page on our website.

**TONIGHT Guys Night:** 5:00pm in the Chapel/Cafe – Join us for fellowship, pizza, dessert, and a word of encouragement from Greg Rader. Sign up online; \$2/guy!

**Vacation Bible School:** We are overwhelmed with gratitude to all the volunteers who invested in the next generation during VBS by providing supplies, decorating, welcoming, corralling, serving, and teaching. Please pray that the seeds planted in young hearts will flourish and bear fruit to the glory of our God and Savior.

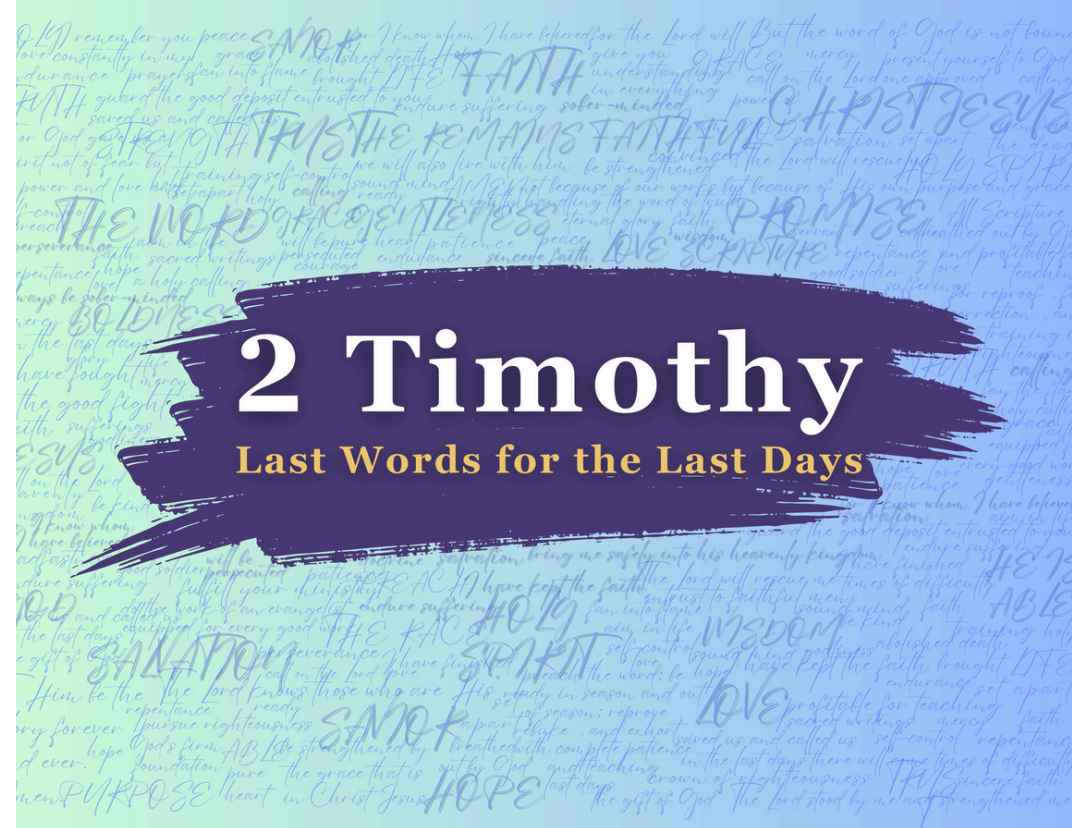
**Fill Your Cup Women’s Coffee:** July 20 – Ladies, come “Fill your cup.” Enjoy coffee, a time of fellowship, and an uplifting story! Karen Cowan and daughter Amy So Milligan will share God’s miraculous work in bringing Amy So from Vietnam to the Cowan family.

**Orchestra Rehearsal:** The orchestra will be rehearsing for Hymns & Hamburgers on July 6 and July 13 at 9:00am, and July 20 at 1:30pm. If you would like to be a part of the orchestra or choir, please contact Jonathan Dirrim, [jonathan@heritageokc.org](mailto:jonathan@heritageokc.org).

**Hymns & Hamburgers:** July 21, 5:00pm in Herndon Hall – Join us for a wonderful evening of hearing and singing timeless hymns of our faith and enjoying delicious burgers with the fellowship of our church family.

**Moving Open House for the Brewers:** Jim and Meredith are hosting a come and go fellowship at their home on July 13th, 8am-12pm. Please stop by, eat a cookie, and wish them well. Their last Sunday (Lord willing) is July 28th. Address: 6120 Willowridge Dr, Warr Acres, OK 73122

**Children’s Ministry** needs volunteers to help with our Wonderfully Made class during the worship service. For more information, email Shawn at [shawn@heritageokc.org](mailto:shawn@heritageokc.org).



As a family of forgiven people, we are honored that you have joined with us today as we seek to develop people who delight in God and declare His glory— from our neighborhoods to the nations. Our prayer is that you will connect with God through Christ this morning and that this would be the beginning of a deep connection with other believers as well. Please take a moment to fill out the Communication Card located in the chair pocket near you and place it in an offering pedestal in the back of the Worship Center.

**Develop Delight Declare**



# Portraits of Faithful Christ-Followers

## Part 4: The Athlete

### II Timothy 2:5

**Big Truth of this Series:** The apostle Paul encourages and warns Timothy and all believers to follow, entrust, and be always ready to proclaim God's Word with confidence and joy as days of difficulty lie ahead.

**Big Truth of Today's Message:** Being strengthened by the grace in Christ, every disciple is like an elite athlete, straining forward to win the race and making sure he is competing according to the rules.

**June 30, 2024**

#### Call To Worship

*Isaiah 61:10-11*

#### Pastoral Prayer

*Billy McGill*

*Elder*

#### VBS Kids Sing

#### Songs Of Worship

*By Faith*

*This Is My*

*Father's World*

#### Scripture Reading

*Psalm 34:1-10*

#### Songs Of Worship

*Turn Your Eyes*

#### Message

*Marty Brown*

*Teaching Pastor*

#### Song Of Response

*Turn Your Eyes*

“Our real problem is not our sins. If our sins were the problem, we might muster the willpower to pull out of this nosedive. But the good news of the gospel begins with some really bad news. Our sins only provoke a bigger problem: the wrath of God. Our real problem is not our sins but God. He is angry, He isn't going away, and there is nothing we can do about it. If God is against us, who can be for us? But here is the good news. God has made God our salvation. He did it at the cross. God has provided a way of escape from God: in God. We run from His wrath by running toward His grace in Christ. And if God is for us, who can be against us?”

~ Ray Ortlund

“In a word, [Paul] is calling for some spiritual sweat (I Timothy 4:7)! Just as athletes discarded everything and competed... free from everything that could possibly burden them – so we must get rid of every encumbrance, every association, every habit, and tendency which impedes godliness... we will never get anywhere spiritually without a conscious divestment of the things that are holding us back. What things are weighing you down? The call to discipline demands that you throw it off.”

~ Kent Hughes

“A life of resolve comes with a price tag. You will be tested by the lure of the world. But you must turn a deaf ear to the crowd and live instead for the approbation of Christ. There will always be a cross before a crown, sacrifice before success, and reproach before a reward.”

~ Steven Lawson

“Our faith isn't a path to a better life, as the world defines it. It is instead a different path, a different life, and a different understanding of what we mean by better. We cherish academic success, but smart, I'm sorry to report, is not listed among the fruit of the Spirit. Neither is pretty, wealthy, athletic, or musical... They are not, however, the goal. They are not the measure of success for those called to pick up their cross and follow Him.”

~ R.C. Sproul, Jr

v. 5a – “An athlete...”

v. 5b – “...is not crowned unless he competes...”

v. 5c – “...unless he competes according to the rules.”