



# CROSS WORDS

A newsletter published by First Christian Church of Warren

Volume 12, Number 1

January 1, 2024

PUTTING OUR FAITH  
INTO ACTION

## Monthly Matters with Pastor Troy

### I'VE GOT JOY

Joy is a fruit of the Spirit - Galatians 5:22

*But the fruit of the Spirit is love, JOY, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control.*

A number of Hebrew and Greek words are used in the Bible to convey the concept of joy. In fact, the word "joy" is found more than 150 times in the Bible.

Joy comes from God as a result of faith and obedience (John 15:10-11; Ro 15:33) The abundance of joy is in direct proportion to the intimacy and steadfastness of a believer's walk with the Lord. Sin in a believer's life can rob her of joy. (Ps 51:8,12). True joy is evident regardless of circumstances. The Spirit-filled believer continues to rejoice even amidst troubles (Jas 1:2-3) Biblical joy is clearly different from earthly, temporal pleasures that are bound to circumstances.

The purpose of joy is to provide blessing for the believer. Joy enables you to enjoy all that God has given—health, family, friends, opportunities and salvation. As you experience true joy, your joy can then be shared with others (Ro 12:15). Abundant joy is a fruit of the Holy Spirit for those who walk in faith.

We often use the terms "happiness" and "joy" interchangeably, but are they really the same thing?

Happiness and joy are seemingly similar, but actually quite different. The key point being that God promises joy, but He never promises us happiness.

Being happy is an emotion, just like sadness or jealousy or fear. It is fleeting. You might be happy about something, but you are not going to be continually happy forever. Happiness is great, but we can get happiness from a lot of things, even earthly things.

Joy, on the other hand, is a long-lasting state of being. Joy is promised by God and something we should strive towards. In Hebrews 12:2 it states, “For the joy set before Him He endured the cross, scorning its shame, and sat down at the right hand of the throne of God.”

We can have joy in the eternal life that awaits us after death. The constant knowledge of our salvation and God’s love for us will undoubtedly give us joy, even if our present circumstances aren’t ideal or we aren’t presently “happy.”

There is so much joy ahead for us. In Romans 14:17, it states, “For the kingdom of God is not a matter of eating and drinking, but of righteousness, peace and joy in the Holy Spirit.”

We know there will be joy in heaven, so we can have joy now in our expectant waiting. God promises us joy when He promises salvation. When we keep this truth in the forefront of our minds, we can find peace and joy even in our earthly suffering.

In Psalm 16:11, the psalmist writes, “You make known to me the path of life; You will fill me with joy in Your presence, with eternal pleasures at Your right hand.”

Once again, God gives us joy, even if we are not happy. We do not have to smile all the time. We are not promised sunshine and rainbows in this life, but we are promised salvation and eternal life, which is cause for great joy even in the midst of pain and unhappiness.

As we start 2024, we can continue to grow joy in our Christian walk. We know there will be many highs and lows in our future and we will need the promise of Joy to sustain us.

Troy and I would like to THANK YOU, this church family and community for all our Christmas gifts, cards and support. We are humbled and blessed to have this opportunity to serve and love this church.

God is on the move and WE ARE READY!!!!

LET’S GO!

*Love, Mindy and Troy*



Thank you to Julie, Suellen, Jane, and Cammy for teaching with me. I really appreciate the extra hands and eyes.



YOUTH DIRECTOR  
TAKARRA MYERS



WEDNESDAY  
NIGHT  
LIVE

WNL: EVERY WEDNESDAY  
AT 6PM  
PRE-K ~ 5TH GRADES

You BELONG Here!

202 East 2nd St, Warren  
260-375-2102

FOUR:12 YOUTH  
MEET ONCE A MONTH  
6TH ~ 12TH GRADES



Scripture  
Power

Meditate on the wonders God has made.  
(Psalm 145:5)

## NEWS

January 13<sup>th</sup> we are making hygiene bags at the bread of life food pantry with Rose. All the youth are invited there from 5pm to 6pm. Our skating party will be Saturday February 10<sup>th</sup> from 4:30 to 5:30pm at the West Park Skate Center in Huntington.



Kennidy! You were an amazing ach angel in the Christmas play! We are so glad to have you and your sister Reagan on Wednesday nights. I have really enjoy getting to know you and your family better. Hope to run into you guys at the river again this summer!

There are so many beautiful things that God has made out in the world around us. I will not be discussing those today. Today we will discuss some of the wonders of the human body. More specifically I will be talking about feel-good hormones. Inside our bodies exist these hormones called the feel-good hormones serotonin, oxytocin, dopamine, and endorphins.

Serotonin oversees maintaining your emotions. Focus on increasing your serotonin levels if you want to have less mood swings throughout the day. When we cut out the processed junk food and eat the foods that God created for us it increases our serotonin levels. Being in the sunlight also increases serotonin and can help us keep a more stable mood.

Another feel good hormone is called oxytocin. Oxytocin is all about connecting with others. Remember, God made us to be together. When we are connecting and bonding with people we love, it releases the hormone oxytocin. This is why you feel so great after hugging someone you love or cuddling your cat or your dog! "Therefore encourage one another and build each other up, just as in fact you are doing." (1 Thessalonians 5:11)

Dopamine is like our brain's reward system. Dopamine is like a reward we get for engaging in rewarding activities like accomplishing goals and crossing things off our to do list. God said there is work to be done! "For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do." (Ephesians 2:10)

Endorphins are the last feel-good hormone. When we consistently exercise and move our bodies it increases endorphins. Endorphins are responsible for reducing pain and making us feel good. These are increased when we laugh, eat chocolate, and exercise. Taking care of our bodies has a direct effect on our mental and spiritual health. If we want to feel our best it is important that we practice self-control and not become lazy or overindulgent.

Our bodies are temples, and it is important that we treat them with care if we want to feel our best. If we want to grow mentally, physically, and spiritually we should: fuel our bodies with good food, work hard, exercise, and build each other up. Hopefully you have enjoyed learning more about the feel good hormones and how God has designed our bodies.

*Takarra*

# FCCW Christmas 2023



FIRST CHRISTIAN CHURCH of WARREN  
202 East Second Street  
PO Box 344  
Warren, IN 46792



## First Christian Church of Warren

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# Stay up to date on all of FCCW's news and activities!

PUTTING OUR FAITH  
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# YOUTH IN ACTION

## Youth Service Day

Meet at Bread of Life Food Pantry  
Knight-Bergman Center, Warren  
Saturday, January 13, 2024

5-6 pm

All ages of Youth join us!!

## First Christian Church of Warren Youth Skating Party

**When: Saturday, February 10, 4:30-5:30pm**

(Leave from church at 4, return at 7)

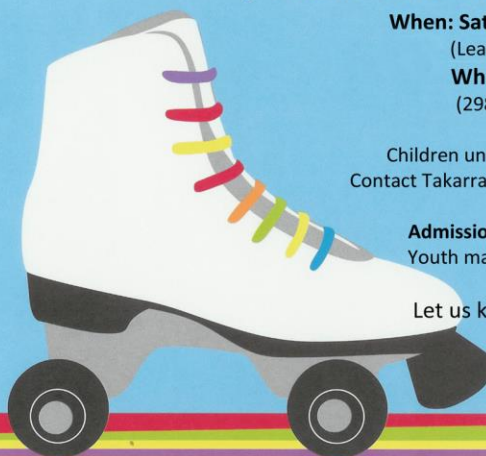
**Where: West Park Skate Center**

(2986 West Park Drive, Huntington)

Children under 8 must be accompanied by an adult.  
Contact Takarra if transportation is needed. (317)532-7135

**Admission, skate rental, and dinner provided.**  
Youth may bring money for snacks and arcade.

Let us know if you can come!! 375-2102



## Let's Roll!

# January 2024

## Church Operating Cost

**\$3550 weekly**

### Offering Totals

12/3 - \$2997

12/10 - \$2092

12/17 - \$1550

12/24 - \$1614

First Christian Church of Warren

## REFRESH

Every Wednesday Evening, 6pm

Join us on Wednesday evenings at 6pm in the Fellowship Hall for a meal before beginning bible study. Bring the kids for Youth Group at the same time!

**WEDNESDAY NIGHT LIVE**  
Trust in God's Power to light up your path.

PreK - 5th grades  
Every Wednesday Night  
Join us at 6pm

Happy New Year

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Les & Ruthann Ackley	2	3 Refresh & Youth 6pm	4 Wanda Campbell	5	6
7 Sunday Service Communion 9:30am Sondra Zabel	8 John Tolen	9	10 Refresh & Youth 6pm Aria Myers	11	12	13 Food Pantry Youth Service Day 5-6pm
14 Sunday Service 9:30am Sondra Zabel	15 Josh Goetz	16 AB Board Meeting 6:30pm	17 Refresh & Youth 6pm Food Pantry 2-4 Kandy Villanueva	18 Olivia Goetz	19	20
21 Sunday Service 9:30am	22	23	24 Refresh & Youth 6pm	25 Sandy Eichhorn	26	27 Carol Byrd
28 Sunday Service 9:30am	29	30 Brooklyn Koberlein	31 Refresh & Youth 6pm			