

# Irving SDA Church

1300 N Rogers Rd, Irving, TX 75061

Web: [www.irvingadventist.org](http://www.irvingadventist.org); Phone: 972-254-0438

Dear Church Family,

Welcome to the Irving SDA Weekly E-News letter, "The Irving Connection". This publication is designed with you in mind to be informative and help keep you informed and up to date on the activities of our church weekly.

You may send information to [aorridge.skeeling@gmail.com](mailto:aorridge.skeeling@gmail.com) for any announcements you would like to appear in your weekly newsletter.

## ONLINE BIBLE STUDIES



**Storacles of Prophecy**  
24 Bible Prophecy lessons revealing God's plan for man from creation to the earth made new. Free online resources using books, Video, and audio materials are added as the lessons are completed.



**Study Guide Lessons**  
Bible Answers for life's problems using the Study Guide Lessons. Free online resources using books, Video, and audio materials are added as the lessons are completed. These lessons are easy for everyone!

[www.bibleuniversity.com](http://www.bibleuniversity.com)

## PRAYER KORNER

Please pray for the following for January:

- Crossroads Children Outreach
- Backslid members
- Church Leadership
- The Sick and Shut Ins

## Important Information

You are now able to pay your tithe online by going to the Irving SDA Church Web site at [www.irvingadventist.org](http://www.irvingadventist.org) and "register on " Adventist -Giving .

**Coming Soon: Seminar class**



## Upcoming Events

### February 8

1:00 pm – Spirit of Prophecy Hour  
3:00pm – Children Outreach  
5:00pm – AY/Sunset Meditation

### February 12

7:00pm – Prayer Meeting /Bible Study - Book of Judges

### February 15

1:00m – Fellowship Lunch

## Important Announcement!!

**Men's Ministry Work Out Session for the entire Church family!**

**When: March 2<sup>nd</sup>**

**Where: Irving SDA Church**

**Time: 9:00AM**



## Speaker this Sabbath:

**Bro. Samuel Abdalla**

## COMING SOON...



**International Day at Irving SDA Church.** More information will be announced shortly.



**REMINDER:** Music with Heesook Kim every 1<sup>st</sup> & 3<sup>rd</sup> Sabbaths @ 2:00pm.



## Nutrition and Health Benefits of Eating

### Carob

(Powder or syrup form)-(1 to 2 tbsp per day)

- Carob tannins contain Gallic acid that works as an analgesic, anti-allergic, antibacterial, antioxidant, antiviral and antiseptic.
- Carob improves digestion and lowers cholesterol level in the blood.
- It is used for treating diarrhea in children and adults alike.
- Since it does not contain caffeine, carob benefits people with high blood pressure.
- Regular use of carob helps in preventing lung cancer.
- The vitamin E content in carob helps in treating cough, flu, anemia and osteoclasia.
- The Gallic acid in carob helps in preventing and treating polio in children.
- Carob fights against osteoporosis, due to its richness in phosphorus and calcium.
- Carob pod husks are chewed by singers to clear the voice and throat.

## AY(Sunset Meditation)

02/8/2014 – 5:00 PM

Irving Seventh-day Adventist Church  
Games, refreshments and more.....

### GEMS FROM THE PEN OF ELLEN G. WHITE

**To Find the Word Interesting, Receive the Spirit**

**Let my cry come before You, O Lord; give me understanding according to Your word. Psalm 119:169, NKJV.**

The Bible has been placed in the background, while the sayings of great men and women, so-called, have been taken in its stead. May the Lord forgive us the slight we have put upon His Word. Though inestimable treasures are in the Bible, and it is like a mine full of precious ore, it is not valued, it is not searched, and its riches are not discovered.

Mercy and truth and love are valuable beyond our power to calculate; we cannot have too great a supply of these treasures, and it is in the Word of God [that] we find out how we may become possessors of these heavenly riches, and yet why is it that the Word of God is uninteresting to many professed Christians? Is it because the Word of God is not spirit and is not life? Has Jesus put upon us an uninteresting task, when He commands us to "search the scriptures"? Jesus says, "The words that I speak unto you, they are spirit, and they are life." But spiritual things are spiritually discerned, and the reason of your lack of interest is that you lack the Spirit of God.

When the heart is brought into harmony with the Word, a new life will spring up within you, a new light will shine upon every line of the Word, and it will become the voice of God to your soul. In this way you will take celestial observations, and know whither you are going, and be able to make the most of your privileges today.

We should ask the Lord to open our understanding, that we may comprehend divine truth. If we humble our hearts before God, empty them of vanity and pride and selfishness, through the grace abundantly bestowed upon us; if we sincerely desire and unwaveringly believe, the bright beams of the Sun of righteousness will shine into our minds, and illuminate our darkened understanding. Jesus is the light that lighteth every man that cometh into the world. .... He allowed nothing to divert Him. This work He has given into our hands. Shall we do it?—**The Review and Herald, November 24, 1891.**

## SABBATH SCHOOL

### SSNET2: 06: Discipling the "Ordinary"

The word of the day is Potential. Everyone has potential. No one can decide what its limits are. Only God knows. And we must try to develop potential; not just in ourselves but also in those we serve. Curtis Hall-  
[curtishall7@yahoo.com](mailto:curtishall7@yahoo.com)