

iders
Richard Brensing
Carl Feril
Tom Turner
eacons
Orrin Feril
Jerry Kinnamon
Chris Mansel
Zachary Marks
inister
Zeborlah Carter



609 N Pear
St John, KS 67571
(620) 549-6144
stjohnchurchofchrist.org
Bible Class: 10:00 am
Worship Service: 11:00 am

Bulletin - April 19, 2026

For The Church

Spiritual Discipline: Self-Care

God inhabits our bodies, delighting in every inch of us. Every eccentricity and peculiarity is received. Every longing and self-destructive habit is known. God knows us through and through and still wants to make his home inside of us. The fact that the Holy Spirit wants to abide in us is one way we know how infinitely precious and beloved we are. We are God's own prized possessions. Prized possessions are something you take care of.

Yet for some of us, taking care of our bodies seems sub-biblical. Somewhere or other we learned an acronym for joy that went like this: Jesus first, others second, yourself last. There is truth in this adage, but it can also morph into a twisted theology about human worthlessness. Human beings are never worthless. God gave his dearest and only Son to love human beings – beings he treasures and adores. One of the greatest gifts we have next to Jesus is our own selves. We are gifts of God. His Spirit lives in us. And we are to receive the divine love that takes residence in our bodies. We are to take it in and let it form us into a place of prayer.

To participate in self-care is to value myself as my heavenly Father values me. Self-care honors God through nurturing and protecting the body, mind, and spirit with their limits and desires. As we practice self-care we intentionally receive ourselves as God's own beloved. Receiving this love into our bodies births the ability to give love and forgiveness to ourselves and others. Psalm 139:14 (The Message) – "I thank you, High God – you're breathtaking! Body and soul, I am marvelously made! I worship in adoration – what a creation! Practice the discipline of self-care because God loves you!"

In Our Prayers

Thomas Pruitt
Tim Taylor
Pam Aldrich
Dennis Rosenbaum
Nolan Adams
Crystal Emery (Gloria's mom)
Enrique Lira

Linda Guthrie
Kay Kinnamon
Ryker Berens
Betty Peptone (David's Sister)
Maverick Riegel
Katie Rosenbaum
Clay Mason

Miguel Devore
Ubaldo and Maria Cardona
Helen Coffey
Janet Feril
Clint Kinnamon
Burke Long's Family
Byer Family

Upcoming Events

Youth Group [Tonight]

We will have youth group tonight at 7 PM at the church building.

Bible Hour [Wednesday]

Bible Hour will meet Wednesday night at 6:00 PM. Ladies Bible Class will have a brunch on Wednesday at 9:30 AM - please bring a dish to share.

Core Meal [April 27]

We serve the core meal on Monday, April 27. If you would like to help with this meal or help serve please see Pam.

Thank you!

Thank you to everyone who donated items for the city-wide garage sale yesterday! You are greatly appreciated!

Save the Date:

May 10 - Young Family Ministry (Stafford)
May 31-June 6 - SMC Early Session
June 13 - Young Family Ministry (St. John)
July 5-July 11 - SMC 1st Session
July 12-July 18 - SMC 2nd Session
July 19-July 25 - SMC 3rd Session
August 5 and 12 - VBS

Birthdays

None



Giving Link



Right Now Media

Worship Order

Welcome Table: Orrin & Meagan Feril

Greeters: Zeb & Jessica Carter

Song Leader: Gary Hornbaker

Sound System: Orrin Feril

Gathering: #538 - My Hope is Built on Nothing Less

Welcome: Chris Mansel

Scripture Reading: Jayce Feril (Ephesians 4:1-6)

Song: #300 - Praise Him! Praise Him!

Song: #464 - Because He Lives

Communion: Carl Feril (Stan Aldrich, Jerry Kinnamon, Shawn Batten)

Song: #469 - Faith is the Victory

Lesson #1: Zeb Carter

Shepherd's Prayer: Tom Turner

Song: #947 - Jesus is Tenderly Calling (vs. 1)

Lesson #2: Zeb Carter

Song: #934 - Softly and Tenderly (vs. 1)

Closing Prayer: Darrel Bauer

Song: #902 - Nothing but the Blood

Baptisms