

WHETHER YOU'RE JUST VISITING
OR LOOKING TO STAY, IT'S
GREAT TO HAVE YOU WITH US!

WELCOME

COFFEE'S ON US

Enjoy a hot cup of coffee and snacks.

WE'D LOVE TO MEET YOU

Stop by the Connection Table so we can
get to know each other.

FILL YOUR BUCKET

The Well starts with a time of praise
followed by an inspiring message.

CALENDAR

- 6/23 YOUNG ADULT HIKE
- 6/25 HS MISSION TRIP DEADLINE
- 7/01 VOLUNTEER ORIENTATION

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APP STORE: STSA



Speaking of Health....

SPEAKING OF HEALTH

AN ORDINARY PLACE
WHERE EXTRAORDINARY
THINGS HAPPEN

**I am ONE person made up of MANY parts –
all of which are CONNECTED and all of which BELONG to God.**

You change your brain by changing your thoughts.

➤ “bringing every thought into captivity to the obedience of Christ”
2 Corinthians 10:5

➤ “For God has not given us a spirit of fear, but of power and of love and of a sound mind.” 2 Timothy 1:7

01 THE CEO: Prefrontal Cortex (PFC)

- Short attention span
- Impulse control problems
- Lack of self-control
- Lack of perseverance
- Trouble learning from experience
- Poor judgment
- Chronic lateness
- Disorganization
- Struggles to connect actions with consequences

02 THE GEAR SHIFTERS: Anterior Cingulate Gyrus and Basal Ganglia

- Worrying, anxiety, rumination
- Holding on to hurts from past
- Stuck on thoughts (obsessive)
- Stuck on behavior (compulsive)
- Argumentative
- Oppositional/uncooperative
- Addictive behavior
- Panic attacks

03 EMOTIONAL/SPIRITUAL HUBS: Temporal Lobes & Deep Limbic System

- Dark or violent thoughts
- Mild paranoia, over-sensitivity
- Emotional instability
- Word-finding problems
- Difficulty reading social cues/intonations
- Seizures
- Negative perception of events
- Feeling socially isolated
- Feelings of déjà vu
- Memory problems

➤ “But indeed, O man, who are you to reply against God? Will the thing formed say to him who formed it, “Why have you made me like this?” Does not the potter have power over the clay, from the same lump to make one vessel for honor and another for dishonor?” Romans 9:20-21

DAILY DETOX FOR YOUR BRAIN

1. RECOGNIZE my thoughts
2. RECORD my thoughts
3. REVISIT my thoughts
4. REACH for my future

“Thoughts disentangle themselves when they pass through the lips and fingertips.” Dawson Trotman

“But we have the mind of Christ.” 1 Corinthians 2:16