

Dear Friends,

***They were continually devoting themselves to the apostles' teaching and to fellowship, to the breaking of bread and to prayer. And all those who had believed were together and had all things in common. Day by day continuing with one mind in the temple, and breaking bread from house to house, they were taking their meals together with gladness and sincerity of heart. (Acts 2:42, 44, 46, NASB)***

It is impossible to overestimate the spiritual value of doing life together. Without it, we can more easily wander from the faith (James 5:19-20), be deceived by sin (Heb. 3:13), and lose our spiritual fervor (Rom. 12:11). The good news is that God has provided a way for us to experience His transformative grace even when we're scattered. This is where spiritual disciplines come in — those intentional practices that help us grow in our relationship with God and become more like Jesus. Spiritual disciplines are things you do. You read the Bible, meditate on Scripture, memorize Scripture, pray, fast, journal, fellowship, confess, worship, practice silence and solitude, and so forth. The key verse in all this is I Tim 4:7, which says, "Discipline yourself for the purpose of godliness" (NASB). They are always important, but especially so in these days when the church is scattered.

I encourage you not to waste this pandemic. Without discipline, this time can easily be wasted and you could be missing out on opportunities to spend time with God and experience His transformative grace.

Here are 5 ways to start practicing spiritual disciplines: (1) develop a bible reading plan that puts you in God's word every day (you can find several reading plans at [biblegateway.com/reading-plans](http://biblegateway.com/reading-plans)); (2) keep a journal; (3) memorize Scripture each week; (4) bring your worries, fears, requests, praises and thanksgiving to God every day in prayer; and (5) seek out fellowship with other believers while complying with social distancing.

I am excited to announce that FBCF is open for in-person worship. But for the safety of our community and in accordance with CDC guidelines, we will have limited capacity and therefore require registration for all who plan to attend. You can easily register for any of our services by going to our website ([www.fbcflushing.org](http://www.fbcflushing.org)) and filling out the

registration form. Once we reach max attendance for that day, the registration will automatically close. Each Sunday morning, we have volunteers ready to take your temperature and guide you on where to sit and where to exit at the end of the service so that we can maintain social distancing practices. You will be safe if you come to FBCF. There will be no childcare, children's worship, or coffee hour at this time (heavy sigh).

If you are unable to attend or prefer to wait a little longer before returning, we invite you to watch our services live on Facebook. You can even share them with others! **Here is a list of services for this Sunday, July 19:**

**Spanish Service (1st floor; 9:00 AM):** "The Virtue of Christian love" Philemon 1:10-19  
Pastor Adolfo Ocampo

Watch Live at

[www.facebook.com/Primera-Iglesia-Bautista-de-Flushing-NYC-Ministerio-Hispano-103654884345775/](https://www.facebook.com/Primera-Iglesia-Bautista-de-Flushing-NYC-Ministerio-Hispano-103654884345775/).

**Chinese Service (3rd floor; 11:00 AM):** "The Life Experience of Eliphaz" Job 4:1-21  
Pastor Shih Wei Chiang

Watch Live at [www.facebook.com/fbcflushingchinese/](https://www.facebook.com/fbcflushingchinese/) or on YouTube at <https://www.youtube.com/channel/UCLgjRNQKpOyikirQdtbms-A>

**English Service (1st floor; 11:00 AM):** "Encountering Evil" Mark 9:14-32 Pastor Gary Domiano

Watch Live at [www.facebook.com/fbcflushing/](https://www.facebook.com/fbcflushing/)

Joyfully Yours!  
Pastor Gary