

# COMING UP AT ISLAND ECC

## TODAY Communion

Please join us TODAY for a special time of communion as we pause to remember Christ's love and sacrifice for us. We invite all believers to take communion with us.

## TODAY - MAY 26 New Class: Life of Jesus

This class starting today at 11.30am will delve into Mark's gospel and provide participants with an understanding and appreciation of the places Jesus walked on earth and how these related to his life and ministry. Visit <http://www.islandecc.hk/classes/> for detail.

## MAY 4 Walking with God — Prayer Hike

Want to try walking with God? Join us hike where we also intentionally spend personal time with God and have fun. Meet us at Exchange Square Bus Terminal in Central at 10am. Register online at [www.islandecc.hk/prayerhike](http://www.islandecc.hk/prayerhike). For inquiries, email [prayer@islandecc.hk](mailto:prayer@islandecc.hk).

## MAY 5 Newcomers Lunch

If you're new to the church and want to know more about Island ECC, please join us for a Newcomers Lunch at 1.30pm on the 2/F. There is no cost for this lunch, but you do need a ticket to get in, so please pick up one today at the Connect Counter.

## MAY 13 - JULY 15 Mixed Netball League

Recruiting guys & girls for the mixed netball league 2013 to play on Monday nights. Cost is \$250 per person. Email [teamsports@islandecc.hk](mailto:teamsports@islandecc.hk) to register or for more information.

## MAY 8 - 29 Men's Social Basketball

We are starting up a Men's Social Basketball team. Limited spaces only. Dates of play are May 8, 15, 22 & 29, from 8-10pm, in Central. Cost is \$150 per person for the 4 nights. Email: [teamsports@islandecc.hk](mailto:teamsports@islandecc.hk) for more info. Register now at the Connect Counter.



## WATCH FOR... ON THE CITY

Opportunity to serve with Hope Of The City in Sham Shui Po  
**After-school Homework Help** — Cantonese-speaking volunteers needed to help low-income primary school aged students with their homework.  
 Visit The City/Local Outreach for details. Email [volunteer@hopeofthecity.com](mailto:volunteer@hopeofthecity.com).

### NEW TO ISLAND ECC?

- 1 **MEET US AT THE CONNECT COUNTER ON 1/F**  
 We are so glad that you're here today and would love to get to know you! The Connect Counter is located on the 1F and volunteers are there to answer any questions you might have about Island ECC and its different ministries and events.
- 2 **JOIN THE CITY**  
 The City is the online connection point for Island ECC. It's limited to the people who attend our church and over 1,000 people are already using this fantastic tool. By creating an account and logging in, you'll have access to weekly devotionals, updates on events, the chance to connect with others and more!
- 3 **CHECK OUR WEBSITE**  
 By visiting [www.islandecc.hk](http://www.islandecc.hk), you'll have access to information about all our ministries, as well as a broad spectrum of resources - including video podcasts of sermons.

### WHAT IT MEANS TO BECOME A CHRISTIAN

- HE LOVES** God loves you because he chooses to. "God wasn't attracted to you and didn't choose you because you were big and important... He did it out of sheer love..." (Deut. 7:7-8). He loves you so much that...
- HE GAVE** He gave Jesus, His one and only Son. While we do wrong things daily, Jesus is sinless. Though sinless, Jesus took our sin. He died on the cross in our place. Our response to this great gift is simple...
- WE BELIEVE** We trust Jesus to do what we can't. We don't trust our own efforts to save us. We can't save ourselves. We don't place our trust in other people to save us. We believe in Him.
- WE LIVE** God gives us brand-new life. We have joy because of his Spirit living within us. Little by little his Spirit changes us to be more like Jesus. No guilt in life, no fear of death, He gives life, now ... and for eternity.  
 You can tell God you accept Him now.  
 "Father, I believe you love me. You gave your one and only Son so I can live forever with you. Apart from you, I die. With you, I live. I choose life. I choose you."

photos: Family Easter Picnic at the Peak



April 28, 2013

## Gluttony To Self-Control

<sup>19</sup> Listen, my son, and be wise, and set your heart on the right path:  
<sup>20</sup> Do not join those who drink too much wine or gorge themselves on meat,  
<sup>21</sup> for drunkards and gluttons become poor, and drowsiness clothes them in rags.  
 Proverbs 23:19-21

### 1. What is gluttony?

- a. Gluttony is \_\_\_\_\_
- b. Gluttony is first and foremost a struggle of \_\_\_\_\_
- c. Definition: \_\_\_\_\_

<sup>18</sup> For I know that good itself does not dwell in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out. <sup>19</sup> For I do not do the good I want to do, but the evil I do not want to do—this I keep on doing.  
 Romans 7:18-19

### 2. What is self-control?

Definition: \_\_\_\_\_

<sup>16</sup> Therefore do not let anyone judge you by what you eat or drink, or with regard to a religious festival, a New Moon celebration or a Sabbath day. <sup>17</sup> These are a shadow of the things that were to come; the reality, however, is found in Christ. <sup>20</sup> Since you died with Christ to the elemental spiritual forces of this world, why, as though you still belonged to the world, do you submit to its rules: <sup>21</sup> "Do not handle! Do not taste! Do not touch!"? <sup>22</sup> These rules, which have to do with things that are all destined to perish with use, are based on merely human commands and teachings. <sup>23</sup> Such regulations indeed have an appearance of wisdom, with their self-imposed worship, their false humility and their harsh treatment of the body, but they lack any value in restraining sensual indulgence.  
 Colossians 2:16-17, 20-23

### 3. Beyond gluttony and self-control: \_\_\_\_\_

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_
- e. \_\_\_\_\_

SUGGESTED SCRIPTURE MEMORY  
 For this very reason, make every effort to add to your faith goodness; and to goodness, knowledge; and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness; and to godliness, mutual affection; and to mutual affection, love.  
 2 Peter 1:5-7