



INSIDE AND OUT

Spiritual Practices for Mental Health

SUNDAY, MAY 12

Galatians 6:1-10

⁶My brothers and sisters, if anyone is detected in a transgression, you who have received the Spirit should restore such a one in a spirit of gentleness. Take care that you yourselves are not tempted.

²Bear one another's burdens, and in this way you will fulfill the law of Christ. ³For if those who are nothing think they are something, they deceive themselves. ⁴All must test their own work; then that work, rather than their neighbor's work, will become a cause for pride. ⁵For all must carry their own loads. ⁶Those who are taught the word must share in all good things with their teacher. ⁷Do not be deceived; God is not mocked, for you reap whatever you sow. ⁸If you sow to your own flesh, you will reap corruption from the flesh, but if you sow to the Spirit, you will reap eternal life from the Spirit.

⁹So let us not grow weary in doing what is right, for we will reap at harvest time, if we do not give up.

¹⁰So then, whenever we have an opportunity, let us work for the good of all and especially for those of the family of faith.

SERMON NOTES

Healthy Families

Second in the Series, *Inside and Out: Spiritual Practices for Mental Health*

1. Especially...
2. Burden bearing
3. Boundaries
4. Do not grow weary

WHAT'S HAPPENING AT ST. LUKE'S

Help us stay in touch and update your account. Online or stop by the Commons today!
my.StLukesMethodist.org/MyAccount

May Collection

No kids sleeps on the floor in our city! Help by supporting our Sleep in Heavenly Peace collection! Contribute financially to build more beds this fall or donate NEW twin bedding sets.
StLukesMethodist.org/giveSHP

General Conference recap with Dr. Tom Pace | May 13 | branches building & Online | 6:30 p.m.

Practicing the Way Course [New Dates!]

Tuesdays, May 14–July 2 | 6:30 p.m.–8 p.m. | branches building

Join us for eight sessions of teaching, guided conversation, and spiritual practices designed to lay a foundation for lifelong apprenticeship to Jesus. The Course can be an on ramp to people new to following Jesus, and a needed refresher for all people seeking to become more like him. branchestx.org/ptw

Working Faith Breakfast

Wednesday, May 15 | 8 a.m. | Hines Baker Room

Be inspired by Dr. Rachel Schneider, Director of the Religion and Public Life Program at Rice University. Her presentation is "Taking Faith to Work: How do Christians practice faith at work and see work as calling?"
StLukesMethodist.org/MayWorkingFaith

Disaster Response Training

Saturday, May 18 | 9 a.m.–12 p.m. | ES313/314

Would you like to be part of St. Luke's Disaster Response team? This training will enable you to:

- Connect with church members
- Work on our collections/distribution centers
- Serve on our muck and gut teams
- Compassionate care teams

Sign up and choose the St. Luke UMC's Member breakout session on the registration form.

Questions? Contact Rev. Amy Sumrall, asumrall@StLukesMethodist.org.

StLukesMethodist.org/responsetraining

Help Recent Flood Victims

The Restoration Team is working in Conroe in the coming weeks to "muck and gut" homes. To participate, contact Charity Autry, cautry@StLukesMethodist.org

Love Does by Bob Goff

led by Rev. Amy Sumrall | Wednesdays, June 5-26 | 6-7:30 p.m. | ES310

Looking to be inspired and challenged to put your love for God into action? Join us for an energizing discussion and leave with practical ideas to use your unique gifts and experiences to share God's love in your daily life. Register: StLukesMethodist.org/lovedoes

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