

## GRADUATION DEDICATION



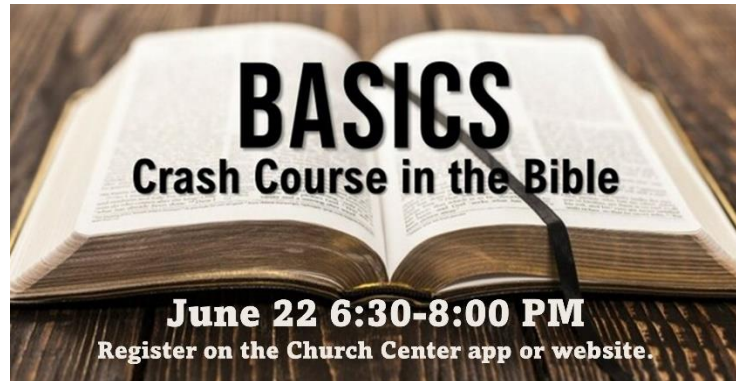
Registration is open for Graduation dedication on June 4, both at 9:15 AM & 11:15 AM. If you are graduating from high school or college, we want to celebrate you! You can register on the Church Center app or on our website.



Baptism is an outward demonstration of a person's inward decision and commitment to trust and follow Jesus ***FREELY, FULLY, and FOREVER!*** Our next Baptism service will be on Sunday, June 25. Register on the Church Center app or on our website.

## LOCAL MISSION OPPORTUNITY!

The Frederick Rescue Mission Summer Enrichment Camp is looking for volunteers from FCF Church to assist camp directors with daily lessons and activities on June 26 - 29 from 9:00 am-3:00 pm. The camp is for children who are at risk of falling behind a grade level, have lower income, or are living in precarious circumstances such as in a shelter or hotel. If you are interested, you can email [tkwiatek@therescuemission.org](mailto:tkwiatek@therescuemission.org) or write Summer Mission on your Connect Card with your email.



Sundays, 11 AM to 12:30 PM.  
Located in the North Building.



# Soul Rest

## What do we really want?

John 10 (10) The thief's purpose is to steal and kill and destroy. My purpose is to give them a rich and satisfying life. (NLT)

## What do we really need?

Psalms 62 (5) Rest in God alone, my soul... (HCSB)  
I must calm down and turn to God; (ERV)

Matthew 11 (28) Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. (29) Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. (NLT)

## How do we get it?

Psalms 62 (8) Pour out your hearts before him! God is our refuge!  
(CEB)

Psalms 139 (23) Investigate me, God, and know my heart. Test me and know my troubled thoughts. (24) See if there is any way in me that causes pain... (EHV)

Romans 12 (2) ...let God change you inside with a new way of thinking. Then you will be able to understand and accept what God wants for you. You will be able to know what is good and pleasing to him and what is perfect. (ERV)

Psalms 25 (4) Show me the right path, O Lord; point out the road for me to follow. (5) Lead me by your truth and teach me, for you are the God who saves me. All day long I put my hope in you. (NLT)

Philippians 4 (13) I can do all things through Christ because he gives me strength. (ICB)

## MESSAGE NOTES

### Pastoral Staff

Contact a Pastor: [Info@fcchurch.com](mailto:Info@fcchurch.com)

Randy Goldenberg

Founding & Lead Pastor

Pete Gillott

Associate & Worship Pastor

Kim Kesecker

Spiritual Formation Pastor

Christine Hickle

Care Pastor

Reuben Smith

Children's Pastor

Adam Zetts

Youth Pastor

## MEETING GOD IN HIS WORD

The goal of the book of PROVERBS is stated right at the beginning: to describe what wisdom is and to help God's people become wise. Wisdom is founded in the "fear of the Lord," and it enables believers to express their faith in the practical details of everyday life.

Monday: Proverbs 11

Tuesday: Proverbs 12

Wednesday: Proverbs 13

Thursday: Proverbs 14

Friday: Proverbs 15

**MEDITATION:** concentrated, prayerful thinking

As you read through the Book of Proverbs, keep a **Wisdom Journal**. Simply write down those bits of wisdom that jump out at you.