



HIGHLIGHTS *from* ONE HOPE CHURCH

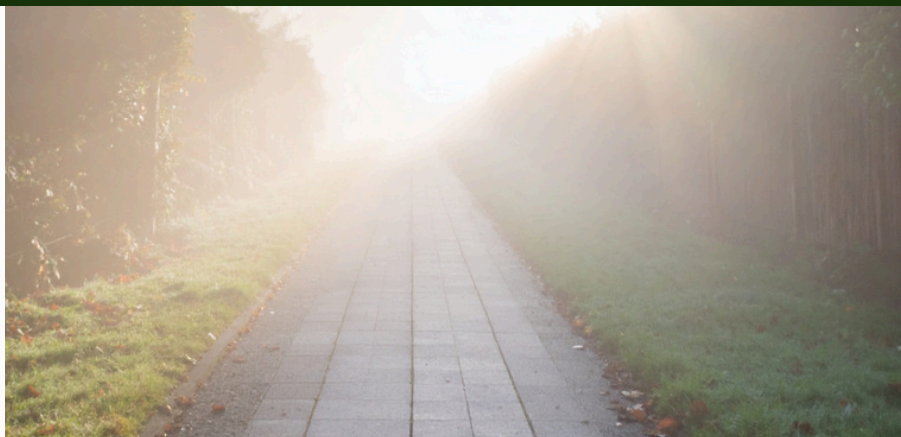
January 29, 2026

THIS WEEK

EAT YOUR VEGGIES

SERMON SERIES
CHILDREN'S MINISTRY

2/1/26 SUNDAY VOLUNTEERS
CONNECTIONS
PRAYER CONCERNS
2025 GIVING STATEMENTS



EAT YOUR VEGGIES!

Pastor Eric pastoreric@onehopekc.org (reach out if you need anything!)

Galatians 5:16-26

But I say, walk by the Spirit, and you will not gratify the desires of the flesh. For the desires of the flesh are against the Spirit, and the desires of the Spirit are against the flesh, for these are opposed to each other, to keep you from doing the things you want to do. But if you are led by the Spirit, you are not under the law. Now the works of the flesh are evident: sexual immorality, impurity, sensuality, idolatry, sorcery, enmity, strife, jealousy, fits of anger, rivalries, dissensions, divisions, envy, drunkenness, orgies, and things like these. I warn you, as I warned you before, that those who do such things will not inherit the kingdom of God. But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law. And those who belong to Christ Jesus have crucified the flesh with its passions and desires. If we live by the Spirit, let us also keep in step with the Spirit. Let us not become conceited, provoking one another, envying one another.

For as long as I can remember, I have loved fruit. Just yesterday, I had yogurt with blueberries...a lot of blueberries! Those berries were so good. Just thinking about them makes me want to head back to the grocery store and pick up more berries.

Actually, I eaten mostly bananas and apples over the years. Possibly because one you just peel and eat and the other I just wash and eat. However, strawberries are likely my favorite fruit. I remember (although it will age me) when Dairy Queen came out with blizzards. I didn't want chocolate or candy, I liked the tropical one. I believe it had strawberries and bananas and coconut. Even fruit by itself is a dessert for me!

On the other hand, there are vegetables. Let's be clear, I eat vegetables. However, I don't crave vegetables. I eat broccoli fairly often, but I'm not thinking...."mmmm, broccoli" as I'm writing this! I eat veggies because my mom made them for every single meal growing up. I can't even count how many nights I had to

remain seated at the table until I ate my peas (which are still gross).

We all know the scripture about the fruit of the spirit: love, joy, peace, patience, kindness, etc. However, in the verses preceding the fruit of the spirit, Paul addresses the works of flesh. We cannot simply leave these buried and hidden in the ground, but they must be pulled up, washed, and exposed to the light! We need to do the difficult work of letting Jesus cleanse us from these sins.

Combating fleshly behaviors is somewhat like disciplining ourselves to eat the veggies on our plate because they are good for us!

Scriptural holiness is nutrition for the soul. Therefore, holiness requires eating fruit AND veggies. Real faith, like real health, means we tackle things that are tough to swallow. We cannot ignore the need for the Holy Spirit to empower us to overcome sin, yet still walk in the spirit. This work requires prayer, fasting, and a trustworthy Hope Builder's Group. May God nourish your soul...and eat your veggies! Amen.

SERMON SERIES

The Seventh Sense: Walk by Faith

*"...for we walk by faith, not by sight."
2 Corinthians 5:7*

We are naturally equipped with 5 senses to help us navigate the world: seeing, hearing, feeling, smelling, and tasting.

A 6th sense to guide our responses is our gut, which is based on our knowledge and experience in the world.

So, is that enough?

Join us January 11 through February 15
as we learn to walk by faith, our most important sense.

February 1: With the Love of Christ *2 Corinthians 5:11-15*

*Our natural senses have been corrupted by sin and brokenness.
With the pain we carry, fear keeps us from sharing the gospel.
When we learn to walk by our seventh sense, faith empowers us to share
our beliefs With the Love of Christ.*

February 8: To Recognize Christ *2 Corinthians 5:16-17*

*Our natural senses cause us to judge people and circumstances
superficially. When we learn to walk by our seventh sense, faith gives us
insight into the hearts of people To Recognize Christ.*

February 15: For Reconciliation *2 Corinthians 5:18-21*

*Sin, hurt, and trauma have created a chasm between us and God.
When we learn to walk by our seventh sense, faith offers a path
For Reconciliation with God and others.*

THE JOY OF VOLUNTEERING IN CHILDREN'S CHURCH

Volunteering in children's church is one of the most meaningful ways to invest in the life of a community. Every week, children walk through the doors eager to learn, to be seen, and to experience God's love in a way that feels real and personal. Volunteers play a vital role in making that happen.

Serving in children's ministry isn't about having all the answers or being a perfect teacher. It's about showing up with a willing heart. Whether you're leading a lesson, helping with crafts, guiding small groups, or simply offering a warm smile at check-in, your presence helps create a safe, joyful environment where kids can grow in faith.

The impact of this work reaches far beyond Sunday morning. Children remember the adults who listened to them, encouraged them, and made them feel valued. A single moment of kindness can shape a child's understanding of God's love for years to come.

If you're looking for a place to serve that is full of energy, purpose, and genuine connection, children's church is a beautiful place to start. Your time and care can help plant seeds of faith that last a lifetime.

**CONTACT PASTOR ERIC IF YOU'RE
INTERESTED IN BEING A PART OF THE
CHILDREN'S MINISTRY.**

2/1/26 VOLUNTEERS

Children's Church

Michelle G.

Fellowship -Treats & Coffee

Earl S.



Liturgist

Dana G.

Prayer Group

Earl S.

Ushers

Dana G., Randall S., Vicki B.

Audio

Laurie K.

Tech - Video

Bob K.



Access the sign up for [Sunday Volunteers!](#)

Click [missed a sermon](#) to hear any sermon from the One Hope archives!

Join a [Hope Builders Group!](#)

PRAYER CONCERNS

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God." ~ Philippians 4:6

Prayers for:

Susan H., out of the hospital, but in rehab, Carolyn E.'s sister

Donna E., at home and doing better, Justin E.'s grandmother

Kelly, pancreatic cancer, Sheryl A.'s friend

Bill F.'s friend, who has a serious illness

Pam F., dealing with health challenges

Jennifer, cancer, and Charles & Marie, her parents, who are caring for her, friends of David P.

Linda S., second battle with cancer, David P's sister

Sara J.'s mother, Parkinsons & dementia, David P's friend

Becky S., stomach cancer, in Hospice care at home,
Sue S. sister-in-law

God's guidance as we continue to invite and welcome those seeking Hope in Jesus

God's continued blessings upon the
Central Korean GMC

Global Methodist Church Heartland Conference

Nigerian Christians, who have suffered much persecution

Peace for nations at war

GIVING STATEMENTS

Giving statements will be available before and after worship February 1. Plan to pick up your statement on Sunday!

Thank you for your generous support for One Hope Church.

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SUNDAY SCHEDULE

Bible Study | 9:00am

Prayer | 9:45am

Fellowship Time | 10:00am

Sunday Worship | 10:30am

Children's Church | 10:45am

Youth | e-mail for info

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Find us on:

