

SERMON NOTES

March 21 & 22, 2026

Changed: The Physical John 6:1-13

1. Common myth: The spiritual is _____; the physical is _____.

Genesis 1:26

2. Jesus _____ with our physical well-being.

Philippians 2:5-7

3. Jesus _____ about our physical well-being.

John 6:5

4. Jesus _____ our physical well-being.

John 6:11

Life Steps

Changed: The Physical | March 23-29, 2026

Monday

Genesis 1:26

Reflect: This passage tells us we are made in the image and likeness of God. What are some ways you have thought about your physical self that need to change based on this passage?

Prayer: God, thank you for sending Jesus to redeem my whole self, my spiritual and my physical well-being. Use me to help someone else experience that same redemption through Jesus.

Tuesday

John 1:14

Reflect: Jesus came to be with us, not to see us from afar, but to be as close as possible to the needs of the people he loves. How have you positioned yourself physically to be connected to the needs of others?

Prayer: God, thank you for sending Jesus to redeem my whole self, my spiritual and my physical well-being. Use me to help someone else experience that same redemption through Jesus.

Wednesday

John 6:1-4

Reflect: In your journey with Jesus, do you see the crowds that are following after him in need? This past weekend in worship, did you notice the need of someone else?

Prayer: God, thank you for sending Jesus to redeem my whole self, my spiritual and my physical well-being. Use me to help someone else experience that same redemption through Jesus.

Thursday

Acts 17:24-25

Reflect: The miracle of feeding the five thousand was not something Jesus did to get a return; it was simply an outpouring of his love and commitment to prayer. Who are the people you are regularly praying for? What has God revealed to you in this prayer that might lead you towards an action?

Prayer: God, thank you for sending Jesus to redeem my whole self, my spiritual and my physical well-being. Use me to help someone else experience that same redemption through Jesus.

Friday

John 6:11

Reflect: Jesus cares about your physical needs, just as he cared about the physical needs of the five thousand. In what way can you use this understanding to help prepare you for Serve Together Weekend?

Prayer: God, thank you for sending Jesus to redeem my whole self, my spiritual and my physical well-being. Use me to help someone else experience that same redemption through Jesus.

Saturday

John 13:34

Reflect: The commandment Jesus gives us here is to love each other the way he loves us. This means we serve with no intention of getting a return; we serve with no need for a "thank you." Who do you plan on serving today?

Prayer: God, thank you for sending Jesus to redeem my whole self, my spiritual and my physical well-being. Use me to help someone else experience that same redemption through Jesus.

Sunday

Matthew 21:1-11

Reflect: Today, we celebrate Palm Sunday, the triumphant entry of Jesus into Jerusalem. Holy Week begins this week. Crucifixion is Friday. But today is a day of celebration. As you prepare for worship, come with a spirit of celebration and thanksgiving for the arrival and presence of our King Jesus!

Prayer: God, thank you for the journey to the cross. Remind me daily of the price of my freedom. Help me to be present this week as we celebrate Maundy Thursday, Good Friday, and Resurrection Sunday.