



April 13-14, 2024
Genesis 2:4-7



**THRIV'ERA
SPIRITED**

As image bearers of the Divine, we are spirited
human beings animated by the power of the Holy Spirit.
We thrive as spirited people by affirming that we are inspired, animated
and enthused by the Source of all life and that every breath is a gift.

WORSHIP THIS WEEKEND

Holy Spirit, Ever Dwelling (9am only)

The Way

Great Are You, Lord

Message: Paul Gauche

Holy Spirit (5:30pm and 10:30am)

Go as a spirited child of God,
bringing some good to each moment,
something better to each day,
and our best to each other.

JOIN US FOR WORSHIP

Thriv'era Sermon Series Begins This Weekend!

If you'd still like to purchase a *Welcome the Seasons | Thriv'era*
book, contact Amy Kalsow at akalsow@popmn.org.

Unselfie: The Musical

Experience the POP Praise Choir spring musical during the
5:30 pm service on April 27 and the 10:30 am service on April 28.

JOIN US MOVING FORWARD

**We're excited to begin the search for our Associate Pastor
of Young Adult Ministry.** If you know of someone who may be
interested, email callcommittee@popmn.org by April 14.

JOIN US FOR COMMUNITY

Mothers of Preschoolers (MOPS):

Join us in the Community Room on Sunday, April 21
as we celebrate MOPS' significant years of ministry!

JOIN US IN GENEROSITY

Your gift supports mission and ministry. Thank you!



CONNECTION CARD

Please place this card in the offering bag or hand it in at the Connect Desk as you leave.

PLEASE PRINT:

Name _____ Date _____

Email _____

Address _____

City _____ State _____ Zip _____

Best Contact Phone _____ Birthdate _____

How did you hear about us? _____
(name of person who invited you, mailing, website, etc.)

☐ Guest

☐ Desire to Join

☐ Desire to Volunteer

☐ Contact Update

☐ Contact Me

See reverse side for
Spiritual Care request



Everything within us is grounded in Something beyond us. To say that we are “spirited” people acknowledges that everything within us – all that we are, have been, and hope to be is grounded in Something beyond us. To be spirited, alive, inspired, animated, and enthused is to recognize that we have a Source, and understanding this becomes essential for thriving.

This week, during the solar eclipse, the moon’s shadow was cast across the earth. The moon can be a mysterious thing, affecting tides and moods and night vision. We marvel at its beauty and study its changing phases. But the moon is dark; it has no light of its own. The moon is illuminated by its source, the sun. We, too, reflect our Source. Everything within us is grounded in Something well beyond us.

- *Have you ever felt a deep connection between external beauty, like the moon, and your internal sense of inspiration or spirit? How did that connection make you feel that grounded in something beyond yourself?*
- *What external sources contribute to the way you shine, or thrive? How does your life reflect the influence of that source? Why is this awareness important for your sense of thriving?*

Daily Breath Practice from Paul Gauche’s sermon, reminding ourselves that breath is a gift:

1. Find a quiet and comfortable space to sit with both feet on the floor, hands on your lap, and arms on your legs.
2. Take a few moments to focus on your breath, inhaling through your nose and exhaling through your mouth.
3. Reflect on the idea that each breath is a gift from the Creator. Instead of thinking of it as something you take, consciously receive, welcome, and absorb each breath.
4. Consider reciting a verse or affirmation, such as “The spirit of God has made me, and the breath of the Almighty gives me life ... and more life.”

SPIRITUAL CARE REQUEST

Please place this card in the offering bag or hand it in at the Connect Desk as you leave.

Prayer Request: Prayer Ministers will pray for your request(s) listed below.

IS THIS PRAYER REQUEST CONFIDENTIAL?

- ☐ Yes. Share with the prayer team only. ☐ No. First name can be shared on the congregational prayer list.

Name _____ Date _____

Email/Phone _____

I Would Like:

- ☐ To pray with someone over the phone or in person.
- ☐ Someone from the Spiritual Care Team to contact me.