

The Healthy Disciple: *Growing in Every Part*

Week 1 — What Does a Healthy Disciple Look Like?

Matthew 28:16-20

Big Idea

Jesus did not call us merely to attend church or gain knowledge, but to become healthy disciples who help others follow Him.

1. Many Christians _____ in some areas, but _____ others.

2. Jesus' goal is _____ who make _____.

3. Jesus uses _____ but _____ people.

4. Healthy disciples grow _____.

5. Healthy People _____ and Help Others _____.

Application

YOUTH SUNDAY SERVICE

2nd, 3rd, 4th, and 5th Sundays of the month. MPR, 11:00am

COMMUNITY LIFE

- **Wednesday Prayer Meeting:** @ 7:30pm. ZOOM ID: 825 6624 2437. Password: prayer. Waiming (pamadale@gmail.com)
- **Thursday Night Fellowship:** 3rd Thursday @ 7:30pm. Room M3. RJ Lin (renjanglin@gmail.com)
- **Friday Night Fellowship:** Every Fri @ 6:30pm. Room F4. Irene Yang (irenehwayang@gmail.com)
- **Youth Fellowship:** Every Fri @ 7:30pm. MPR. Simon (rrainbow111@gmail.com) & Gene (genelee66526@gmail.com)
- **College Fellowship:** Every Fri @ 7:30pm. Choir Room. Rebecca McCort (becca@arcadiacbc.com)
- **Adult Fellowship Meeting:** Every 2nd Sat @ 4:00pm. Church. Waiming (pamadale@gmail.com)
- **Asian Christian Fellowship:** Every 3rd Sat @ 6:00pm. MPR. Pastor Ben (ifg-Saturday@live.com)
- **20s, 30s, 40s:** First three Sundays of the Month @ 11:00am. Choir Room. Tiffany Shum (tiffunnyshum@gmail.com)
- **Youth Sunday School:** 1st Sun @ 11:00am. Every 2nd, 3rd, 4th, and 5th Sun @ 9:30am. MPR Classrooms.
- **Adult Sunday School:** Every Sun @ 11:00am. Room F4. Fuk Li (aspacenerd@yahoo.com)

ANNOUNCEMENT

- **Welcome First Time Guest!** Please fill out a welcome card in the seat pocket in front of you to get connected.
- **Pre-Service Prayer at 9am on Sundays:** Join us in Room M3.
- **Family Movie Night – David by Angel Studios:** Friday, May 29 at 7:30pm in the MPR. Bring the family and invite your friends! Scan the QR code to register.





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2025-2026 Annual Theme
Rooted Disciples, Edified Lives

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INTERIM ENGLISH PASTOR: JOHN NUGENT