

AIC Update

RE: Move to CAIS

Please note the following important updates regarding our move to CAIS in Lai Chi Kok.

- Last Sunday at APSW will be **23 Oct**
- Soft-Launch period (**30 Oct - 20 Nov**)
- AIC public opening date at CAIS: **27 Nov**
- We need your help!
 - Physical move (purge and pack)
 - Ministry move (logistics and volunteering throughout the weekend)
 - Office move (leads and search)

EHS: Emotionally Healthy Spirituality

Some biblical examples of the emotions of God:
“God saw that is was good... very good.”

G _____ (Gn 6:6)

J _____ (Ex 205)

S _____ and T _____ (Mt 26:37-38)

J _____ (Lk 10:21)

**3 Temptations to find our worth and value outside of God’s
inexhaustible, free love found in Christ:**

1. P _____; I am what _____.
2. P _____; I am what _____.
3. P _____; I am what _____.

Put on the new self, created in God’s image. Read Eph. 4:22-24

EHS: Small Group Discussion

In the book EHS, the author discusses three temptations to find our worth and value outside of God's truth. Consider to share which one you struggle with the most (now or in the past).

1. P _____; I am what _____.
2. P _____; I am what _____.
3. P _____; I am what _____.

Read 1 Samuel Chapter 17 & Eph 4:22-24.

Pastor Henry talked about how David spent a lot of time out in the pasture, writing Psalms and getting to know God. So, that when he went out against Goliath, David knew God personally and intimately and trusted him with his own life and the lives of the whole nation of Israel.

Discuss one way you will each commit to investing in your relationship with God, not only for your own life and faith, but the lives of your family, co-workers, friends, etc.

Pray for each other as we continue this EHS journey together.