

# TRAINING FOR GODLINESS: BREATHE

Psalm 150:6 // January 18, 2026

## PRAISE

**Blessed is the man who walks not in the counsel of the wicked, nor stands in the way of sinners, nor sits in the seat of scoffers; 2 but his delight is in the law of the Lord, and on his law he meditates day and night.**

-Psalm 1.1-2

"You wouldn't try to go through life holding your breath. So don't go through life without Bible reading and praying. Let your soul breathe. Oxygenate with the bible; and breathe out the CO2 of prayer as you speak back to God your Wonder, your worry, and your waiting. He is not a force, not an ideal, not a machine. He is

a person."

-Dane Ortlund

## THANKSGIVING

4 Rejoice in the Lord always; again I will say, rejoice. 5 Let your reasonableness be known to everyone. The Lord is at hand; 6 do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

-Philippians 4:4-6

**Come to him with humility and ask for help. Because our help comes from the Lord. The MAKER of heavens and earth.**

## NEED

Worry is praying to yourself. So, if you're worrying to yourself, where does your worry go? No where....and it becomes a fog so dense a shipwreck is bound to happen.

**6 Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, 7 casting all your anxieties on him, because he cares for you.**

-1 Peter 5:6-7

## NOTES:

### Announcements:

**Community Groups:** Our groups will be starting back up for the Spring the week of January 25<sup>th</sup>. If you are not yet in a group, need to change groups, or just have questions, email [connect@lifemission.tv](mailto:connect@lifemission.tv) and we'll get you pointed in the right direction.

**Psalm Reading:** Sign up to read the opening Psalm on Sunday Mornings! (All you have to do is show up and read...we'll send you the Psalm ahead of time.)



<https://lmcink.com/xfx>

### This Week's Call to Worship Psalm:

Psalm 25.1-5

### This Week's Scripture to Memorize:

1 Peter 3.18

For Christ also suffered once for sins, the righteous for the unrighteous, that he might bring us to God, being put to death in the flesh but made alive in the spirit,

## ARE YOU NEW HERE?

### WELCOME TO LIFE MISSION!

We'd love for you to **fill out a Connection Card** so we can welcome you and answer any questions you may have. You can drop it in the offering basket during the service or take it to one of our teammates at the **Connection Booth** outside. Feel free to grab some coffee and snacks in the courtyard and hang out. We hope you'll **join us next Sunday** and consider making us your church family.

### WHAT ABOUT THE KIDS?

Our childrens' ministry, which we call **Kids on Mission**, has classes for **newborns - 5th grade**. We have a great team of volunteers who have all been screened with background checks for extra security. Each week your child will get to **worship** with their class, followed by an **age-appropriate lesson** that points them towards Jesus and helps root them in the Word of God.

Visit our website to read more about the vision of Kids on Mission and a walkthrough of our curriculum. If you have any questions, email **Amber Willis at [amber@lifemission.tv](mailto:amber@lifemission.tv)**

### JUNIOR HIGH & HIGH SCHOOL

Our **6th - 8th graders** begin each Sunday by **worshipping with the adults** and then head to their classroom with their teacher and classmates for the rest of service. Visit our website to read more about our junior high ministry and a walkthrough of our curriculum.

Our **9th-12th graders stay in the service** with the adults because we believe that it is crucial for them to not "graduate the faith" when they graduate high school.

For more information about our Junior High & High School ministries, email **Tyler Willis at [tyler@lifemission.tv](mailto:tyler@lifemission.tv)**.

## Contact Us

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## CONNECT WITH LMC



Point your smart phone camera at the QR Code to access a virtual Connection Card

### MAILING ADDRESS:

Life Mission Church  
420 Twin Oaks Valley Rd., #908  
San Marcos, CA 92079

## COMMUNITY GROUP HOMEWORK

Our Community Groups will be on break  
until the week of January 25<sup>th</sup>

In the meantime, consider ways that you hope to  
train yourself for godliness in 2026.

### Your Life Mission

Before any meaningful ministry is done by us, the Spirit's work must firstly be done within us. In what ways do you hope to grow and deepen your lifestyle of abiding in Christ and training for godliness in 2026 when it comes to the following:

The Word: \_\_\_\_\_

Prayer: \_\_\_\_\_

Community: \_\_\_\_\_

Service: \_\_\_\_\_

Evangelism: \_\_\_\_\_

Who would you consider doing some of these with?

## THE LORD'S P.R.A.Y.er MODEL

- Preaching the Gospel to Yourself (Matthew 6.9, 10)
- Repent and Confess (Matthew 6.12)
- Ask for Provision (Matthew 6.11-13)
- Yield with Thanksgiving (Matthew 6.10)

Father, be glorified in \_\_\_\_\_, let Your Kingdom  
and will be done, in and through \_\_\_\_\_ as it is in Heaven.

Give \_\_\_\_\_ daily bread, and thank You for Your forgiveness.  
Help \_\_\_\_\_ to forgive \_\_\_\_\_,  
because You are the One who has forgiven us.

Keep \_\_\_\_\_ eyes fixed on You and Your Word and promises  
so that \_\_\_\_\_ may not sin against You.  
Thank You for and help me trust Your sovereign love.



# LIFE MISSION

C H U R C H

MAKING DISCIPLES WHO MAKE DISCIPLES LOCALLY AND GLOBALLY,  
WHO ARE SAVED, EQUIPPED, AND SENT BY THE GOSPEL.



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### SUNDAYS AT 10AM

Life Mission Church Meets at Classical Academy High School  
207 E Pennsylvania Ave, Escondido 92025

GET TO KNOW MORE ABOUT US ONLINE

LIFEMISSIONCHURCH.COM

