



Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. (Philippians 4:8 - ESV)

matters to

# What we consume externally has

and consequences

# What can I do?

- · Apply a purity filter (Ask the question: should I choose media with this content? Make a time today to have that conversation)
- Have content based stop cues (What things make you turn something off immediately? What things are on a 3 strike rule?)
- Take steps to bring light to your darkness (accountability, immersion in truth, etc.)

# The only lasting purity comes from Jesus. Confess. Repent. Choose Jesus.

communion holy

## The only one who will keep you from joining us at the Lord's Table is you

Perhaps this is the first time you've considered receiving this sacrament. Maybe it's been far too long since you received it last. When we come to the communion portion of our service, if you are able to sincerely respond to the invitation that's given, we enthusiastically invite you to join us.

# giving

## online

Visit emmanuel.church/give to learn more about online giving and to get signed up



on your phone Text 651-433-6270 with an amount to get signed up



We believe giving is an act of worship and thanksgiving to God.

## in person or mail

Place in a black mailbox or mail to: 513 Tanglewood Dr. Shoreview MN 55126