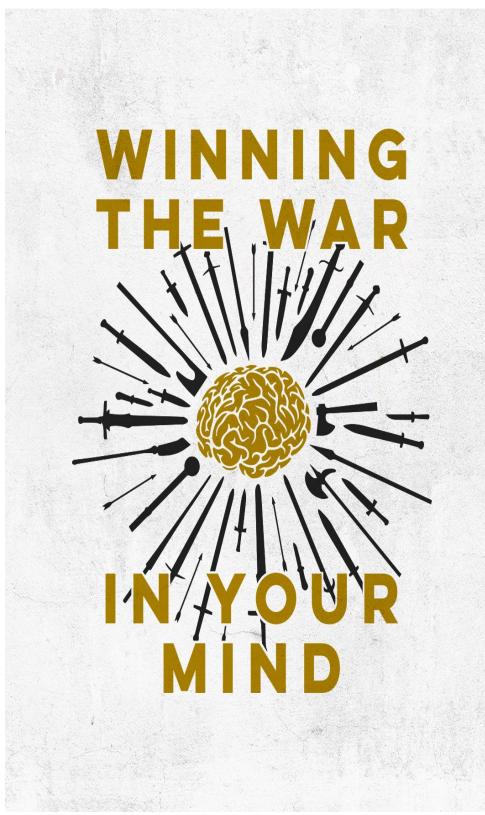


### The Quest Church

We exist to proclaim the Good News and offer help for life's hurts. www.thequestchurch.com

6107 I-30W / PO Box 1207 Royse City, TX 75189 972.635.7222 Sundays @ 8:30am, 10am & 11:30am November 19, 2023



#### Winning the War in Your Mind 2 Take Your Mind Back

Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is his good, pleasing and perfect will. Romans 12:2

2 Corinthians 10:2-5

We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

#### Philippians 4:8-9

Meditation is a practice in which an individual uses a technique – such as mindfulness, or **focusing** the mind on a particular object, thought, or activity – to **train** attention and awareness, and achieve a mentally clear and emotionally calm and stable state.

Psalm 119:15

Psalm 143:5

### \*\*\*Next Step Reading – Romans 12:1-21\*\*\*

... If you hold to my teaching, you are really my disciples. Then you will know the truth, and the truth will set you free. John 8:31-32

\* View messages with the Quest App – "thequestrc" or online at www.thequestchurch.com

# Next Sunday @ The Quest



Thoughts are powerful. They change our perspective, impact our decisions, and influence our habits. What do we do when we become trapped by our thoughts? Join us as we continuing learning how to change our mind so God can change our lives.

## Join Us @ The Quest for

Quest Partners Annual Meeting Sunday, December 3 @ 5:30pm

SheQuest Christmas Party Thursday, December 7 @ 7:00pm

TeenQuest Christmas Party Sunday, December 10 @ 6:00pm

# **Coming to The Quest**

#### Sundays @ 6pm – TeenQuest for HS & JH Students Mondays @ 6:30pm– Re:generation Recovery Group

- Dec 03 Quest Partners Annual Meeting, 5:30pm
- Dec 05 Quest Church Prayer Focus, 11am
- Dec 07 SheQuest Christmas Party, 7pm
- Dec 10 TeenQuest Christmas Party, 6pm
- Dec 15 KidsQuest Presents Jingle Jam, 7pm
- Dec 24 Christmas Eve Gatherings @ 8:30am, 10am & 11:30am
- Dec 31 No Worship Gatherings
- Jan 05 Quest Church Prayer Focus, 11am
- Jan 07 TeenQuest New Year Kickoff Event

Text Giving Available – Text "thequestrc" to 833.420.4255