



**Video and audio services and messages are being
live streamed at 9:30 and 11:00 am Sundays at
<https://www.facebook.com/FirstBaptistChurchTempe>**

**Pastor Roger's sermons and other FBC Pastors
can be heard for free on our website
at www.fbc-tempe.org.**

Sunday Morning Messages

New Sermon Series April 7 – May 5

MENTAL HEALTH

April 28 – “Self Regulation”

(2 Timothy 1:7, Galatians 5:22-23)

Pastor Anthony Whitlatch with guest professional, Loretta White

May 5 – “Relational Trauma”

(John 8:31-32, Hebrew 6:18)

Pastor Anthony Whitlatch w/ guest professional, Karissa Whitlatch

Mother's Day

May 12 – “Humbly Exalt God”

(Luke 2:46-49)

Pastor John Heston

Mental Health – Self-Regulation

2 Timothy 1:7, Galatians 5:22-23

April 28, 2024

Pastor Anthony Whitlatch

Guest Professional: Loretta White

What was helpful from the interview with Loretta?

2 Timothy 1:7- For God has not given us a spirit of timidity, but of power and love and discipline.

Galatians 5:22-23 - ²² But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, ²³ gentleness, self-control; against such things there is no law.

The Spirit of God is ALWAYS pushing you towards self-control!