



North Florida Tres Dias Newsletter

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Summer vacations will be ending soon, so it's time to look forward to the Fall! Fall means it's time for Tres Dias weekends again! So excited! Please pray about who you would love to experience the love that Jesus intended for His children to experience. Talk with that person or couple and send an application as soon as you can. We will start sending reservations to candidates in September and that is not far away. Don't forget there is financial assistance for 4 couples to help with the fees. Talk with Marc Alvis or Duanne Thurmond for information. Can't wait to see what the Lord has in store for the weekends.

Terry & Rossie Tullis, Pre-Weekend Couple

Upcoming Weekends

FALL

Men's #53
October 8-11, 2015
John Blackwell, Rector

Women's #53
October 22-25, 2015
Cathy Corredor, Rector

SPRING

Men's #54
April 7-10, 2016
Bruce King, Rector

Women's #54
April 21-24, 2016
Paula Marshall, Rector

NEW INCOMING SECRETARIAT 2016

Food Couple - Casty & Deana Hobbs
Fourth Day Couple - Lee & Theresa Williams
Men's Leader - Buzz Stephens
Spiritual Director - Scott Alvis

There will not be a Sequela For the month of July

Please mark your calendars to attend the next Sequela Saturday, August 8, 6:00 pm Piedmont Park Alliance Church

Happy 4th of July



BEAT THE HEAT !

"...the LORD is thy shade upon thy right hand." Psalm 121:5

The heat of the world can beat down on us. We've got to protect ourselves from it. Here are a few ways to beat the heat!

• **Spend Time in the Shade.** One of the first things we can do if we are outside and it is hot is to get into the shade. As Christians the best place to spend time in the shade is to spend time with the Lord in prayer and praise. We need to just sit at His feet and talk to Him. When we are there up close to the Lord, it cools us down. The Lord protects us. *"The LORD is thy keeper: the LORD is thy shade upon thy right hand. The sun shall not smite thee by day, nor the moon by night."* Psalm 121:5,6

• **Hydrate.** The next thing to do to cool off is to stay hydrated. We need to drink in lots of water. Here we are with all that heat of the world beating down on us and it takes so much out of us. It dries us out. What better way to quench our thirst than by reading and studying the Word of God? We need to memorize it and really reflect on it for a while. *"As the heart panteth after the water brooks, so panteth my soul after thee, O God. My soul thirsteth for God, for the living God: when shall I come and appear before God?"* Psalm 42:1,2 *"O God, thou art my God; early will I seek thee: my soul thirsteth for thee, my flesh longeth for thee in a dry and thirsty land, where no water is."* Psalm 63:1

• **Slow Down.** When we are out in that heat just slowing down a little can help keep the sun from draining us. As Christians, we have to take the time to slow down and think before we get into trouble with our tongue and our actions. We don't want to become hot-headed. *"Wherefore, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath."* James 1:19

Fan Yourself. We fan ourselves when it is hot to stir up the air. We feel cooler with a breeze hitting our faces. Just that little bit of air can revive you when it is hot. Allowing the Holy Spirit to work in us can revive us too. When we allow the Holy Spirit to guide us it will strengthen us and give us that boost we need.

Conclusion: Do we expose ourselves to the extreme heat of sin? Everyone needs to get in and cool out in the shade. Everyone needs to stay close to the Lord more; be refreshed with His word and allow the Lord to lead. Everyone needs that cooling off and lifting up that only Christ can give.