

# 10TH SUNDAY, MARCH 08, 2026

## 2026 GMB HOME MISSION EMPHASIS PRE-WORSHIP PRAYER (7:30am-8:00am)

(Dns. Moyo Adeleke)

### 1<sup>ST</sup> JUBILANT WORSHIP MOMENT: 8AM

#### WE JOYFULLY ENTER HIS PRESENCE

With Praises and Worship	-	Praise Team
And Prayer of Thanks	-	O.J. Ajayi
As We Sing Hymn 227	-	Music Director

#### WE LISTEN TO GOD

As We Read <b>LUKE 24:49; ACTS 1:4b, 8</b>	-	'Gbenro Adediran
As The Choir Ministers	-	Jubilant Voices
And His Servant Teaches ( <b>REACHING THE UNREACHED THROUGH THE POWER OF THE HOLY SPIRIT</b> )	-	M. Oye. Abioye

#### WE DEMONSTRATE OUR LOVE TO HIM

Welcome & Announcement	-	Bola Adeoye
Through Tithe & Offering	-	Moyo Adeleke
As We Sing Hymn 587	-	Music Director

#### WE DEPART TO TRANSFORM THE NATION

As We Pray Corporately	-	Akin Adeyemo
As We Praise God/Mission Offering	-	Praise Team
And Receive Benediction	-	M. Oye. Abioye
With Recessional Hymn 591	-	Music Director

#### WE STUDY GOD'S WORD

Through Sunday School: <b>PHYSICAL AND SPIRITUAL FITNESS (DANIEL 1:8-10; 11-17, 1 TIMOTHY 4:7-8)</b>	-	S.B Babawale
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### 2<sup>ND</sup> JUBILANT WORSHIP MOMENT: 9:30AM

## GMB HOME MISSION EMPHASIS BY 5PM

#### WEDNESDAY MID-WEEK SERVICE, 5P.M.

*Ministering:* M. Oye. Abioye, S.B. Babawale & O.J. Ajayi

Praises to God	-	Praise Team
Prayer	-	S.B. Babawale
Hymn Singing	-	Music Director
Bible Reading	-	O.J. Ajayi
Bible Study & Prayer	-	M. Oye. Abioye
Praises/Offering	-	Praise Team
Sharing Information	-	O.J. Ajayi
Closing Prayer & Benediction	-	M. Oye. Abioye
Coordinating,		S.B. Babawale

## FROM YOUR PASTOR TO YOU

Mission is God's heartbeat that all men should be saved.

Mission is a task for the church and must be finished as Jesus gave us.

Mission is like a race that all Christians must queue in with unwavering commitment.

We must join Him wherever He works.

We must testify to all nations - The unreached and the unengaged.

The authority and power has been given to the church.

Pray, Go, Give and Mobilize the church to finish the race.

May God help us to complete the task of preaching the gospel to the nations.

## FOR YOUR GOOD HEALTH

### HOW TO STAY HEALTHY IN THE HEAT

- Drink plenty of water even if you do not feel thirsty.
- Avoid alcoholic, hot or sugary drinks including tea and coffee (they can make dehydration worse).
- If you go outside, carry a bottle of water with you.
- Wear light colored, loose fitting clothes
- Stay out of the sun
- Take cool showers or baths

## JUBILEE NEWS

1. Today is GMB Home Mission Emphasis Prayer Sunday. Prepare to give substantially towards missions.
2. Jubilant Youth meets for their monthly meeting on Thursday March 19<sup>th</sup> by 5:30pm.
3. Our 1<sup>st</sup> Quarter Prayer Revival Week is slated for March 29<sup>th</sup> -April 1<sup>st</sup>. Rev. Akin Suulola from Akure will be with us. Pray along.
4. Our Church family meeting/Church in conference holds on Friday, April 3<sup>rd</sup>. Plan to be in attendance.

## THIS WEEK BIRTHDAY CELEBRANTS

### REMEMBER THEM IN YOUR PRAYERS

OYEBOLA OPEYEMI	8 <sup>TH</sup>	
ADEPOJU OLUFISAYO A.	9 <sup>TH</sup>	08032282365
DAMILARE DAMOLA	10 <sup>TH</sup>	08121665481
AJAO OPEYEMI MRS	11 <sup>TH</sup>	08032263643
OLADELE ISRAEL	11 <sup>TH</sup>	07030416647
DUROSAWO OLUWADARA	12 <sup>TH</sup>	08073112565
MOFOLAMI AGBOOLA	12 <sup>TH</sup>	07037810660
OJO AYOMIKUN MARVELOUS	13 <sup>TH</sup>	08052207423
OYINLOLA DAYO	13 <sup>TH</sup>	08077840457
ADEWOLU ABRAHAM WILLIAMS	14 <sup>TH</sup>	08037706090

# 2026 THEME SONG

Awake in the Lord,  
Arise and be Fruitful,  
Be Empowered by Holy Spirit,  
Make Impact in the World. /2x

You will Receive Power,  
When the Holy Ghost come upon you  
And you shall be my witness,  
All over the world, to the end of the earth.

## Bridge:

I am Empowered for Fruitfulness  
You are Empowered for Fruitfulness  
We are Empowered for Fruitfulness  
So, Let's Live a Fruitful Life.

### FOR YOUR DAILY MEDITATIONS

**MON:** God will Defend the Needy – Psalm 12  
**TUE:** Do not be afraid to Give – Luke 12:13-21, 33-34  
**WED:** Treat your Neighbour with Justice – Leviticus 19:11-18  
**THU:** The Royal Law of Love – James 2:8-13  
**FRI:** Everyone is our Neighbour – Luke 10:25-37  
**SAT:** Compassion for those in Need – Deut. 15:4-11  
**SUN:** Seeing Christ in those around us – Matt. 25:41-45

### THE CHURCH ACCOUNT DETAILS:

Account Name: Jubilee Baptist Church  
1. Acct. Number: 0711358689 (ACCESS)  
2. Acct. Number: 1215073470 (ZENITH)  
3. Building Account: 1375701027 (FCMB)  
4. Empowerment: 1140085136 (POLARIS)

### LAST SUNDAY STATISTICS

	M	F	Teens	Children	Total
Sunday Sch	100	180	57	153	490
Worship	115	195	69	161	540
Visitors	----	3	----	----	3

# SUNDAY SCHOOL STUDY OUTLINE

MARCH 08, 2026

**THEME: FULFILLING OUR OBLIGATIONS TO NEIGHBOURS.**

**TOPIC: PHYSICAL AND SPIRITUAL FITNESS.**

**TEXT: DANIEL 1:8-10; 11-17, 1TIMOTHY 4:7-8.**

**MEMORY VERSE:** Train yourself to be godly. For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come. **1TIM 4:7b-8.**

**INTRODUCTION:** When athletes prepare for a competition, they compel themselves to rigorous training. They are involved in different kinds of exercises to build strength, stamina and skill if they truly desire to win. They also watch and select what they eat in order to keep fit and shed off body weight that may slow their movement in the race. Today's lesson is to enlighten us about the need to be spiritually and physically fit both for our sake and for the sake of others.

## **A. DANIEL'S RESOLVE TO KEEP FIT.**

**DANIEL 1:8-10**

The story of Daniel in Babylon serves as a powerful illustration of his commitment to maintaining both spiritual and physical fitness despite challenging circumstances. He perceived that such indulgences could compromise his identity as a follower of God. We must reflect on what truly matters in our lives and make choices that promote our overall spiritual well-being.

- What are some areas where Christians might need to make difficult choices to stay fit physically and spiritually? Matt. 17:14-21, 2Tim. 2:5-16, Mark 1:35, Luke 6:12, Heb. 10:25.
- How important do you think accountability and support from others are in maintaining fitness?

**PRACTICAL LESSON:** I am resolved to set time aside for bodily exercise and eat healthy.

## **B. COMMITMENT TO KEEP GOD'S REQUIREMENT TO BE FIT.**

**DANIEL 1:11-17**

Ashpenaz realized that he had granted Daniel a tough request because he was not sure they were going to look healthy without eating from the king's table. They were Jews who worshipped the living God, they were conscious of their spiritual identity and they believed that they had been set apart for God even in a foreign land. Likewise, every child of God has been saved and set apart for God's use.

- What are the challenges that can affect one's desire to be physically and spiritually fit? 1 Pet. 5:8-9, Rev. 12:11, 3 John 1:2.
- Mention some practical ways one can intentionally maintain spiritual and physical fitness.

**PRACTICAL LESSON:** I will no longer take with levity the issue of my spiritual well-being.

## **C. HOLISTIC APPROACH TO FITNESS.**

**1TIMOTHY 4:7-8**

Apostle Paul spoke to Timothy about the importance of both physical and spiritual fitness. He also emphasizes the importance of training for godliness indicating that while physical exercise is profitable, godliness is profitable unto all things. While maintaining physical fitness which is important, we must also prioritize our spiritual and emotional well-being.

- What distractions or irreverent myths do you think believers face today that might hinder their pursuit of spiritual fitness? 3 John 2 (KJV) 1 Cor. 10:13, Matt. 7:1, Gal. 3:13, Rom. 8:1-2, 1 Thess. 5:21.
- Why do you think Paul emphasizes the importance of training for godliness' over physical exercise?

**PRACTICAL LESSON:** Help me God not to be carried away with "silly" teachings.