

HELLO HIGHLAND!

YOU ARE WHAT YOU EAT!

I CAN REMEMBER GROWING UP HEARING FROM MY PARENTS AND FRIEND'S PARENTS, "THAT WILL SPOIL YOUR DINNER", AS THEY GAVE AN ANSWER TO MY REQUEST FOR FOOD OF SOME KIND.

THE OTHER ADAGE I CAN REMEMBER HEARING OFTEN GROWING UP WAS "YOU ARE WHAT YOU EAT". THIS STATEMENT ALWAYS BUGGED ME BECAUSE I KNEW I WOULDN'T TURN INTO A TWINKIE IF I ATE THEM...AND I ATE A LOT OF THEM. AS I GOT OLDER I LEARNED WHAT THEY MEANT WAS "WHAT YOU EAT WILL IMPACT YOUR PHYSICAL HEALTH".

NOW I AM SURE MOST OF YOU KNOW WHERE I AM GOING WITH THIS ILLUSTRATION BUT MIGHT BE A LITTLE SURPRISED BY THE VERSE I WANT TO DRAW OUR ATTENTION TO IN ORDER TO CONVEY THE POINT. DON'T WORRY I'LL LET YOU KNOW WHAT THE POINT IS SOON.

IN 2 COR. 3:18 THE APOSTLE PAUL WRITES AN UNBELIEVABLE AND POWERFULLY HOPEFUL TRUTH FOR ALL CHRISTIANS. PAUL WRITES "AND WE ALL, WITH UNVEILED FACE, BEHOLDING THE GLORY OF THE LORD, ARE BEING TRANSFORMED INTO THE SAME IMAGE FROM ONE DEGREE OF GLORY TO ANOTHER. FOR THIS COMES FROM THE LORD WHO IS THE SPIRIT."

WHAT THIS VERSE IS TELLING US IS THAT IF WE AS BELIEVERS WOULD "BEHOLD THE GLORY OF GOD" WE WILL BE TRANSFORMED INTO A GREATER IMAGE BEARER. YOU MIGHT SAY "GREAT NATHAN, BUT HOW AND WHY?" HOW DOES THIS HAPPEN AND WHY IS IT IMPORTANT FOR YOU TODAY?

HOW? THE ANSWER TO THIS CONNECTS WITH OUR ILLUSTRATION, WHAT WE SPEND TIME

THINKING ABOUT, SPEAKING ABOUT, WILL ULTIMATELY RESULT IN WHAT WE LIVE OUT. A.W. TOZER HAS SAID "WHAT COMES INTO OUR MINDS WHEN WE THINK ABOUT GOD IS THE MOST IMPORTANT THING ABOUT US."

TO PUT TOZER TOGETHER MORE DIRECTLY WITH OUR SCRIPTURE PASSAGE WE COULD SAY IT THIS WAY, "THINKING ACCURATELY AND DEEPLY ABOUT GOD, WHO HE IS AND WHAT HE HAS DONE IS OF PRIMARY IMPORTANCE FOR US BELIEVERS BECAUSE GOD IS WORTHY OF ALL OUR DEVOTION AND ATTENTION."

WHY? PETER WRITES IN 2 PETER 1:3 "HIS DIVINE POWER HAS GRANTED TO US ALL THINGS THAT PERTAIN TO LIFE AND GODLINESS, THROUGH THE KNOWLEDGE OF HIM WHO CALLED US TO HIS OWN GLORY" IF WE CHANGE OUR PHYSICAL DIET FROM TWINKIES AND M&M'S TO SALAD, PROTEIN AND VEGETABLES OUR PHYSICAL BODIES CANNOT HELP BUT BE CHANGED. BECAUSE GOD IS WORTHY MEANS THAT IN BEHOLDING HIM WE CANNOT HELP BUT BE CHANGED BECAUSE "THROUGH" HIM WE HAVE BEEN GIVEN ALL WE NEED FOR THIS LIFE.

CONCLUSION: MY ENCOURAGEMENT TO EACH OF YOU WHO READ THIS IS TO TAKE THIS STEP IN YOUR DAILY PRACTICE. PRAY TWICE A DAY THANKING GOD THAT HE IS IN CONTROL, THAT HE LOVES YOU AND SAVED YOU AND THAT HE IS ALL YOU NEED.

2 PETER 1:8 "FOR IF THESE QUALITIES ARE YOURS AND ARE INCREASING, THEY KEEP YOU FROM BEING INEFFECTIVE OR UNFRUITFUL IN THE KNOWLEDGE OF OUR LORD JESUS CHRIST."

BLESSINGS,
PASTOR NATHAN



But I do not account my life of any value nor as precious to myself, if only I may finish my course and the ministry that I received from the Lord Jesus, to testify to the gospel of the grace of God.

Acts 20:24

HIGHLAND EVENTS

ESTATE PLANNING SEMINAR

Chuck Longtine, a Highland member & an Attorney at Law, will lead an Estate Planning Seminar on Saturday, October 19th, 9am-12pm. Details and registration are on Church Center. For questions, contact the office.

CHURCH WORK DAY

Our fall church work day is Saturday, October 26th, from 9am-12pm. There will be interior & exterior projects including some cleanup & landscaping. For questions, see Scott Nance.

REFORMATION DAY EVENT

All school age kids (preschool through high school) are invited to attend a Reformation Day event on Tuesday, October 29th at 11am. We will have a lesson on the Reformation from 11am-noon. Afterwards, we will have lunch together so bring a sack lunch if you'd like to join us. Parents are welcome!

CONGREGATIONAL BUSINESS MEETING

Join us for our yearly congregational business meeting on Wednesday, October 30, from 6:30-8pm in lieu of our adult Thrive study. The 2025 budget will be discussed along with nominations to the elder and trustee boards.

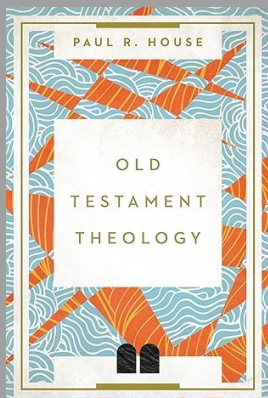
WOMEN'S TEA & BOUTIQUE

The Women's Tea will be Friday, December 6th, and Saturday, December 7th. This year we are having our very first Highland Christmas Boutique! The Boutique will be open for shopping before each of the Teas. More information to come!

Pastor Sam's Recommended Resource

"Old Testament Theology"

by Paul R. House



Old Testament Theology is an overview of the entire Old Testament that does justice to the details of each biblical book while also making sense of them in the broader context of the canon. House uncovers the beautiful truths of Scripture in a way that is practically helpful and theologically informative. Anyone desiring to better understand the Old Testament would do well to read this book!

WELCOME NEW BABIES!



OLIVIA DAVIS
BRIAN & TATYANA
MAY 23



CLAY GIDEON
JAMES & CAYLIN
SEPTEMBER 5



GRADY ROY
TREVOR & ASHLEY ROY
AUGUST 16



LILY BEREND
DILLON & MELANIE
SEPTEMBER 12



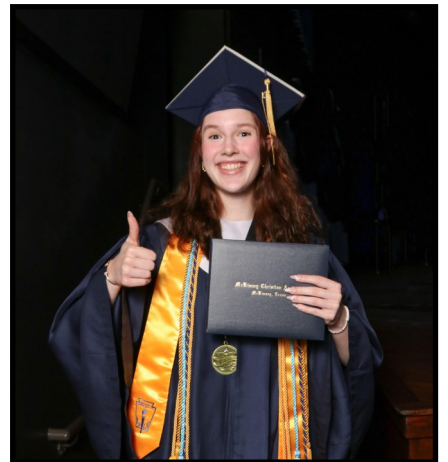
ELORA MOORE
DEHRIC & ANDREA
SEPTEMBER 18



SHILOH ANDREWS
WES & BRITTNEY
SEPTEMBER 10



VERDA BOSMAN



KAYLIN STARLING

MISSIONS UPDATE

Paul & Laura Sheppard *Open Door Ministries, Denver*



Dear Highland,

We are thankful for your continued investment, prayers, and support as we serve at Open Door Ministries. Many encouraging things are happening and we are excited for what God is doing in this season. For many years, Open Door has been praying to be able to purchase a second step housing apartment building for those who graduate our programs. In August, this dream became a reality when a key partner funded the entire purchase of an apartment building for this purpose. Praise God! It is called "Humboldt Beginnings". Pray for this space as we transition it into a sober living program.

Another big praise is that one of our Lighthouse graduates is now serving on staff with a men's recovery ministry. He went from being hopeless to hopeful due to mentors and the support he received through his time at Open Door, Open Door Fellowship Church, and being a part of the Lighthouse program. We are thankful for God's continued work in his life and are grateful that he is one of the many stories we get to see of a life truly restored on the foundation of Christ as we serve, love and support those who need it. Two other graduates from our Lighthouse program have moved into our new apartment building. One of them has become a maintenance tech for Open Door and will be a big support to the building as a resident there. We desire to see people grow spiritually and relationally, and to also grow in their ability to be self-sufficient.

Our TRYAD ministry had their annual retreat at Rocky Mountain Easter Seals Camp. It was a great time of fellowship, worship, bible teaching, and time spent in God's beautiful creation. Our disabled participants are always grateful to be able to have this experience each year as their ability to get out of Denver is often difficult without strong support from others. With our many volunteers, we made this event possible and are thankful to those who give their time and energy to serve and support those in our TRYAD community. We would not be able to do these things without them!

Please continue to pray for Open Door, that God would continue to work in the lives of those we serve. Pray for us to meet our year end budget and fill open staff positions. Position available are a maintenance tech, youth assistant, and lead teachers to support our learning center. We also have a prayer request for safety on the block as we serve in a challenging area of Denver. We need wisdom in how to address this issue in the best ways possible. We also ask for continued prayer for Laura's health as she is struggling with hip, knee, and sinus issues and may be looking at possible surgeries in the future if things do not improve. Thanks again for your prayer and support as we continue to minister in the heart of Denver!

Paul & Laura Sheppard

