



**FAITH, FREEDOM, & FITNESS**

# **POWER CHURCH**

## **MESSAGE: 17 MAY 2026**

Video:

<https://www.youtube.com/shorts/fOICQ4HmUzY>

**Happy LORD'S Day  
and welcome to Power Church!**

**Today is Sunday, May 17,  
in the year of our Lord 2026.**

**Let us pray:**

***Father,  
We praise You for the example of Your Son, Jesus Christ***

***Jesus, we thank You for sacrificing Yourself on the cross for our sin,  
and for rising on the third day to offer us salvation***

***Holy Spirit, please touch our hearts that we may joyfully love  
in both word and deed***

***In Jesus' Name, Amen***



## **“WORD & DEED”**

**1 John 3:18**

***Dear children,***

***let us not love with words or speech but with actions and in truth.***

We’ve all had days when we really didn’t feel like training. Whether we were just tired, not feeling well, or recovering from an injury, there are days when we must choose between blowing off the gym or pushing through. When we choose the latter, we often refer to the training session as simply “going through the motions.” We bang out our sets, but our minds, and our hearts, are “absent” from the workout.



As believers we are called to act; to do good works or good actions for God. If we're doing actions for the Lord but it's not from our heart, we're just going through the motions.

Today's verse from 1 John 3:18 teaches us to love with actions and truth as opposed to love simply with words or speech. In other words, we are called to love from our hearts, not to love by simply going through the motions.

While it's important to communicate love through our words, we must also do so by our actions. Just as truly saving faith will produce good works, truly loving another person will produce loving actions.



Jesus not only spoke about love, but He provided powerful actions to match His teachings. His death on the cross offered the most powerful evidence of love in both "deed and truth." He endured suffering, ridicule, and death from those who should have recognized Him as the Messiah. Yet His actions also included His resurrection, offering love in action that changed the course of history.

Similarly, God wants us to do whatever we do wholeheartedly. When we love, when we praise, when we give, when we shepherd, when we're a spouse and / or parent, we must do it from our heart.



**Colossians 3:23 says, "whatever you do, work at it with all your heart." Don't just go through the motions. Act in such a way that people will believe that you're for real!**

**Act so well that you're not acting at all.**



**Thank you so much for joining us for today's "Power Church" message.**

**Until next Sunday: *"Be strong in the Lord, and the power of His might."***