

LENT LITANY

Leader: Holy God: in this season of Lenten fasting, we remember Christ. Who went out into the desert to fast and undergo temptation.

Congregation: We confess that we are often distracted by material comforts. And tempted to value them above the Kingdom of God.

Leader: You, God, are our help in difficulty; Christ is our inspiration.

Congregation: We confess that we do not live by bread or worldly provision alone, But by every word that comes from Your mouth.

Leader: May we fill our mouths, our hearts, our minds now with your words that we might be transformed and renewed.

Congregation: May we, with renewed hearts and minds, better serve the purposes of Your kingdom.

Leader: May we, be setting aside worldly distractions become more like Christ.

Congregation: May we, with purified motives and deeper understand, receive Christ when He comes to us.

All: Lead us not into temptation, but deliver us from evil. Amen.

Morning Worship Service

March 4, 2018

11:00 A.M.

PRAISE AND WORSHIP.....ZBC Praise Team

CALL TO WORSHIP/INVOCATION

HYMN OF WORSHIP.....#355 "Lead Me, Guide Me"

RESPONSIVE READING.....Lent Litany
Led by Bro. DeShawn Bradley, Student at Benedict College

ANNOUNCEMENTS/PASTORAL OBSERVATIONS/ FELLOWSHIP

OFFERING.....Mass Choir

PREPARATORY SELECTION.....Mass Choir

SPOKEN WORD.....Pastor Davis

INVITATION TO DISCIPLESHIP.....#135 "Amazing Grace"

ALTAR PRAYER

BENEDICTION

ZBC ANNOUNCEMENTS

*ZBC Radio Broadcast on WWDM 101.3 FM, 7:30 a.m.-8:00 a.m. every Sunday morning.

*Thursday Morning Prayer 7:00a.m.-7:15a.m. Please call 1-641-715-3395 and the access code is 511288#. Prayer requests should be sent to zionprayerline@gmail.com.

*To receive church messages and event updates, go to www.ConstantMessenger.com. to install the app, find our church and begin receiving messages and event updates.

*****PLEASE KEEP IN MIND*****

***TODAY March 4**—Hampton University Concert Choir in concert hosted by ZBC and Hampton University Columbia Alumni, 5:00 p.m.

***ATTENTION ZBC HIGH SCHOOL GRADUATES:** Applications for the ZBC Merit Scholarship are in the Information Center. Please complete the application and return to the church office along with the required documentation by **Monday, April 16.**

Pastor Davis' Preaching Schedule: **March 14**—Gill Creek Baptist Church, 6:30 p.m.; **March 29**—Bethlehem Baptist Church Holy Week, 7:00 p.m.; **April 8**—St. Luke Baptist Church, Salisbury, NC, 3:00 p.m.; **July 23-24(tentative)**—Trinity Baptist Church, 2521 Richland St., Annual Revival.

>>SAVE THE DATE<<

***April 17-19**-Goforth/Graham Leadership Conference, 6:30 p.m. Guest lecturers—Rev. Dr. Lafayette Maxwell, Rev. Camilo Richards and Rev. Marcus Fairley.

PLEASE NO FOOD OR DRINK IN THE SANCTUARY—THANK YOU!!

***Today March 4**— **College Day at Zion!** We will feed all college students immediately after worship service; **Women of Wisdom Ministry** will visit Westside Residential Home, 3:00 p.m.

***Tuesday March 6**—Women of Wisdom Executive Board meeting, 6:00 p.m.

***Wednesday March 7**—**Senior Citizens Day Camp**, 10:00 a.m., **Worship On Wednesday**, 6:30 p.m.–8:00 p.m. Women of Wisdom Ministry will host and the focus will be on women of the Bible. Everyone is invited to please attend. Light refreshments will be served in the Fellowship Hall immediately after worship service.

***Next Sunday March 11**—**ZBC Women's Day**, 10:45 a.m. Guest preacher, Rev. Yvonne Frederick, Rehoboth Baptist Church.; **Arsenal Hill Circle** will meet immediately after worship service.

***March 12**—Women of Wisdom Ministry will meet with Pastor Davis, 6:00 p.m. All women are asked to please be present. Please note that the Women of Wisdom Ministry will **not** meet on March 13.

***March 14**—**Senior Day Camp**, 10:00 a.m.; There will be no Prayer Service or Bible Study at Zion; however, please support the Gethsemane Association by attending the Congress of Christian Education classes at Greater St. Luke Baptist Church, 5228 Farrow Rd., **March 13-15.**

***March 31**—**We Care Ministry** Clothes Give-Away, 10:00 a.m.; **Brotherhood Ministry** Homeless Feeding, 11:00 a.m.

COMMUNITY ANNOUNCEMENTS

***March 12**—Benedict Half Century Club Induction, Benedict College, 10:00 a.m.

***March 13-15**—Gethsemane Baptist Workshop, Greater St. Luke Baptist Church (Pooling of the funds for Benedict College will be collected during this workshop)

***March 17**—Benedict Founder's Day @ Benedict College, 10:30 a.m.

***March 18**—New Faith Covenant Women's Day Service, 7101 D Parklane Rd., 2:30 p.m.

***March 24**—SC Baptist Congress of Christian Education Church School Workshop, Benedict College, 8:00 a.m.-12:30 p.m.

***March 25**—Taylor Memorial, 1004 Short Street, Pastor Anniversary, 3:00 p.m.

***April 8-13**—The Inauguration of Dr. Roslyn Clark Artis, 14th and First Female President of Benedict College. Installation Ceremony is **April 13**, Benedict College.

National KI NEY Disease Month

Chronic Kidney Disease (CKD) is a serious condition in which your kidneys become damaged and cannot filter blood. Because of this, the waste that is in your blood remains and causes other serious health problems. CKD is known as a silent disease as there are often no symptoms and less than 10 percent of American adults are aware that they have it.

FAST FACTS

Over the past 20 years, CKD has risen from 27th to 18th in the ranking of leading causes of death worldwide.

In 2016, almost 50,000 Americans died from CKD, making it the 9th leading cause of death in the United States.

In 2016, almost 900 South Carolina adults died from kidney disease, ranking as the 8th leading cause of death in the state.

One in eight South Carolina adults have CKD while another 500,000 adult South Carolinians are at risk for the disease.

WHO IS AT RISK?

The chances of getting CKD increase with age starting at age 50 and are most common in the elderly over age 70. Persons with diabetes or high blood pressure have the highest risk for kidney failure. Other risk factors include smoking, heart disease, lupus, and a family history of CKD. Men are twice as likely as women to suffer kidney failure and African-Americans and Hispanics are more at risk than White people.

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WHAT CAN YOU DO?

The National Kidney Foundation recommends that everyone **TAKE FIVE** healthy steps to protect their kidneys.

1. GET TESTED - Ask your doctor for a urine test and a blood test annually, especially if you are over age 60 or have a family history of kidney disease.
2. REDUCE USE OF ANTI-INFLAMMATORIES - Many over-the-counter medications, like ibuprofen or aspirin, may ease aches and pains, but may harm your kidneys. Reduce your regular use of medications like these and never exceed the recommended dosage.
3. CUT PROCESSED FOODS - Processed foods are a significant source of sodium, nitrates and phosphates, which have been linked to cancer, heart disease and kidney disease.
4. EXERCISE REGULARLY - Regular exercise will keep your kidneys and your heart healthy. Being active 30 minutes a day will help you control your blood pressure and lower your blood sugar levels, which are vital to kidney health.
5. STAY WELL HYDRATED - Drinking plenty of water and avoiding sugary beverages help your kidneys clear sodium and other toxins from the body. Staying hydrated also helps you avoid painful kidney stones.

MORE INFORMATION

Centers for Disease Control and Prevention | www.cdc.gov/nchs
National Kidney Disease Education Program | www.nkdep.nih.gov
National Kidney Foundation | www.kidney.org
National Kidney Foundation of South Carolina | www.kidneysc.org
World Health Organization | www.who.int

Need Further Assistance? Contact Us:

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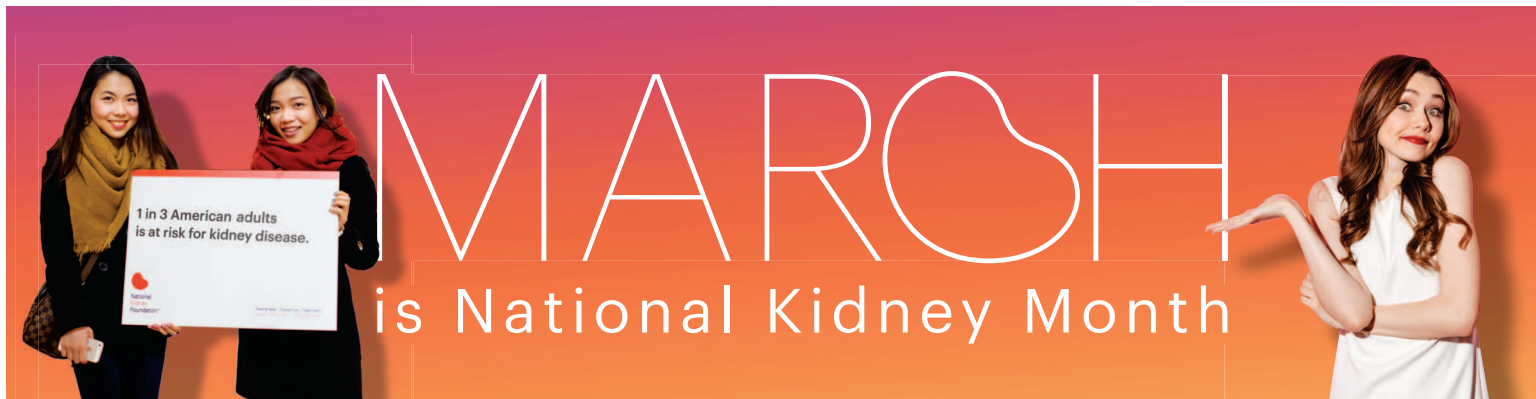
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What You Need to Know and How You Can Help

Kidney disease is the 9th leading cause of death in the U.S. and it is growing in prevalence. In fact, 1 in 3 American adults is at risk. More than 30 million Americans have chronic kidney disease and most don't even know it. **March is National Kidney Month**, and we are asking for your help in raising awareness about kidney disease and changing these numbers.

4 Ways You Can Take Action

1. Wear **Orange** on World Kidney Day, March 8

Orange is the signature color for kidney disease.

Join us and commit to wearing **orange** on World Kidney Day, March 8.

2. Join the Conversation

Post your "orange" photos on social channels using **#HeartYourKidneys** to help raise awareness.

3. Spread the News

Check out and share articles and videos available at kidney.org/nkmttoolbox

4. Raise Awareness

Tell coworkers, friends, and family.

And don't forget to look out for yourself—attend a free KEEP Healthy event to receive a kidney health check-up. Find one in your local area by visiting kidney.org



Join us on March 8th, World Kidney Day, or anytime during National Kidney Month to raise awareness of kidney disease and **#HeartYourKidneys**.