

Yesterday is history. Tomorrow is a mystery.

WIN THE DAY



Avondale United Methodist Church | October 5, 2025

GATHERING

Gathering Music

Blessed Assurance

Jennifer Mitchell

Gathering

* Call to Worship

* Song of Faith

Come, Let Us Dream

ENGAGING

The Brown Bag Mystery Tour

R² & The AUMC Young Ones

Children and youth of all ages and stages are welcome to come to the front of the sanctuary to hang out with Rev. Rebecca as we discover the surprise awaiting us in the Brown Bag.

Scripture

Deuteronomy 6:1-9 | Ephesians 4:17-32

Act of Praise

For the Bread Which You Have Broken

Jennifer Mitchell

Message

Win the Day: Eat the Frog

THANKSGIVING

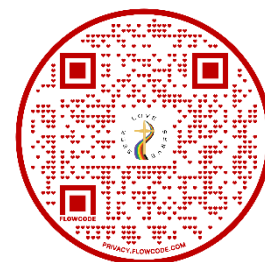
Call to the Table

As We Gather at Your Table

FWS 2268

Gathering at the Table of Christ

As you come forward to receive communion you are invited to place your tithes, offerings, and Connections Card in the plate. Everyone is invited to the Feast of Grace. Gluten-Free crackers and a dedicated Gluten-Free cup are available to the pastor's left. If, for any reason, you are not able to partake of the bread and cup, know that you are still welcome to celebrate with us. Simply come forward with arms crossed over your chest and the pastor will be honored to offer a blessing for you.



Invitation | Confession | Words of Forgiveness | The Great Thanksgiving | The Lord's Prayer | Breaking the Bread | Sharing the Feast | Music for Feasting | Returning Thanks

SENDING

Next Steps

These upcoming opportunities are a chance to take next steps in our faith, growing deeper in God, and carrying this week's message into the world. Be sure to mark your calendars and invite others to join us.

* Song of Faith

Be Kind to One Another

Blessing

Parting Music

Be Kind to One Another

WORSHIP PARTICIPANTS

Pastor: Rev. Rebecca Dunger Peak

Ministers: The People

Music Director: Kevin Hershberger

Worship Leader: Judy Jensen

Guest Musician: Jennifer Mitchell, violin

Tech Team: Brent Henry & Mike Slavik

Candle Lighters: Our Youth



AVONDALE UNITED METHODIST CHURCH

3101 NE Winn Road | Kansas City, MO 64117 | (816) 452-3518

www.avondalemethodist.org | avondaleumc@gmail.com

Office Open from 9 a.m. to 2 p.m. Tuesday - Thursday

Rev. Rebecca Dunger Peak
AvondaleUMCPastor@gmail.com

Kevin Hershberger
KevinHershbergerm633@gmail.com

To connect with us on Slack for general church chats and/or the Prayer Chain
send a request to Brent at avondaleumctech@gmail.com

As United Methodists, we believe in open hearts, open minds, and open doors. The congregation of Avondale United Methodist Church in Kansas City, Missouri, is open to all of God's children. We welcome, include, fully affirm, and celebrate the lives of all people. People of all physical and mental ability, race, ethnicity, age, gender, gender identity, gender expressions, family structure, marital status, socio-economic class, faith history, and sexual orientation are welcome, affirmed, and loved here. We believe that all individuals are created by love in God's image. As a Reconciling Ministry Church, we strive to create a safe space and a community that enriches the life of each person. We embrace our diversity and invite all to be a vital part of our church family and ministry.

~ Adopted November 2019



Yesterday is history. Tomorrow is a mystery.

WIN THE DAY



Avondale United Methodist Church | October 5, 2025

Habit 3: *Eat the Frog*



If you want God to do the super, you've got to do the natural.

Batterson, Mark. *Win the Day: 7 Daily Habits to Help You Stress Less & Accomplish More*. (Colorado Springs: Multnomah, 2020) 69.

Questions for Reflection

1. What is one thing that stood out to you from this week's message?
2. What are some of your daily habits that you currently do to start each morning? What tone does that set for your day?
3. Do you think that your daily habits are healthy or unhealthy? Are they productive, or unproductive? Do you make time for God at the beginning of the day?
4. If time were not a constraint, what are some habits you would like to start doing every single day? Now, how can you make time for those?
5. What small victories do you start your day with? How do you believe you can win the day by implementing something mundane as an accomplishment every morning?

Application Point

If you want to win the day you've got to attack the day.

Daily Prayer

God who meets me in both the momentous and mundane, I confess that there are so many things I've been putting off: items on my to-do list, goals that seem insurmountable, difficult decisions, hard conversations. These are my frogs. Oh, they can be so hard to swallow. Lord, transform these frogs into tasty treats! Give me the will-power and wisdom to do these things at the top of every morning so that by building this healthy habit and attacking the day with full faith in You I will win the day. Amen.

Daily Readings for This Week

Every day through scripture reading and prayer we will discover the broader story of God's Word. Together let's go deeper into God's Word this week.

Monday ... Genesis 1

Tuesday ... Acts 1:12-14

Wednesday ... Psalm 37:27-28

Thursday ... Psalm 119:164

Friday ... Psalm 57:8

Saturday ... Daniel 6:10