





Life Track: Fast Track

Life Track is a three-step journey to help you discover and become all who God has created and called you to be. You'll hear where we've been, where we're going, and how your design reveals the unique purpose God has for your life as you find belonging in our church family. Join us for Fast Track and complete all three steps of Life Track on Saturday, December 5, from 9 am to noon at the Vista Grande Community Center. Coffee and snacks will be provided.

Join a Connect Group

Do you want to grow in your relationship with Jesus and with people? Connect Groups are how Jesus people gather to care for one another and where we learn how to apply God's Word and serve. Learn more and join an open group at calvarynm.church/connect or email connectgroups@calvarynm.church.

Church Info

We pursue the God who passionately pursues a lost world; we do this by connecting with one another, through worship, by the Word, to the world.

Calvary Church East Mountains
15 La Madera Road, Sandia Park, NM 87047
Sunday 9 am & 11 am
505.344.0880 • calvaryeastmountains.church
@calvaryabq

Giving
- Offering Boxes
- calvaryeastmountains.church/give
- Calvary Church NM App

Senior Pastor: Skip Heitzig
Campus Pastor:
Paul Anthony Aragon



"The Enemy Is Within"

Mark 7:14-23

We all have a problem. It's one we carry around with us daily, into every situation we face. The problem is *us*! True defilement is internal and not external. Challenging their traditional understanding of what makes a person unclean, Jesus tells His disciples where the true enemy lay.

I. The Subject of Spiritual Defilement (vv. 14-16)

II. The Source of Spiritual Defilement (vv. 17-21a)

III. The Seriousness of Spiritual Defilement (vv. 17b-23)

Learn Your Bible: Meditate on Psalm 139:23-24 and ask the Lord to reveal any sources of spiritual defilement in your heart.
Love Your Neighbor: Invite a friend or neighbor who doesn't have plans of their own to join your family for Thanksgiving dinner.
Live in Freedom: Ask a trusted friend or mentor to hold you accountable to address the sources of spiritual defilement the Lord has been faithful to reveal—in this season or past seasons.

Open the Notes tab in the Calvary Church NM app to take and store notes on your mobile device. You can also enjoy over 4,000 additional teachings from Calvary Church.