

**December 28, 2025**

**Happy New Year**

Welcome to **HBC**

**Highland Baptist Church**

1500 Husband Road, Paducah, KY 42003  
Phone 270-442-6444 – Fax 270-442-3373

Pastor Dr. Richard Beck  
Song Leader Mr. Carl Wilson  
Music Director Dr. Carolyn Watson-Nickell

***Blessed is the nation whose God is the LORD***  
Psalm 33:12;

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**DECEMBER In the Year of Our Lord 2025**

**Sunday** 10:30 - Worship Service  
*In Person and on Facebook Live*  
6:00 “The Rest of the Sermon”

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Helping Hand Food Pantry is taking a break until  
January 7 & 8<sup>th</sup>, 2026

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*And thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind, and with all thy strength: this is the first commandment. Mark 12:30;*

**JESUS**

*His love is **unquestionable**,  
His power is **unconquerable**,  
His impact is **unmistakable**,  
His meaning **undeniable**,  
His mystery **unexplainable**,  
His sacrifice **incomparable**,  
His price **unimaginable**,  
His depth **immeasurable**,  
His absence **unthinkable!***

*But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you. Matthew 6:33*

This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success. 9 Have not I commanded thee? Be strong and of a good courage; be not afraid, neither be thou dismayed: for the LORD thy God *is* with thee whithersoever thou goest. Joshua 1:8,9;

**How Long Does It Take**

Sleeping on time daily - 2 to 3 weeks  
Reducing Sugar Intake - 21 to 30 Days  
Daily Walking Habit - 3 weeks  
Controlling junk food cravings - 30 to 45 days  
Daily meditation on Scripture - 2 months  
Waking without an alarm - 3 to 4 weeks  
Staying calm under stress - 60 to 90 days  
Building focus and concentration - 45 to 60 days  
Consistent self-discipline - 67 days