

MCF ANNOUNCEMENTS – 2026 01 18

<https://mcfshasta.com/upcoming-activities>

- Prayer/Intercession Ministry  
Sunday Mornings at 8:30am
- To all MCF, a call to fasting & prayer  
Pray about choosing one Saturday/Sunday a month to pray and fast. Fast from your last meal on Saturday through our Worship Service on Sunday. Please join us for prayer and intercession at 8:30am on the weekend that you fast.
- MCF Women's Ministry Bible Study  
Worship, Dinner, Word (The Letter of James)  
Wednesdays 6pm in the Classroom nearest to the Fellowship Hall.
- Fika & Fun (Mom's with Littles)  
Tuesdays 10am-12pm – the Crossing
- the Crossing Youth Ministry Bible Study  
Tuesdays 4pm-6pm – the Crossing (Romans 12)
- MCF Men's Bible Study  
Worship, Dinner, Word (Ephesians 6)  
Wednesdays 6pm in the Fellowship Hall
- Marriage Retreat put on by Calvary Chapel Red Bluff  
February 5-7 @ MCF  
Speakers :: Ron & Maureen Carver from Corpus Christi, TX
- Mount Shasta Youth Ministry Winter Retreat  
February 27-March 1 Cost:\$100 @ Blue Bird Inn in Etna, CA
- End-of-Year MCF Giving Statements for 2025  
They are prepared and available. They will be sent to you by January 31<sup>st</sup>, 2026 if you do not pick them up before.

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Use this QR Code  
to go to



mcfshasta.com for more information

and... text **mcfamily** to 94000  
to receive texts and updates about MCF Ministry

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If you would like to support MCF with a gift of a tithe or offering, our giving box is located next to the table at our foyer entrance. Or... follow this QR Code to go to [mcfshasta.com/give](https://mcfshasta.com/give).



WHERE RESTORATION THROUGH JESUS CHRIST CAN BE FOUND



LUKE 4:18-19 & [ISAIAH 61:1-3]

TOGETHER  
IN HIM

PAUL'S LETTER TO THE  
EPHESIANS



MCF 20250118                    ::    Ephesians 6:10-24  
Together in HIM                ::    The Standing pt. 3

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--- 1 Peter 5:8

--- Ephesians 6:13

**Ephesians 6:14-20**

--- "...waist with truth..." vs. *Cummerbund of Compromise*

--- John 18:37-38

--- 2 Timothy 3:7

--- "...breastplate of righteousness..." vs. *Smock of Smugness*

--- Jeremiah 17:9-10

--- Matthew 23:13-15

--- Matthew 5:20

--- Galatians 2:20

--- 2 Corinthians 2:14-16

--- "...feet with the preparation of the gospel of peace..."  
vs. *Slippers of Sloth*

--- Luke 12:11b-12

--- Matthew 28:18-20

--- Romans 10:14-15

--- Matthew 25:24-30 (Parable of Talents)

--- Proverbs 18:9

--- "...shield of faith..." vs. *Umbrella of Unbelief*

--- Ephesians 2:8-9

--- Hebrews 3:12-13

--- Genesis 3:1

--- "...helmet of salvation..." vs. *Crown of Contempt*

--- Hebrews 2:1-4

--- Hebrews 10:26-39

--- Acts 4:8-12

--- "...sword of the Spirit..." vs. *Screen of Senselessness*

--- Hebrews 4:12

--- Ephesians 5:6-7

--- Ecclesiastes 1:2-4, 12:8, 12:13-14

--- Matthew 25:1-13 (Parable of the Lamps)

--- 1 Samuel 17:34-39 (David Aamed against Goliath)

**Ephesians 6:21-24**