

## Equipping Hour

(January 11 - March 29, 2026)

### 1. How People Change

We all want to change—but lasting change rarely happens by willpower or quick fixes. *How People Change* by Paul Tripp and Tim Lane helps us see that real transformation begins when the gospel moves from something we believe to something that shapes our everyday reactions, relationships, and desires.

Through video sessions, discussion, and personal reflection, you'll discover how grace meets you in the middle of ordinary struggles—anger, fear, disappointment, frustration—and how the gospel offers freedom and growth in each one.

If you're tired of surface-level fixes and want to understand how God truly changes hearts, this class is for you.

### 2. Understanding the Story of Scripture

Before you can teach the Bible with confidence, you have to understand the story it tells. This 12-week course draws from the Developing Leaders Workshop to help you see how all of Scripture fits together—and how each part points to Christ. We'll look at the structure of the Bible, the purpose of the Old and New Testaments, and the major themes in the Law, giving you the tools you need to read, teach, and explain God's Word with clarity.

This round also has a missional purpose. Those who complete the class will have the opportunity to help teach Developing Leaders workshops on the reservations of New Mexico to strengthen Native churches and invest in future leaders.

*If you have questions about your spiritual walk or how to know how you can be saved, baptized, or join Mountain Valley Church as a partner, we would always love the opportunity to connect with you. Just stop by the Connection Center at any time and set up a meeting with one of our pastors.*

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2026 | STATE OF THE CHURCH

January 4, 2026

Thank you for taking the time to worship with us at Mountain Valley Church! Like many areas of life, we know that we are all at different points along the journey in our walk with Christ. Our goal is to help people, no matter their location, become passionate followers of Jesus. This help will differ for each person, but ultimately, there is no greater help than pointing you to Jesus.

#### **Gathering**

We believe the greatest way we can help each person is to gather together around Jesus Christ. This gathering comes through responding to the Word of God and renewal from the Word of God and His people. It is with great gladness and gravity that we pursue the greatness of our great God.

#### **Scattering**

Though we are all at different locations on the journey, we believe that gathering as a body is not about consumption, but growth. We gather together to be edified so that no matter our location, we can scatter for the name of the LORD Jesus Christ.

**Prepare:** Text to read for Sunday, **January 11**

- Book of John

# ANNOUNCEMENTS

## **Midweek at MVC - Wednesday, January 7**

- Ignite Youth Group 6:00 - 8:00 pm

## **Tuesday Café Night**

Mark your calendars! Our first Cafe Night of 2026 is coming up on Tuesday, **January 13th** at 5:30 pm. Come, relax, and enjoy a great meal and fellowship together.

Our Café Nights are also an excellent opportunity to invite others from our community. Bring a friend, coworker, or family member—there's no cost for the meal, just food ready and waiting for you.

If you have dietary restrictions, never fear! We have a group of "free eaters" (gluten-free, dairy-free, etc.), and we'd love to accommodate you. Just let Lisa know so we can plan accordingly by contacting her at [Lisa@MountainValley.org](mailto:Lisa@MountainValley.org).

## **Vitalant Blood Drive**

Join us for a community blood drive on Tuesday, **January 13th**, from 2:00 - 5:30 pm at Mountain Valley Church. We're proud to partner with Vitalant to help save lives. Sign up today at <https://bit.ly/VitalantJanuary2026>.

The Blood Drive also corresponds with Tuesday Café Night, so give blood and stay for dinner.

## **!!Please Note!!**

The blue seat covers are reserved for the family and friends of those in wheelchairs or those who need assistance. Please do not add a chair in the empty space.

## **New Mexico Baptist Disaster Relief Basic Training**

This training on Saturday, **January 17th**, from 8:00 - 11:00 am, is a prerequisite for serving as a volunteer on an NMBDR deployment team. It will cover all the information a person needs to understand the roles and impact of serving on a disaster relief team, and to help spread the "help, hope, and healing" of Jesus to those affected. This will be a video-based training, followed by an opportunity to ask questions and to sign up as a credentialed volunteer.

## **Tuesday Café Night Volunteer Request**

We are looking for volunteers to help plan, prepare, and serve food for Tuesday Café Nights. This is a meaningful and valued ministry that blesses both our church family and our community.

We are seeking approximately three families, individuals, or Life Groups who are willing to serve at least one Tuesday Café Night in 2026 (January-May). Volunteers would be responsible for planning, preparing, and serving a meal for about 50 people. Please note that MVC will reimburse all food costs.

If you are interested in serving, please sign up on the Tuesday Café Night Calendar at the Connection Center. For more information or questions, contact Gary Burch at [GaryB@MountainValley.org](mailto:GaryB@MountainValley.org).

## **Prayer Requests**

If you have a prayer request, you can easily share it with us using the Connection Card, through our website, or right in the MVC app—just look at the bottom of the front screen.

## **East Mountain Food Pantry**

The East Mountain Food Pantry provides for the hunger needs of families living in the East Mountains of Albuquerque. Over 600 families throughout the East Mountains request their help each year, and the number of families needing help continues to rise. To continue helping serve those in our community, the EMFP needs food donations. You can place your donations on the table in the back corner of the foyer. We hope you will join us in making a difference in our community.

## **PT101**

At MVC, we take partnership seriously and hope that you do too. If you do not have a church home, we pray that PT101 helps answer some of your questions. PT101 covers our statement of faith (what we believe), our covenant, our history as a church, and how it has been informed by church history, the expectations and roles of a partner, and our service opportunities.

The PT101 class meets on Sunday mornings during the Equipping Hour. For more information, contact [Bill@MountainValley.org](mailto:Bill@MountainValley.org).

## **Life Groups**

Looking for a place to connect, grow, and belong? Mountain Valley Church invites you to be part of a Life Group—where faith and friendship come together. These small gatherings are a chance to share life, dive deeper into God's Word, pray with one another, and enjoy meaningful conversation.

With a variety of groups to fit your schedule, there's a place waiting just for you! Stop by the Connection Center today to find the perfect Life Group and take the next step in building lasting relationships.