

Health Ministries

The Seventh-day Adventist church encourages a healthy lifestyle that is brought about by choice and not chance. We believe that the body is the temple of the Holy Spirit and our physical and spiritual health are closely connected. Seventh-day Adventists are encouraged to follow a vegetarian diet, achieve adequate exercise, drink plenty of water, be out in the fresh air and sunshine daily, get adequate rest, be temperate in all things, and have an unshakeable trust in God. Scientific research has shown that, on the average, Seventh-day Adventists tend to live 7-10 years longer than the average population because of healthy Lifestyle choices.

www.lifeandhealthnetwork.org

You're invited

Visit us and consider becoming a part of our growing church family.

Worship

Saturday (7th day Sabbath):

Sabbath School 9:15 am

Bible Study from 10:00 am until 10:40 am

Family Worship Service 11:00 am

Wednesday:

Prayer Meeting 7:00 pm

Children's Division

Sabbath School 9:30 am

- Cradle Roll Ages 0-3
- Kindergarten Ages 3-6
- Primary Age 7-9
- Juniors Age 10 - 12
- Youth/Earliteens Ages 13 - 18

Seventh-day Adventist World Church Statistics

Churches	65,961
Companies	62,430
Total Membership	15,921,408
Countries	203
Languages	891
Schools	7,597
Food Industries	23
Hospitals	171
Publishing Houses	61
Disaster Relief Countries	116

www.adventist.org



For further information on upcoming health seminars or to begin an exciting Bible study adventure, call or email us today.

Hampton Roads Seventh-day Adventist Church

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Who are the Seventh-day Adventists?

The World Church



Seventh-day Adventists can truly be regarded as a worldwide family of Christian believers. The Adventist presence manifests itself in nearly every country of the globe. Administratively, the church is served through its 13 regional divisions of the world. No matter where you find a Seventh-day Adventist believer, you will find them to adhere to the ideals described by the Bible with their lives illustrating both faith in God and the church's commitment to the betterment of all human beings.

Seventh-day Adventists are a growing church. Currently the growth rate is almost one million every year, with new members joining the church at a rate of one every 35 seconds.

www.adventist.org

Globally, the church is doubling in size every 12 years. High concentrations of Seventh-day Adventists are found in Central and South America, throughout Africa, the Philippines and many other areas. In composition, 39 percent of Adventists are African, 30 percent Hispanic, 14 percent East Asian, and 11 percent Caucasian.

The mission of the church places great emphasis on different aspects of human freedom and responsibility. These include: religious liberty and human rights, humanitarian aid and development, better lifestyles, health and wholeness, education and personal growth, as well as social issues and community involvement.



Our Mission

The mission of the Seventh-day Adventist Church is to make disciples of all people, communicating the everlasting gospel in the context of the three angels' messages of Revelation 14:6-12, leading people to accept Jesus as personal Savior and unite with His remnant Church, discipling them to serve Him as Lord and preparing them for His soon return.

The Local Church

The Hampton Roads Seventh-day Adventist Church, Located at 3400 Kecoughtan Road in Hampton, Virginia has been serving the community since 1899. We are a multiethnic congregation walking together in the grace and faith of Jesus Christ.

What we believe . . .

We believe the Bible is the inspired Word of God and is profitable for correction, reproof, and instruction in righteousness (2Timothy 3:16) and that it reveals the character of the almighty God.

We believe in the relevance of the prophetic books of Daniel and Revelation which provides an outline of end time events, culminating in the glorious second coming of Jesus Christ. Matthew 24:32-51

We believe that Jesus is the eternal, self-existent God and is not a created being. Even though He is fully God, He took upon Himself the form of a man to live and die for our sins. We believe that He is ministering in heaven on our behalf.

We believe that the penalty for man's sin was paid on the cross of Calvary in Jesus' death. "For the wages of sin is death; but the gift of God is eternal life through Jesus Christ our Lord." Romans 6:23. By believing on Jesus Christ and accepting the grace of His shed blood applied on our behalf, we receive the gift of eternal life.

We believe that God created our world in six literal days and rested on the seventh day, the Sabbath (Saturday). God has asked us to remember to keep this day holy, as expressed in the fourth commandment. We love Jesus for His sacrificial death; therefore we want to obey Him as He commands in John 14:15. We are not saved by our works; but, because we are in a saving relationship with Christ, we choose to keep His commandments as the guide for successful living. Matthew 24:32-51

And He said unto them, Go ye into all the world, and preach the gospel to every creature. Mark 16:15

Local Ministries

Personal Ministries

Personal Ministries Department's primary focus is evangelism. Its goal is to help prepare men and women for the kingdom of glory. The Personal Ministries Department offers free personal Bible Studies, group Bible Studies and Bible studies materials. Call or email today and begin an exciting exploration of God's Word and the Revelation of His Son Jesus Christ. (See back of brochure for further information.)

Friends Serving Friends

The Community Services/ Dorcas Society are an important feature of the outreach (missionary) activities of our church. This society gathers and prepares clothing, food, and other supplies for the poor, needy, and unfortunate. This organization works in close cooperation with the deacons and deaconesses of the church. Community Services/Dorcas ministry also encompasses adult education, visiting, homemaking, home nursing, counseling, and other services.

Children's Ministries

The Children's Ministries Department exists to develop the faith of children from birth through age eighteen, leading them into union with the church. It seeks to provide multiple ministries that will lead children to Jesus and disciple them in their daily walk with Him, and as such cooperate with the Sabbath School Department and other departments to provide religious education to children.

- Vacation Bible School
- Children's Branch Sabbath School
- Neighborhood Bible Clubs
- Children's Story Hour