

WELCOME

First Reformed Church

February 24, 2019

Welcome to FRC!

You matter to God and you matter to us. We want to help you experience the life transforming presence and power of Jesus Christ at work in your life. That's why we decided to take seven weeks to do a Church-wide spiritual growth campaign called, "Transformed: How God Changes us". This campaign includes: weekly messages, weekly small groups, daily devotions and a service project. We believe that God wants to transform your life and the best way to experience that transformation is through God's Word, connected to Christ, and to the Church community.

We invite you to join us for this journey. You can sign up in the lobby or simply attend a small group at 10 a.m. in the fellowship hall. During this seven week journey we are exploring seven key areas of life that God wants to transform: your spiritual health, your physical health, your mental health, your emotional health, your relational health, your financial health, and finally, your vocational health. Last week we explored spiritual health. Today we are exploring the topic of physical health. May God bless your health and may you be happy in Christ.

I am excited to see what God Gives,
Pastor Chet

Next Steps: How to get connected at FRC?

Step 1 Fill out a Connection Card

Please take a moment to fill out your connection card and place it in the offering plate or the basket at the back of the sanctuary at the end of the service.

Step 2 Sign up & Participate in a Small Group

7 Week "Transformed" Small Groups have started!

Step 3 Attend a Next Step/ Welcome Orientation

Step 4 Join the Dream Team

CONTACT US

Pastor Chet Carlson
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Children's Ministry Director –
Mandy Stevens
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Adm. Assistant – Mona Hento
mona@mitchelltelecom.net
Church phone 996-5449

Church website:
firstreformed.com and on Facebook

To listen by phone, dial 990-6338 &
put in attendee #13201

WEEKLY EVENTS

SUNDAY – the 24th

Worship 8:30 a.m.
11:00 a.m.

Fellowship time following
Sunday School 10:00 a.m.
"Transformed" small groups
in fellowship hall led by
Pastor Chet & Carolyn
Wolbrink 10:00 a.m.

WEDNESDAY - the 27th

Love Bible study 6:15 p.m.
Kids' activities 6:30 p.m.
Youth group 6:30 p.m.
Choir practice 7:45 p.m.

THURSDAY - the 28th

First Reformed serving the
Love Feast 5:00 p.m.

Have your donations to the
church by Sunday, the 24th.

STAY CONNECTED

JOB OPENINGS:

We are currently seeking to fill three part-time ministry positions:

- * Discipleship & Care Director
- * Worship Director
- * Youth Director

Interested applicants should submit a resume, cover letter, and a completed questionnaire to Pastor Chet at chet@firstreformed.com prior to March 20th.

Job descriptions are on our website or in the lobby. Questions contact Pastor Chet or the hiring team: Mike Asmus, Laurie Kent, John Koons and Flora Tieszen.

TRANSFORMED SMALL GROUPS:

Pastor Chet, Carolyn Wolbrink - Sunday 10 a.m.
Wayne & Janet Klinger - Sunday 4 p.m.
Andy & Kyra Mentele - Sunday 4 p.m.
Bruce & Vicky Graves - Sunday 6:30 p.m.
Mike & Debbie Asmus - Sunday 6:30 p.m.
Gregg & Janet Bleeker - Sunday 7:00 p.m.
John & Karla Koons - Monday 6:30 p.m.
Mavis Anderson - Wednesday 6:15 p.m.
Scott & Randi Pietz - Friday 6:30 p.m.

FEATURES FOR THE WEEK:

BUILDING DEBT REDUCTION OFFERING will be taken next Sunday, March 3.

*****Save the Dates - Short term mission trip, June 6-9th. and Power Connection** is set for July 26-28th. This is for middle school students, grades 6th-8th.

Thank you to our FRC family for your cards, memorials, food, flowers, prayers and sharing your memories. A special thank you to Pastor Chet, Laurie, Laura, Wayne, and the lunch servers for helping us celebrate Sharon's legacy. We're blessed by your kindness, generosity and support. The family of Sharon Ligtenberg

OTHER INFO:

Attendance Feb. 17: 152
General offering Feb. 10: \$3,955.00
Weekly offering needed: \$6,717.25
Mission offering: \$1,324.00

PRAYERS FOR:

Donny Rueb, comfort for the families who have lost loved ones: Berdene & Gregg Bleeker family, Jim Adema family, Glenn Ligtenberg family

ORDER OF WORSHIP

Pastor Chet Carlson
February 24, 2019

8:30 a.m. Service

- Prelude**
Call to Worship Senior Choir
"You Are Crowned with Many Crowns" Arr. Tom Fettke
- *Welcome & Greeting**
***Hymn of Praise** #76 "O For a Thousand Tongues"
Family Prayer Time & Announcements
Ministry of Music Senior Choir
"Come to Jesus" Chris Rice/Arr. Mark Hayes
(4 yr. olds - 2nd graders dismissed for Children & Worship)
- Offering Our Gifts to God**
Please sign the Connection Card during this time.
- Scripture** Romans 12:21; 1 Corinthians 6:19-20
Message "Transformed Week 2: Spiritual Health" ~ Pastor Chet
***Benediction**
***Parting Hymn** #90 "In the Name of the Lord"

11:00 a.m. Service

- Prelude**
***Welcome & Greeting**
***Praise Songs** "My Savior, My God"
"Diamonds"
- Apostles' Creed**
Sacrament of Infant Baptism Briggs Harrison Schoenfelder
son of Jeff and Amanda Schoenfelder
- *Praise Song** "Lord, Reign in Me"
Family Prayer Time & Announcements
(4 yr. olds - 2nd graders dismissed for Children & Worship)
- Offering Our Gifts to God**
Please sign the Connection Card during this time.
- Scripture** Romans 12:21; 1 Corinthians 6:19-20
Message "Transformed Week 2: Spiritual Health" ~ Pastor Chet
***Benediction**
***Praise Song** "Enough"

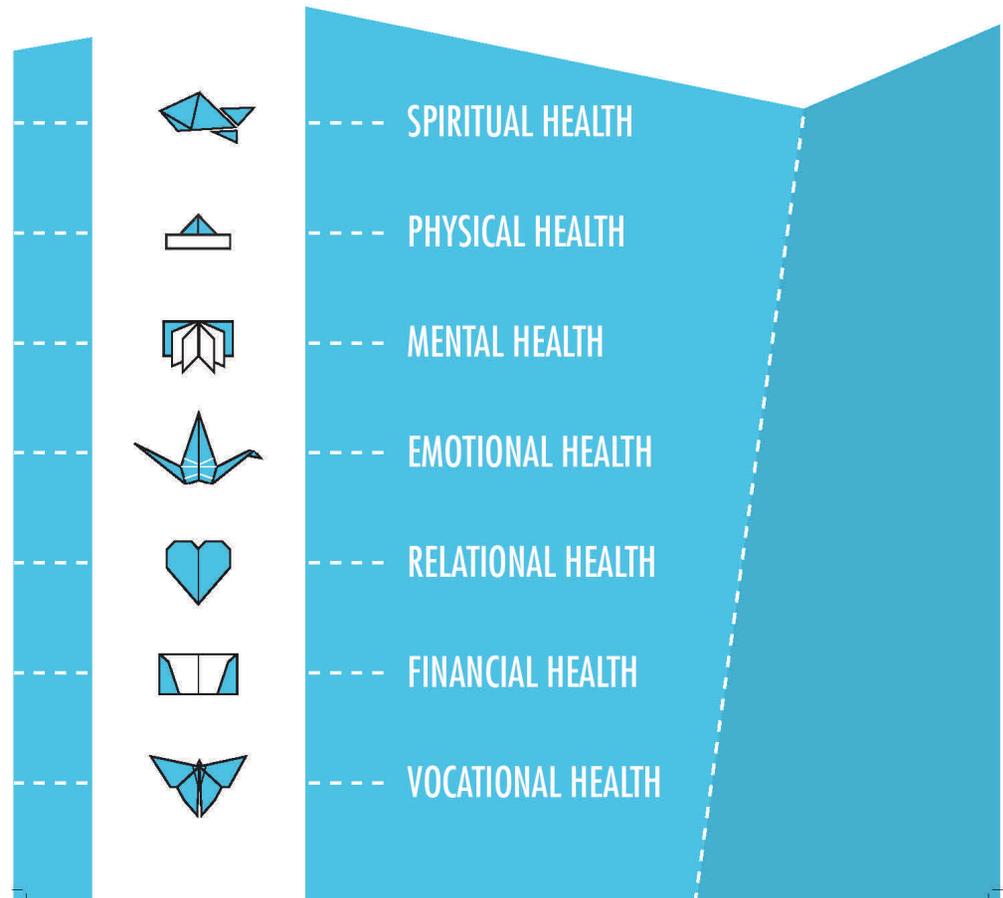


TRANSFORMED

How God Changes Us

Be transformed by the renewing of your mind . . .

ROMANS 12:2



MESSAGE NOTES

Transformed: How God Changes Us Week 2: Physical Health

Roman 12:1;1 Corinthians 6:19-20

Your body, your physical health, is the _____.

“Therefore I urge you brothers, in view of God’s mercy, to offer your bodies as living sacrifices, holy and pleasing to God—this is your spiritual act of worship” –Romans 12:1

“Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore, honor God with your body”.

–1 Corinthians 6:19-20

Your physical body is the _____ you connect to the _____.

“Just as each of us has one body with many members, and these members do not all have the same function, so in Christ we who are many form one body, and each member belongs to all the others” – Romans 12:4-5

The Big Question: How do we honor and worship God with our bodies?

1. _____ Genesis 2:1-2; Exodus 20:8-11

Work 6 Days, Rest 1. Work hard, rest hard, worship hard.

Belief: You work hard because you know you have a role and you rest hard because you know God is in control.

Balance: God is God and you are not. You realize the results in your life depend on God, don’t try to do it on your own.

Application: Take at least one day a week to rest, renew and refresh.

Make an intentional plan and act on it every week.

2. _____ Genesis 2:18

Your body is designed for connection, community and intimacy.

Application: Everyone needs physical intimacy on a regular basis. How are you filling your physical intimacy tank in healthy, godly, and appropriate ways?

Non-romantic ways to connect:

Meaningful eye-contact

Physical proximity in connection to friends, family members or co-workers

Hand shake, pat on the back

Hug at appropriate times with the appropriate people

Group or physical competition and activity

Assist in a group service project, working physically together.

3. _____ 1 Corinthians 12:27

Our bodies were created for serving others.

Application:

What are your passions, skills, and spiritual gifts?

How are you using your body to fulfill your passions, skills and to apply your spiritual gifts?

4. _____ 1 Corinthians 15:44

“It is sown a natural body, it is raised a spiritual body. If there is a natural body, there is also a spiritual body” –1 Corinthians 15:44

Application:

Give _____.

“Give yourself _____, because you know that your labor in the Lord is not in vain” –1 Corinthians 15:58