

# MESSAGE NOTES

## Transformed: How God Changes Us Week 3: Mental Health

Roman 12:2; 2 Corinthians 10:3-5

God's Good News for Your Mental Health:

1. You can have \_\_\_\_\_ to overcome your problems.

Philippians 4:7

2. You can be \_\_\_\_\_ to make a difference.

2 Peter 1:4-8

3. You can have the \_\_\_\_\_ to follow through.

Hebrews 12:1-3

Tips for Mental Health:

Seek Professional Help/Counseling

Consider seeking counsel from a Psychiatrist.

Practice Growth mindset Self-Talk

Practice Solution-focused Thinking and Planning

Maintain a Healthy Mental Diet by Watching what you take into your mind

Meditate on God's Word about your life and identity

Keep a Daily or Weekly Grief and Gratitude Journal

Commit to continual learning

Discover How God has worked in your hard times and tell the story.

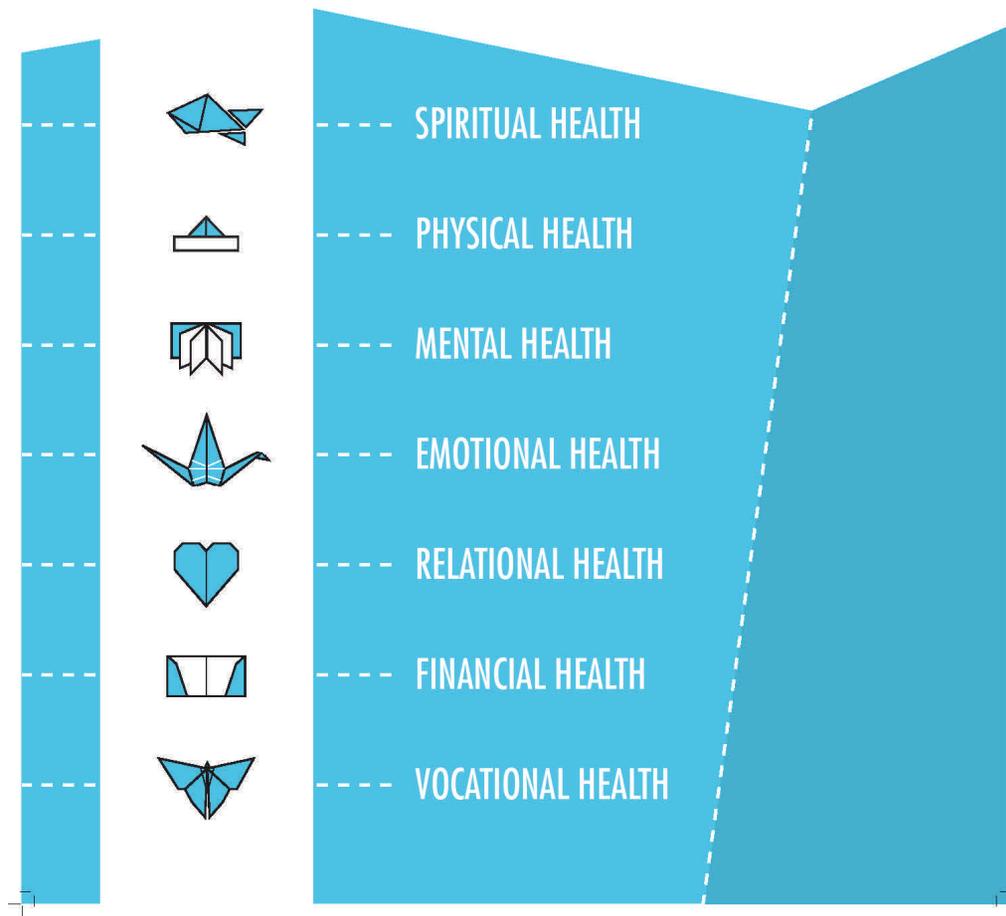


# TRANSFORMED

*How God Changes Us*

*Be transformed by the renewing of your mind . . .*

ROMANS 12:2



# WELCOME

First Reformed Church

March 3, 2019

## Welcome to FRC!

Today we are in Week 3 of our “Transformed: How God Changes us” Church-wide campaign. We want you to know that if you are struggling with anxiety, depression, or any other issue—you are not alone. We are here with you and we are here for you! Just like we need to take care of our physical health, we also need to take care of our mental health. And we want to help you be mentally healthy.

That’s why today as a part of our Transformed message series and Church-wide campaign, we are talking about Mental Health. Our hope and prayer is that you will get the encouragement and the help to get through whatever you are going through. We want to help you by providing our relationships in this community and the resources you need to overcome your problems, the motivation to make a difference and the focus to follow through on what you need to do and what you want to do in your life.

We want to help you because you matter to God and you matter to us.

You are not alone. We are here with you. We are here for you.  
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  
chet@firstreformed.com  
952-200-0684

Children’s Ministry Director –  
Mandy Stevens  
mandy@mitchelltelecom.net

Adm. Assistant – Mona Hento  
mona@mitchelltelecom.net  
Church phone 996-5449

Church website:  
[firstreformed.com](http://firstreformed.com) and on Facebook

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

## WEEKLY EVENTS

### SUNDAY – March 3rd

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

Debt reduction offering  
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 6th

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

### SUNDAY – the 10th

Daylight Savings time begins  
Be sure to set your clocks  
ahead on Saturday night!

## Debt Reduction Plan Update

The Deacons will be collecting quarterly debt reduction offerings going forward. These will be collected the first Sunday in March, June, September, and December.

Currently the outstanding loan balance is \$310,000 at a rate of 5%. These loans are all with individuals from First Reformed Church. The initial plan is to have these loans paid back in 10 years. We paid one loan back in 2018 along with the yearly interest for the remaining loans.

To have the loan paid off by 2027, the deacons have budgeted \$48,000 for debt reduction. An estimate for 2019 of this amount would be \$15,000 in interest and \$33,000 in principal. As the quarterly offerings are taken, the loan principal balances will be paid down, which will decrease the amount of interest owed.

Prayerfully consider what you are able to contribute during these offerings.

## FEATURES FOR THE WEEK:

**\*\*\*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.

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

Discipleship & Care Director, Worship Director, Youth Director. Pick up job descriptions at the ‘Connection Center’. Applications due by March 20th.

**Thank you** to our church family, friends and Pastor Chet for being there when needed most through this difficult time. Thanks for all the prayers, calls, food and help with the service. God bless you all, the family of Clarice Adema

## OTHER INFO:

Attendance Feb. 24: 141  
General offering Feb. 24: \$12,157.00  
Weekly offering needed: \$6,717.25

## PRAYERS FOR:

Gregg Hielema as he weakens, comfort for the families who have lost loved ones: the Bleeker, Adema, Ligtenberg family

# ORDER OF WORSHIP

Pastor Chet Carlson

March 3, 2019

## 8:30 a.m. Service

### Prelude

### \*Welcome & Greeting

### \*Hymn of Praise

#31 "Great Is The Lord"

### Announcements

Video: "Preparing for Our Mission Trip"

Short-tem mission trip, June 7-9

'Save the Date' card

**(4 yr. olds - 2nd graders dismissed for Children & Worship)**

### Discussion of Debt Reduction by Deacons

### Offering Our Gifts to God

We will receive the General fund offering first this morning followed by the Building Debt reduction offering

**Please sign the Connection Card during this time.**

### Scripture

Romans 12:2; 2 Corinthians 10:3-5

### Message

"Transformed Week 3: Mental Health" ~ Pastor Chet

### \*Hymn

#36 "El Shaddai"

### Family Prayer Time

### \*Benediction

### \*Parting Hymn

#41 "God Is So Good"

## 11:00 a.m. Service

### Prelude

### \*Welcome & Greeting

### \*Praise Songs

"Mercy Is Falling"  
"Ever Be"

### Announcements

Video: "Preparing for Our Mission Trip"

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### Praise Song

"When I Look Into Your Holiness"

### Scripture

Romans 12:2; 2 Corinthians 10:3-5

### Message

"Transformed Week 3: Mental Health" ~ Pastor Chet

### \*Family Prayer Time

### \*Benediction

### \*Praise Song

"That's Why We Praise Him"