

ORDER OF WORSHIP

Pastor Chet Carlson
March 10, 2019

8:30 a.m. Service

Prelude	
Call to Worship	Senior Choir
"In His Time" from Ecclesiastes 3:11	
*Welcome & Greeting	
Scripture Reading	Psalm 63
*Hymn of Praise	#350 "'Tis So Sweet to Trust in Jesus"
Scripture Reading	Psalm 62:1-2
*Hymn	#505 "Love Lifted Me"
Ministry of Music	Senior Choir
"I'll Fly Away" Arr. Joel Raney	
Announcements	
(4 yr. olds - 2nd graders dismissed for Children & Worship)	
Offering Our Gifts to God	
Please sign the Connection Card during this time.	
Scripture Reading	Proverbs 4:23
Message	"Transformed Week 4: Emotional Health" ~ Pastor Chet
Reflection Song	"God Is Able"
*Benediction	

11:00 a.m. Service

Prelude	
*Welcome & Greeting	
Scripture Reading	Psalm 63
*Praise Songs	"King of Heaven"
	"You're Worthy of My Praise"
Sacrament of Infant Baptism	Briggs Harrison Schoenfelder
son of Jeff and Amanda Schoenfelder	
Apostles' Creed	
Praise Song	"My Lighthouse"
Announcements	
(4 yr. olds - 2nd graders dismissed for Children & Worship)	
Offering Our Gifts to God	
Please sign the Connection Card during this time.	
Scripture Reading	Proverbs 4:23
Message	"Transformed Week 4: Emotional Health" ~ Pastor Chet
*Praise Song	"God Is Able"
*Benediction	

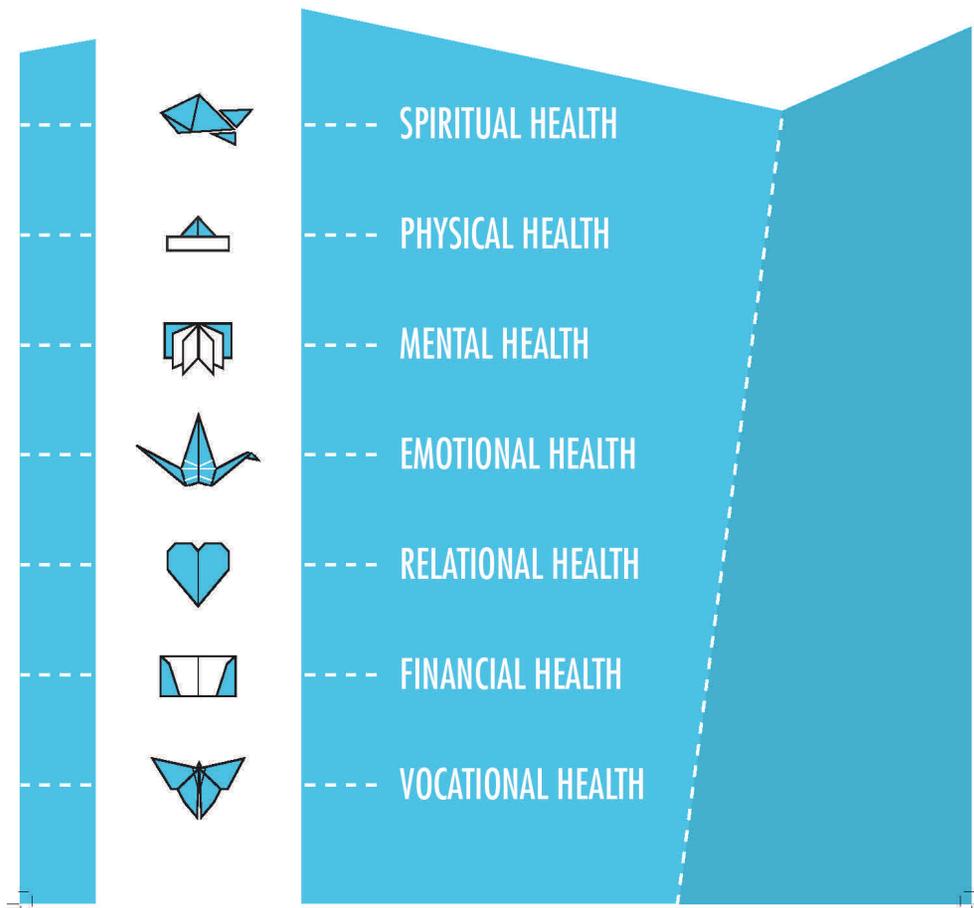


TRANSFORMED

How God Changes Us

Be transformed by the renewing of your mind . . .

ROMANS 12:2



WELCOME

First Reformed Church

March 10, 2019

Welcome to FRC!

We are so glad that you are here! Our vision is to be a place where God is seen, love is felt, and lives are changed". We want to help you connect with this community and Jesus Christ in a fellowship that will transform your life. That's why we are in the middle of a seven week Church-wide spiritual growth campaign, called "Transformed: How God Changes us". We believe every area of your life matters to God and so it matters to us as well. Today we are in week 4 and we are looking at how God wants to transform your emotional health. Emotions are complicated. Thankfully, God knows our hearts, and our hurts. God knows what makes us happy, and he knows what makes us angry. Here's the good news. You don't have to be controlled by your emotions. God will give you the strength to do the impossible—you may not be able to always shape the way you feel, but God can. God can transform every area of your life—including your emotions. You don't have to be a victim of your emotions—instead you can live in the victory of Jesus. My prayer is that God will give you the freedom to face your emotions and the strength to forge a way forward.

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

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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 – March 10th

Worship 8:30 a.m.
11:00 a.m.
Fellowship time following
Sunday School 10:00 a.m.
"Transformed" small groups
in fellowship hall 10:00 a.m.

MONDAY, the 11th:

Hannah Circle 1:30 p.m.
Lunch/devotions - Judy VP

TUESDAY, the 12th:

Executive Board 6:45 p.m.
Elders/Deacons 7:00 p.m.
Leadership 8:00 p.m.

WEDNESDAY - the 13th

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 14th

"Saints & Seniors" noon

Debt Reduction Plan Update

You can give at anytime!

The Deacons will be collecting quarterly debt reduction offerings going forward. These will be collected the first Sunday in 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. **To give to our debt reduction fund any time, simply make a note in the memo area "debt reduction".**

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 all for donating so unselfishly of food, preparation and serving meals at the Love Feast. We deeply appreciate everyone's continued support in feeding the hungry and the lonely, being the hands and feet of Jesus! Love Feast committee

OTHER INFO:

Attendance March 3: 176
General offering March 3: \$8,165.00
Weekly offering needed: \$6,717.25
Debt Reduction offering: \$8,426.00

PRAYERS FOR:

Gregg Hielema as he weakens, Travis & Melanie Pollard's unborn twins, for the unchurched, Betty Buchele extends thanks to everyone after her surgery.

**Transformed: How God Changes Us
Transformation through the Word of God**

Don't Miss this Moment.

God cares for every area of your life. God speaks to every area of your life.
God's Word, the Bible is not simply meant to sit on a shelf but to shape your life.
Transformation through God's Word the Bible:

God's Word will encourage you with hope.

"For everything that was written in the past was written to teach us, so that through the endurance taught in the Scriptures and the encouragement they provide we might have hope" - Romans 15:4

God's Word will equip you.

"All Scripture is God breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the servant of God may be thoroughly equipped for every good work" - 2 Timothy 3:16-17

Two Tips to Transformation:

1. Read God's Word front to back, cover to cover, beginning to end.

God's word is like a puzzle that needs to be put together. If you only work with one piece, you will get part of the picture but you will miss out on the rest of what God has for you.

God's word is like a reading a story or watching a movie, you have to read or watch the whole thing to truly appreciate the full story.

2. Study God's Word weekly.

Bible Study Tools & Technique:

1. When you read, write down a list of observations, and a list of questions, the more the merrier. Note the key words, phrases, ideas, concepts, names, places, characteristics of God, actions God takes, characteristics of the people and their actions, words spoken by God, promises of God.
2. Bible Dictionary: Look up the definition of the key words, phrases, characteristics, concepts, etc.
3. Exhaustive Bible Concordance: Look up the word in the Bible Concordance and read the other places where that word or idea occurs in Scripture and write down how that section of Scripture describes and defines the words, ideas and situations. Write a summary of what you have learned.

Transformed: Emotional Health

Proverbs 4:23

What does God have to say about your emotional health?

1. Your emotional health is what keeps you _____.
Proverbs 4:23

2. Your emotional health helps you _____.
Ephesians 1:18

3. Your emotional health helps you _____.
Jeremiah 29:13; Proverbs 3:5-6

4. Your emotional health builds your _____.
Proverbs 27:19; Psalm 37:4

Primary Emotions:

Fear	Sadness
Anger	Happiness

"Above all else, guard your heart, for it is the wellspring of life" - Proverbs 4:23

Emotional health is connected to the fruit of Holy Spirit in your life and _____.
Galatians 5:22
You cannot control your feelings all the time, but you can control your feelings at _____.

Questions:

What feelings or emotions are causing you the most problems?
When do those feelings or emotions pop up?

The best way to change your emotion is to embrace _____.
If you want to stop being angry, start building happiness in your life.
If you want to stop being sad, start building hope, the excitement of what God has in store for you.
If you want to stop being fearful, start building confidence.
If you want to stop being happy, start being angry.
If you want to stop being happy, start being fearful.
If you want to stop being happy, start being sad.

Emotions are powerful, the one thing that can always handle that kind of power is the presence of God. If you want to change your emotions go to God _____.