

2016 Theme Verse: "So let us Know; let us press on to Know the LORD..." Hosea 6:3

Welcome to the Grace Brethren Church of Norwalk

May 22, 2016

Services Today at Grace –

ROOF FUNDRAISER BREAKFAST: 8:00-9:00am

Sunday School: 9:30am

Class: 3 - 5 yrs. old (Kinder.)

Teacher: Caroll Ann Perkins

Class: 4th - 6th grade (5A)

Teacher: Robin Predmore

Class: Adults (6B)

Teacher: Dave Goodwyn

Class: Depression: Looking Up from the
Stubborn Darkness - Pastor Jeff's office

Class: 1st - 3rd grade (KIDMO)

Teacher: Lisa Patton

Class: DRIVEN (Jr. & Sr. High)

Teacher: Timothy Lansing

Class: Adults (Conf. Rm.)

Teacher: Ron Muir

Praise & Worship Service: 10:45am

Children's Church for 3-5 years old & K-3rd grade after opening

Those Serving Today at Grace –

Ushers for the month of May:

Rob Kimsey – Lead; Vet Gonzalez, Andrew Cabrera, Ben Ramirez

Nursery – Today 5/22

9:15am Josie Ramirez
Stephanie Jones

10:30am Sandy Goodwyn
Roxy Barragan

Nursery – Next Week 5/29

9:15am Jessica Yrineo
Judy Torres

10:30am Janine Lansing
Tracy Lansing

Happy Anniversary

Timothy & Janine Lansing May 22

Happy Birthday –

Stephanie Jones May 23

Events This Week –

FAMILY NIGHT: ABS, DRIVEN & ROCK Wed., 6:45pm
Ladies' Psalms Study Fri., 10:00am
Church Work Day Sat., 8:00am

Events Next Month –

Heights of Grace Sat., 6/4, 10:00am
Women's Bible Study Mon.'s, 6:30pm
Church Work Day & Prayer Table Sat., 6/11, 8:00am
Graduation Meal Sun., 6/12, 12:15pm
Women of Grace Tues., 6/14, 6:00pm
No Family Night (DRIVEN will meet.) Wed, 6/15, 6/22, 6/29
Heights of Grace Sat., 6/18, 10:00am
Elders' Meeting Sat., 6/21, 7:00pm
Church Work Day Sat., 6/25, 8:00am
VACATION BIBLE SCHOOL – SUNDAY, JUNE 26th at 9:30am (5 Sun.'s)

For The Record –

Attendance Last Week:

Sunday School: 64, Worship Service: 111

Church Announcements –

HEIGHTS OF GRACE is planned for Saturday, June 4th. Please meet at the church at 10:00am sharp. If you have any questions, see Vet or Jen Gonzalez. Everyone is invited to come and participate, even if this is your first time.

BREAKING FREE: A WOMEN'S BIBLE STUDY: Ladies, join us this summer as we learn to break free from spiritual strongholds with author/teacher Beth Moore. God intends for us to know and believe Him, glorify Him, experience His peace, find satisfaction in Him alone, and enjoy His presence. Come be renewed and find freedom in Christ this summer. Invite your friends to join us! **WE'LL MEET AT CHURCH EACH MONDAY NIGHT FROM 6:30-8:30PM.** Dinner will be offered at 6pm each night for \$3/person. Participation in dinner is optional. Childcare is also available. **COST IS \$20 PER PERSON TO COVER STUDY GUIDE AND SUPPLIES.** Please turn in your \$20 and registration form TODAY to Josie or Janine. Thanks.

VACATION BIBLE SCHOOL 2016: The Ocean Commotion Vacation Bible School starts Sunday, June 26th and every Sunday through July 24th at 9:30am. Please see Laura Kimsey for volunteer opportunities. **URGENT NEED:** Children's Ministry is in need of a teacher for Jr. Church and 2-3 helpers for The Rock. Please see Laura if you are interested in serving.

A BIG "THANK YOU" GOES OUT TO BOTH TEAMS FOR A WONDERFUL YEAR SERVING THE CEF BIBLE CLUBS. MAY THE LORD BLESS ALL YOUR EFFORTS. THANKS AGAIN.

CHRISTMAS IN JULY



Calling all crafters!

This year, scholarship monies for our women's district retreat will be raised by having a craft fair. We would love to see the talents of the family of God in support of this ministry.

Note: This is NOT limited to women who attend retreat. This invitation is open to all members of your church body.

If you have crafty, non-food items that you would like to donate, we ask that you have your items turned in to Robin Workman or your women's leader by June 30th.

If you don't craft, please mark your calendar and come out and shop to support our women's retreat.

July 9, 2016 9AM – 1PM

5885 Downey Ave., Long Beach, CA 90805

Robin Workman – (714) 315-2171

workman@sbemp.com

"Addiction"

New Ways of Seeing and Walking Free

Part 15

"The unfolding of Your words gives life; it gives understanding to the simple."

(Psalm 119:130) We have been looking at how the Bible approaches addiction. The Bible's approach is far superior to the world's medical-biological approach which is not as wide and deep as the Bible's explanation. The world completely discounts the role of the heart, the soul, the center of worship, desire, and longing: all of which define addiction. Jesus Christ is our Advocate, and He Himself was successful when tested (Matthew 4:1-11), and is sympathetic to our temptations. He knows precisely what it is like. Jesus is eager to give us grace and mercy during those times when we especially need it (Hebrews 4:15-16). 1 Corinthians 10:13 encouragingly reminds us that no temptation can irresistibly lead us into sin. Jesus is present to help us in our time of need; if we choose to turn to Him, He will help us (Psalm 18:6; 22:11, 19; 22:24; 30:2; 38:22; 40:13, 17). "The LORD is always present to help" (Psalm 46:1). How long should we fight against the desires and temptations that try to enslave us? The normal Christian life is one of fighting for our entire lives. The fighting will only end when we have been fully made perfect either through death or at Jesus' return. **The same way that there are steps INTO addiction, there are steps OUT of it.** With addictive sins, the process of sanctification (being made more holy each day as we follow Christ and the Scriptures) out of addiction loosely follows a five-step pattern. First of all, we must make clear plans to separate ourselves from any external temptation where possible because ungodly desires and affections are cravings that lure us, and we clearly understand that we are vulnerable beings. Secondly, as the battle rages, we must concentrate our focus more on our own heart, the nature of our heart to worship, than on the objects of addiction that we are using to worship falsely. Thirdly, we must be ruthless with our imaginations; quickly halting any lustful, craving thinking, and replacing those thoughts and fantasies with God's Word and commands. It's all about the thinking. Fourthly, we will begin to notice that the things that were once objects of affection will begin to feel more like afflictions. We still notice our heart's desire for the past idols, but these desires feel more like a nagging salesperson than an object of great love. Lastly, we will find that even though we wish the desire would disappear, it still occasionally shows up, and when we encounter it, we groan, anticipating the day when we will be fully perfected. This is the course progressive sanctification (growing in knowledge and obedience to Christ on a daily basis) runs in our heart. Just like with a young child, growth is not always apparent over a twenty-four-hour period, but careful observers still might notice daily changes in vocabulary and interests. Overcoming addiction takes a commitment to fight daily, to fight always, and to learn to rejoice over the smallest, usually unobservable daily victories God blesses us with. In our last installment in this series, we will look at what we should do if we find we are regressing back toward addictive living. There is always hope...because Jesus is always ready to help.



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