**Lifting Our Church**

**Family in Prayer**  **My Prayers this week**

**Prayers of Praise**

Baptism of

Ethan Manual Cabrera

**Prayers of Healing**

* Rik Dejong
* Alta Peekstock
* Debbie Still
* Noel Froelich
* Adrienne Ferrin
* Adlin Francis Lee
* Mike Dixon
* Bill Skinner
* Becky Elliott
* John Hall
* Hazel Gray
* Jim Humphrey

**Extended Care Facilities**

* Dot Stone
* Donna McFadden

**Prayers of Comfort**

* Hazel Gray on the death

of her husband Clinton

* Margret Granda and Hazel Gray

 on the death of sister in law Curdell Allen

* Carol Rosche on the death

Of husband Curt

* Jack and Diane Martin on

the death of cousin James Reid

* Marsha Squire on the

death of her Husband David

**Prayers for Military, Law Enforcement,**

 **Fire Department**

Nick Imperiale, Tyler Fix, Brian Vautin,

Mike Morales, Kyle Knottnerus, Mark Kazee



**Sermon**: The Heavy Soul

**Date**: Sunday October 16, 2016

**Scripture**: Psalm 42:5; Lamentations 3:19-23

*Why are you downcast, O my soul? Why so disturbed within me?*

*I remember my affliction and my wandering, the bitterness and the gall. I well remember them, and my soul is downcast within me. Yet this I call to mind and therefore I have hope: Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness.* Lam 3:19-23

**Things I’d like to remember from today’s sermon**:

**Daily Study Guide**

**Prayer**

*“The LORD is near to the brokenhearted and saves those who are crushed in spirit.” – Psalm 34:18*

Dear Heavenly Father, thank You for mending my broken and heavy heart. Lord empower me with the weightiness of your Word. Help me to know that no matter what, I can always depend on you to help me regain my strength in times of trouble, in Jesus name. Amen.

**Thursday October 20, 2016 –** Psalm 91:1-16

What you fear reveals what you value the most. What you fear reveals where you trust God the least.

What things are you not trusting God with that you need to?

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**Monday October 17, 2016 – Psalm 27:1-14**

We are often paralyzed with irrational fear that something may happen. Rather than living by faith, we live by fear. These toxic fears can cripple our lives and rob us of our joy.

How have you seen your toxic fears influence your actions and thoughts?

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**Friday October 21, 2016 –** Psalm 56:1-13

In order to face the "what ifs" of fear, you must acknowledge your fear and choose to trust God.

What things are holding you back from acknowledging your fears and putting your full trust in God?

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**Tuesday October 18, 2016 –** 2 Timothy 1:1-18

There are four types of fears: fear of loss, fear of failure, fear of rejection, and fear of the unknown. It is very likely that you are struggling with one or more of these fears. These fears can paralyze you and keep you from God's best. Remember what 2 Timothy 1 says in that God did not give us a spirit of fear, but a spirit of power, of love, and of self-discipline.

Which fears do you currently struggle with the most?

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**Saturday October 22, 2016 –** Psalm 34:1-22

In order to face the "what ifs" of fear, you must seek God until He takes away your fears.

How different could your life be if you put your full trust in God and strived to seek Him daily?

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**Wednesday October 19, 2016 – Exodus 4:1-17**

Fear is having faith, but it's placing your faith in the wrong things. Fear is placing your faith in the "what ifs". So much of our fears are focused on things that may or may not happen. There is no reason to fear things that might not even happen. Even people in the Bible struggled in fearing their own "what ifs". You will read today about Moses' "what if" fear and how God gave him strength to overcome his fear.

What are some of the "what ifs" that fuel your fears?

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