**Lifting Our Church**

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

**Prayers of Praise**

10/30/2016 Baptism of

Nora and Foster Leonard

**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
* Bill Breckel

**Extended Care Facilities**

* Dot Stone
* Donna McFadden
* Alta Peekstock

**Prayers for Military, Law Enforcement,**

**Fire Department**

Nick Imperiale, Tyler Fix, Brian Vautin,

Mike Morales, Kyle Knottnerus, Mark Kazee



**Sermon**: The Tortured Soul

**Date**: Sunday October 23, 2016

**Scripture**: 1 Peter 2:11, 24-25

*Dear friends, I urge you, as foreigners and exiles, to abstain from sinful desires, which wage war against your soul. 1 Peter 2:11*

*24 He himself bore our sins in his body on the cross, so that we might die to sins and live for righteousness; by his wounds you have been healed. 25 For you were like sheep going astray, but now you have returned to the Shepherd and Overseer of your souls. 1 Peter 2:24-25*

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

**Daily Study Guide**

**Prayer**

*He himself bore our sins in his body on the cross, so that we might die to sins and live for righteousness; by his wounds you have been healed*. *1 Peter 2:24*

Dear Heavenly Father, thank You for showing me what it means to live sacrificially. Through the great sacrifice of Jesus, I no longer need to live with a tortured soul. Lord, I accept your healing today, may the great hope in my soul be reflected in my life. In Jesus’ name, Amen.

**Thursday October 27, 2016** –1 John 3:1-24

There are three common types of toxic relationships: negative, controlling, and the tempters. Chances are you have experienced all three of these toxic relationships in your life. Chances are that you have been toxic to someone else in one of these three ways. Do as God's Word says and don't let yourself be deceived and led astray by toxic relationships. More importantly, don't be toxic to others because you will lead them astray.

What types of toxic relationships do you currently have more of in your life?

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**Monday October 24, 2016 – 1 Corinthians 15:12-34**

The people in your life can be one of the most important spiritual assets or be one of your worst curses. Those relationships that are a curse to you are toxic. This week you learn from God's Word about the dangers of toxic relationships and the importance of surrounding yourself with the right people.

*"Bad company corrupts good character."* Think of a time when you experienced this warning in your life. What did you learn from your experience?

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**Friday October 28, 2016 –** Matthew 16:21-28

Matthew 16 shows us that one way to manage toxic relationships is to set healthy boundaries in the way Jesus did with Peter. You might need to tell that person that you won't let them talk to you or treat you in a toxic way, or you may simply need to tell them that you are just not going to go to a toxic place in your relationship with them.

What types of healthy boundaries do you need establish in your relationships? How will you go about setting those boundaries?

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**Tuesday October 25, 2016 –** 2 Timothy 2:14-26

The right people will build you up and lead you towards Christ, but if you are around the wrong people they can be very toxic. They can hurt your soul. They can hurt your relationships. They can lead you into temptation. They can drag you down. They can very easily take you away from God's best.

In what ways have toxic relationships polluted your life and your relationship with God?

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**Wednesday October 26, 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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**Saturday October 29, 2016 –** Genesis 39:1-23

Another way to handle toxic relationships is to end them. The Bible is full of examples of people who cut off their toxic relationships such as Joseph and Potiphar's wife in Genesis 39.

In what types of circumstances do you feel it would be necessary to end a toxic relationship?

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