

Personal Boundaries**Genesis 31:45-55**

We continue to take personal inventory and when we are wrong, we promptly admitted it.

We all have particular weaknesses, and it is often helpful to establish personal boundary lines to support these weaker areas. We may need to clearly define our commitments to others; we may need to agree on certain limitations in order to maintain peace. Once the boundaries have been established, honesty is needed to maintain them. An assessment of our honesty in keeping our commitments needs to be a regular part of our everyday life.

Jacob and his father-in-law, Laban, had some conflicts. As they were working them out, they entered into an agreement by drawing a clearly defined boundary line and setting up a monument to remind them of that commitment. "'May the LORD keep watch between us to make sure that we keep this covenant when we are out of each other's sight. . . . See this pile of stones,' Laban continued, 'and see this monument I have set between us. They stand between us as witnesses of our vows.' . . . So Jacob took an oath before the fearsome God of his father, Isaac, to respect the boundary line" (Genesis 31 :49, 51-53).

Restoring trust in our relationships is part of recovery. To do this we should define our expectations and enter cautiously into commitments. We are not merely responsible for what the other person knows about. We are personally responsible for our own honesty before the watchful eyes of God. These relational commitments are not to be entered into lightly. But when we make them, they must be vigilantly maintained.

Look to Him in Faith**Genesis 30:25-43**

God always treated Jacob in ways far better than he deserved. God blessed him in spite of his trickery and deceit. God works that way with us, too. He is willing to bless us with healing even when we don't really deserve it. None of us really deserves God's love; all of us have failed in many ways. But God still reaches out to help us when we look to him in faith.

God Helps in Crises**Genesis 31:3**

Moving can be a time of major crisis. It is interesting to note that during all the major change points of Jacob's life, God always reestablished contact with him. Here, as Jacob faced a crisis with Laban's family, God gave Jacob instructions concerning his next move. God revealed to Jacob the next step in his divine program as it was needed. God is always there to help us during our moments of crisis. During these times we need to learn to stop and listen to what he has to say.

Leave Dysfunctional Lives**Genesis 31:14-15**

Leah and Rachel left their father's home willingly. This is not surprising. We have enough evidence to know that Laban's family was highly dysfunctional. At this point, Jacob and his family needed to move on if they were to become the family God intended them to be. Sometimes our homes of origin are sources of much pain and confusion. In such cases, it is important for us to leave those dysfunctional contexts in order to build a new life in a more healthy atmosphere.

Leadership**Web Page: Idahofallschurchofchrist.org**

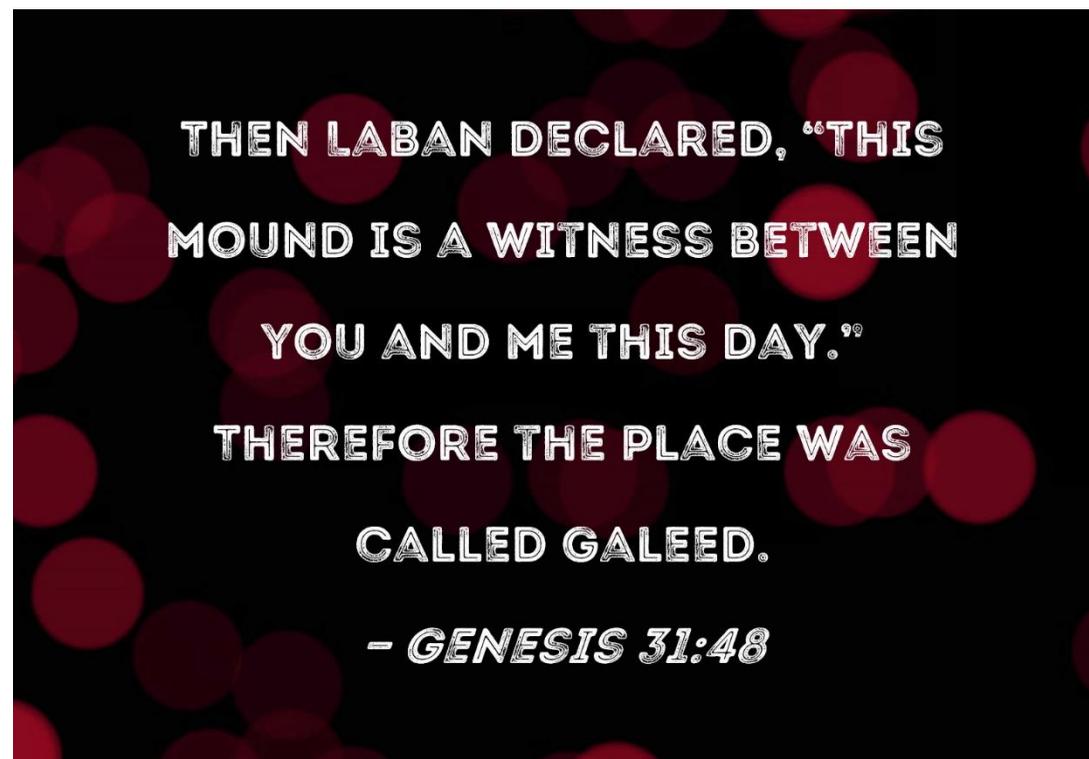
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Supported Missionaries and Works

Glenn Langston - Blind Ministry	Nathan and Alvin Luther – Philippines	Caleb Odle - Arlington, Texas
Ghana West Africa Water Project		Cimi Kafexhiu - The Church in Durres, Albania

Habits Take Time to Break**Genesis 31:17-20**

Even though God was very active in Jacob's life, the old patterns still persisted. Jacob's recovery from his deceitful youth was an ongoing process. This time he deceived Laban. Most of us are in recovery for a lifetime. Jacob's habits and tendencies certainly didn't go away overnight. Neither will ours. We need to be aware of our weaknesses and look to God for his help at each step along the way.



Calendar

Sunday	10:00 am	Bible Study	At the building and live stream
Sunday	11:00 am	Worship	At the building and live stream
Sunday	4:00 pm	Walking the 12 Steps with Jesus	At Pam & Rob's
Wednesday	10:30 am	Senior Breakfast	At Perkins Restaurant
Wednesday	6:30 pm	Bible Study	At the building
Saturday	7:00 pm	Teen Group	At the building

Jan 21st **Senior Breakfast** 10:30 at the building. Seniors, caregivers, and friends are all invited. (3rd Saturday each month.)

Mar 16-18th **Idaho Men's Retreat '23:** There will be a Men's Retreat at the Railroad Ranch Dormitory and Dining Hall at Harriman State Park in Island Park. The cost is \$35 per person which includes lodging and meals. This retreat is open to teens also. We will begin Thursday early evening and finish Saturday early afternoon. If you have any questions, please ask Andy.

May 18-20th **Montana Men's Retreat:** "Creating Communities of Conviction" at the C-N Camp near Augusta, MT. Guest speakers are Carlus Gupton, Wade Purdom, and Matt Burleson. Cost is \$150 for adults, \$90 for under 19, includes Thursday dinner, Friday all meals, Saturday breakfast & lunch.

Prayers and Praise

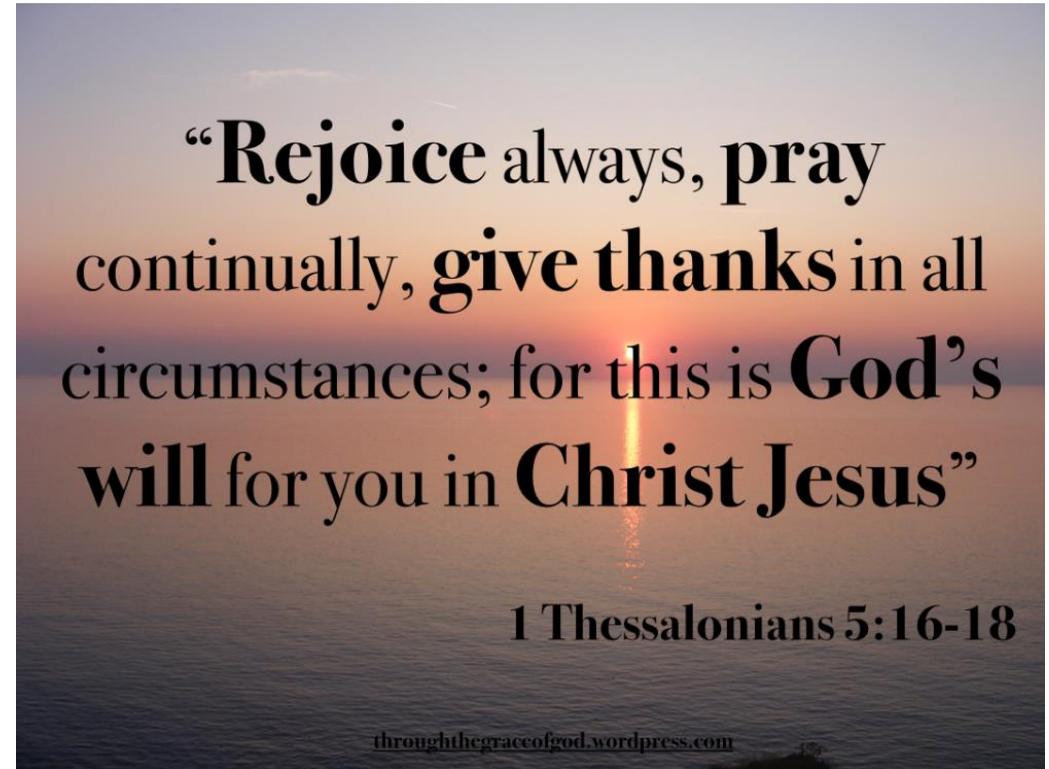
- Prayers for Bonnie Borstrom's family.
- Prayers for John & Marlene's family.
- Prayers for all in our extended family who are dealing with Covid.
- Prayers for Briley, coping with Marfans syndrome.
- Prayers for continued healing for Kay's nephew Jeremy.
- Prayers for Gary, Rob, Kyle & Andy as they lead our congregation.
- Prayers for Ryan Burns, Jordan Allbritten, and Thomas Mullinaux, serving in the armed forces.
- Prayers for our widows: Myrna, Ella, Miriam, Louise, Sallye, Millie & Carolyn.



The Church of Christ in Idaho Falls

Welcome!

We're a bible-based congregation of Christians meeting in Idaho Falls to praise and worship the one God and to support and encourage each other. All are welcome! Please join us in our worship services and classes.



Meditation for Today

I will say thank you to God for everything, even the seeming trials and worries. I will strive to be grateful and humble. My whole attitude toward God will be one of gratitude. I will be glad for the things I have received. I will pass on what God reveals to me. I believe that more truths will flow in, as I go along in the new way of life.

I pray that I may be grateful for the things I have received and do not deserve. I pray that this gratitude will make me truly humble.

Online Bulletin at <https://ifcocminister.wixsite.com/mysite/general-8>