## **Encourage Yourselves**

When reviewing our day, we look to see if we are setting realistic goals for ourselves. Do we acknowledge our human limitations and abilities? Are we satisfied with where we are, what we are, or what we have? Do we allow other people to be human too? Do we expect too much from others? Do we continue to rationalize our thoughts and feelings as an excuse not to accept reality? Do we utilize what we have learned in the program? Have we learned to make plans without planning the results? Do we insist on being in control?

In reviewing our day, we look for the positive things we have done and the successes we have achieved. We take stock of what our Power has provided for us and take the opportunity to be grateful for it. We accept ourselves each day, whether we have done well or have slipped back into old habits. We try not to be discouraged if we fall short of our ideals. These disciplines are part of our new way of life and we cannot expect to do them perfectly every time. We gain confidence in our new way of life by continual practice. We continue to watch for the self-centeredness or egotism which causes our character defects.

Perseverance 2 Timothy 2:1-8

We continue to take personal inventory and when we are wrong, we promptly admit it. Spiritual growth is a lifelong process. There will be times when we grow weary and want to throw in the towel. We will experience pain, fear, and a host of other emotions. We will win some battles but lose others in the war to achieve wholeness. We may get discouraged at times when we can't see od any progress, even though we have been working hard. But if we persevere through it all, we can maintain the ground we have gained. 198

The apostle Paul used three illustrations to teach about perseverance. He wrote to Timothy: "Endure suffering along with me, as a good soldier of Christ Jesus. Soldiers don't get tied up in the affairs of civilian life, for then they cannot please the officer who enlisted them. And athletes can't not win the prize unless they follow the rules. And hardworking farmers should be the first to enjoy the fruit of their labor. Think about what I am saying. The Lord will help you understand all these things" (2 Timothy 2:3-7).

Like a soldier, we are in a war that we can win only if we fight to the end. Like an athlete we must train for a new way of life and follow the steps of recovery to the finish line. Like a farmer, we must do our work in every season and then wait patiently until we see growth. If we stop working, our program before reaching the goal, we may lose everything we have fought, trained, and worked hard for.

Strength in Christ 2 Timothy 2:1-2

Paul didn't tell Timothy just to be strong; he told him to be strong in Christ Jesus. The apostle knew that Timothy could never succeed in his ministry by depending on his own strength He needed the only power sufficient for godly living-God. The truth that God gives us the power to live a transformed life is good news, and we need to pass it on to others! That is what recovery is all about. As each of us hears about and experiences God's power, we pass the word on to others. In this way others receive God's gracious help, and we discover the joy of helping others and growing in our faith.

Let the Past Go 2 Timothy 4:5-15

In recovery we all struggle to move out of a difficult past and into a healthier future. Our energy can easily be misspent trying to rewrite the past a hopeless task. In the recovery process we need to honestly evaluate our lives, including everything in the past, and then concentrate our energy on rebuilding a new life.

Jesus said, "You will know the truth, and the truth will set you free" (John 8:32). The path to freedom always leads to the truth, even the truth about the past. The apostle Paul once wrote to young Timothy: "Alexander the coppersmith did me much harm, but the Lord will judge him for what he has done" (2 Timothy 4:14). Paul stated the truth about someone who had hurt him but leaves the matter in God's hands. We, too, need to honestly accept the things that have been done to us and then let them go, leaving them in God's hands.

Elsewhere Paul examined his past, honestly reviewing his earthly or accomplishments, his wrongs, his mistakes, his family, his gains, and his losses. It was from this broad perspective that he could write the words: "I don't mean to say that I have already achieved these things or that I have already reached perfection. But I press on to possess that perfection for which Christ Jesus first possessed me" (Philippians 3:12). When we face the truth about our past, we can finally let it go. Then we can journey into a healthier future.

Perseverance 2 Timothy 2:3-7

Recovery and spiritual growth are never easy. Progress requires that we follow principles of disciplined faith on a daily basis. Like soldiers we need to put aside the obstacles to our spiritual growth - our dependencies, our pursuit of pleasure, our denial. Like athletes we need to follow the rules for healthy living - God's will for our lives. Like farmers we need to work hard - persevering through the tough times. If we follow these examples, God will work in us and help us win life's hard battles. He will reward us with understanding and a rich harvest of blessings.



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# Church

# **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	TBD	
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	
May 18-20 <sup>th</sup>	Montana Men's Retreat: "Creating Communities of Conviction" at the C-N Camp near Augusta, MT. Cost is \$150 for adults, \$90 for under 19, with a late fee of \$15 after May 10 <sup>th</sup> See Bob Queenan with questions.			
May 20 <sup>th</sup>	<b>Senior Breakfast</b> 10:30 at the building. Seniors, caregivers, and friends are all invited. (3 <sup>rd</sup> Saturday each month.)			
June 3 <sup>rd</sup>	Family Days in the Park $-$ 11:00 am $-$ 7:00 pm. Bring games, sports equipment, and food is picnic style. Sunnyside Park (next to EIRMC)			
June 4 <sup>th</sup>	Family Days in the Park $-$ 10:30 am $-$ 5:30 pm. Worship starts at 10:30, then a potluck, then games and fun $-$ Sunnyside Park (next to EIRMC)			
Aug 6 <sup>th</sup>	Area Singing with the Pocatello Church of Christ. Details to follow.			

### **PRAYERS**

- For Gary Brush and for Melanie. Gary came through his surgery well and is resting at home. Their address is 3461 Rosewood St., Kingman, AZ 86401.
- For Briley, coping with Marfans syndrome.
- For Bobbie Knight. Bobbie Knight, IDOC # 113912, PWCC 2 C, 1451 Fore Rd, Pocatello 83204.
- For Gary, Rob, Kyle & Andy as they lead our congregation.
- For Ryan Burns, Jordan Allbritten, and Thomas Mullinaux, serving in the armed forces. Jordan would appreciate letters of encouragement: Jordan Allbritten, 5013 A, Fort Sill, OK 73503.
- For our widows: Myrna, Ella, Miriam, Louise, Sallye, & Carolyn.

### **LEADERSHIP** Web Page: Idahofallschurchofchrist.org

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Daniål King – Benevolence		208-970-5078
Les & Teresa Pope — Special Programs		208-524-0238

# 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**

Remember that the first quality of greatness is service. In a way, God is the greatest servant of all, because He is always waiting for us to call on Him to help us in all good endeavor. His strength is always available to us, but we must ask it of Him through our own free will. It is a free gift, but we must sincerely seek for it. A life of service is the finest life we can live. We are here on earth to serve others. That is the beginning and the end of our real worth.

I pray that I may cooperate with God in all good things. I pray that I may serve God and others and so lead a useful and happy life.

Online Bulletin is available at our website https://ifcocminister.wixsite.com/mysite