

CALENDAR

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|-----------|----------|---------------------------------|--|
| 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 | Breakfast with the Seniors | At Perkins Restaurant |
| Wednesday | 6:30 pm | Bible Study | At Ella Smith's - 2093 Irene Lane, Idaho Falls |
| Saturday | 7:00 pm | Teen Group | At the building |

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|-------------------------|---|
| Jul 15 th | Senior Breakfast – 10:30 at the building (3 rd Saturday each month.) |
| Aug 6 th | Area Singing with the Pocatello Church of Christ. Details to follow. |
| Sep 15-17 th | Idaho Falls Youth Rally |
| Dec 8-10 th | Winter Rendezvous in Cody Wyoming. The link to the registration page is on our website. |

PRAYERS

- For Bob’s brother-in-law, dealing with cancer.
- 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.
- For our widows: Myrna, Ella, Miriam, Louise, Sallye, & Carolyn.

LEADERSHIP

Web Page: Idahofallschurchofchrist.org

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|--|-------------------------------|--------------|
| Kyle Allbritten, Elder | kallbritten67@gmail.com | 618-638-6894 |
| Gary Hunt, Elder | garyhunt136@gmail.com | 208-351-8947 |
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| Doug Barber – Worship..... | | 208-589-3674 |
| Aaron Kays – Building & Grounds | | 505-879-4624 |
| Daniál King – Benevolence..... | | 208-970-5078 |
| Les & Teresa Pope – Special Programs | | 208-524-0238 |

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!

Meditation for Today

Seek God early in the day, before He gets crowded out by life's problems, difficulties or pleasures. In that early quiet time gain a calm, strong confidence in the goodness and purpose in the universe. Do not seek God only when the world's struggles prove too much and too many for you to bear or face alone. Seek God early, when you can have a consciousness of God's spirit in the world. People often only seek God when their difficulties are too great to be surmounted in any other way, forgetting that if they sought God's companionship before they need it, many of their difficulties would never arise.

Prayer for the Day

I pray that I may not let God be crowded out by the hurly-burly of life. I pray that I may seek God early and often.

I WILL SING
TO THE LORD
FOR HE HAS
BEEN GOOD
TO ME

+ PSALMS 13:6 ◆

The letter to the Galatian believers challenges us to hold on to our freedom. Being controlled by alcohol or drugs or sin means living in slavery. So does any attempt at recovery that is based on our own abilities and strengths. We can-not escape the grip of sin alone, but as we turn our lives over to God, he will graciously give us the power we need to overcome our dependencies.

Escaping Self-Deception Galatians 6:7-10

We admit to God, to ourselves, and to another human being the exact nature of our wrongs.

We may fool ourselves into believing that we can simply bury our wrongs and go on without ever having to admit them. In time, we all discover that those deeds we thought were buried once and for all were actually seeds. They grow and bear fruit. Eventually we have to deal with a crop of consequences and face the fact that self-deception doesn't work to our advantage.

"You will always harvest what you plant. Those who live only to satisfy their own s sinful nature will harvest decay and death from that sinful nature. But those who live to please the Spirit will harvest everlasting life from the Spirit" (Galatians 6:7-8). "If we claim we have no sin, we are only fooling ourselves and not living in the truth. But if we confess our sins to [God], he is faithful and just to forgive us our sins and to cleanse us from all wickedness" (1 John 1:8-9).

We need to say good-bye to self-deception and hello to forgiveness and cleansing. We should note that there is cleansing from every wrong, not from "wrongdoing" in a general sense. Admitting the exact nature of our wrongs includes giving our accounts in exact and specific terms. It is only when we get specific that we will no longer be able to fool ourselves about the nature of our wrongs. Since we cannot ignore God and get away with it anyway, we might as well come clean and be forgiven.

Trust in His Promises Galatians 13:15-29

God's relationship with us is not based on our keeping the law but on his promises to Abraham to bless all humanity through his offspring, Jesus Christ. The law shows us that we are sinners deserving punishment and in need of a Savior. Following the law is not the solution to the sin problem; the law is a measuring stick that **reveals** the sin problem. None of us are capable of true and complete obedience. Despite our helplessness, God desires to bless us. He wants us to trust in his promises, not in our abilities to perform according to his perfect standards. Knowing that God loves us enough to pay for our sins can help us be more fearless as we take a moral inventory. When we confess our sins to God, he will set us free from their destructive power.

Only God Saves Galatians 4:8-11

If we are not willing to trust and obey God, we soon become enslaved to other things. We turn to other activities or substances to help us deal with our problems. Most of us realize that this often leads to various forms of addiction. We have discovered that drugs, alcohol, illicit sex, work, or even religious activities can never solve our problems. In fact, depending on anything other than God himself leads to even deeper problems. Only God offers us the power to be delivered from q bondage so we can build a new life. Turning to him for help is really the only valid option we have.

Choices Galatians 5:1-12

The Galatians faced the same basic choice that all of us face. Should we choose power and freedom in Christ or slavery through useless and destructive activities? If we make a bad choice, we risk being cut off from the deliverance available to God's people. There is no deliverance from the power of sin except through Christ and his powerful presence within us. Only his power can restore us.

Confession Galatians 6:1-3

Paul told the Galatians to share their troubles with one another. This would bring healing to hurting people and provide chances for believers to help each other. Paul included a special note to rebuke those who might be too proud to reach out to others. An essential part of recovery is admitting to others the exact nature of our wrongs. As we share our lives with others, we will experience relief from the power of our wounds and addictions. With this encouragement and accountability, we can shed our painful past and move on to a productive future.

God Heals Galatians 06:11-18

In these closing verses Paul recapped his major arguments with an emotional appeal to stand firm against false teachers who try to attract people away from the liberating message of the gospel. Admitting that we are helpless to overcome our sins and accepting God's help are responsible decisions. Rather than humiliating us, God bestows dignity and healing upon us when we enter the process of recovery through faith in Christ. As God heals us, we can take the Good News to others as Paul did with the Galatian believers.

Insights Into God's Will Galatians 5:16-21

Very often God's will for us stands in direct opposition to our natural desires. Recovery depends on our accepting the fact that following our own selfish desires is destructive. In Galatians 5:16-21 we find a whole list of destructive behaviors that flow out of a self-centered life. When we turn our lives over to God, however, we allow his Spirit to help us control those evil desires, and God's desires more and more become our own. Submitting our lives to God's will is the best choice we can make.

Insights About Consequences Galatians 6:7-10

In Galatians 6:7-10 Paul left an important reminder for us all. We will always reap what we have sown. In other words, sins and addictions have painful consequences. For a while we might be able to fool ourselves into thinking that certain activities and relationships are all right. But when the consequences catch up with us, there will be no denying the facts. We need to take this warning seriously and take steps to change now. We don't have to wait to hit bottom before we act. Using God's Word as our standard, we can take a fearless moral inventory and work toward living a godly life before it's too late.

Contributions

| | 5/14 | 5/21 | 5/28 | 6/2 (PayPal) | 6/4 |
|----------|---------|---------|---------|-----------------|---------|
| General | \$1,072 | \$2,317 | \$1,250 | \$1,269 | \$2,396 |
| Missions | \$515 | \$120 | \$195 | \$1,020 | \$50 |