

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	TBA
Wednesday	10:30 am	Breakfast with the Seniors	At Perkins Restaurant
Wednesday	7:00 pm	Bible Study	At Ella Smith's - 2093 Irene Lane, Idaho Falls
Saturday	7:00 pm	Teen Group	At the building
June 3 <sup>rd</sup>	<b>Family Days in the Park</b> – 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>	<b>Family Days in the Park</b> – 10:30 am – 5:30 pm. Worship starts at 10:30, then a potluck, then games and fun – Sunnyside Park (next to EIRMC)		
June 17 <sup>th</sup>	<b>Senior Breakfast</b> 10:30 at the building (3 <sup>rd</sup> Saturday each month.)		
Aug 6 <sup>th</sup>	<b>Area Singing</b> with the Pocatello Church of Christ. Details to follow.		
Sep 15-17 <sup>th</sup>	<b>Idaho Falls Youth Rally</b> There will be an organizational meeting for the Youth Rally after service. There are many projects that need leadership from our church family. We have lots of talented people that we're asking to help in various areas. If you have questions, you can see Nathan Odle or Andy.		

PRAYERS	
<ul style="list-style-type: none"><li>• For Gary Brush, being treated for cancer.</li><li>• For Briley, coping with Marfans syndrome.</li><li>• For Bobbie Knight. Bobbie Knight, IDOC # 113912, PWCC - 2 C, 1451 Fore Rd, Pocatello 83204.</li><li>• For Gary, Rob, Kyle &amp; Andy as they lead our congregation.</li><li>• For Ryan Burns, Jordan Allbritten, and Thomas Mullinaux, serving in the armed forces.</li><li>• For our widows: Myrna, Ella, Miriam, Louise, Sallye, &amp; Carolyn.</li></ul>	

LEADERSHIP	Web Page: <a href="http://Idahofallschurchofchrist.org">Idahofallschurchofchrist.org</a>	
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Doug Barber – Worship.....	.....	208-589-3674
Aaron Kays – Building & Grounds .....	.....	505-879-4624
Daniâl 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! Please join us in our worship services and classes.



### Meditation for Today – May 21, 2023

Lord Jesus Christ, I abandon myself to you. I give myself to You just as I am, the good, the bad, and the indifferent. I hold nothing back. I give you my fears, my resentments, and my anger. I give you my powerlessness, my failures, and defeats. I make you Lord over all of me. I renounce everything that is not from You or of You. Give to me the power and grace to love You and to serve You. Fill me with Your joy and Your peace. Have mercy on me and help me this day.

Lord Jesus, if I should change my mind later about all this, then do it anyway in spite of me. I give You my , change it as You see fit. Deliver me from my self-seeking. Make me into one who helps others, and desires to do YOUR WILL!

EMOTIONAL STRONGHOLD

An emotional stronghold is the habit of dark, negative thinking that comes from lies we believe that hurt and confuse us. Emotional strongholds cause ongoing spiritual, emotional, and/or behavior problems. They can be attitudes that cause us to act against the will of God. We can be born again and genuinely sincere in our faith, yet struggle with certain thoughts, emotions, and habits.

Think of a stronghold as a fortress the enemy has built in your mind. Many emotional strongholds are rooted in sin, either our own, or the sins of others that have affected us. Strongholds of this nature can be broken by genuine repentance, asking for and extending forgiveness, knowing and practicing God's Word, and healing prayer which will be discussed later. Some strongholds may be physiological in nature, caused by a chemical or hormonal imbalance or some other lacking in our physical bodies.

Examples of emotional strongholds are out-of- control anger, anxiety, depression, worry, fear, insecurity, loneliness, rejection, resentment, bitterness, and unforgiveness. These strongholds cause us to think negative, dark thoughts about all kinds of things.

Scripture referring to this kind of stronghold is 2 Corinthians 10:3-5, *"We are human, but we don't wage war as humans do. We use God's mighty weapons, not worldly weapons, to knock down the strongholds of human reasoning and to destroy false arguments. We destroy every proud obstacle that keeps people from knowing God. We capture their rebellious thoughts and teach them to obey Christ."* Romans 8:5-6 says, *"Those who are dominated by the sinful nature think about sinful things, but those who are controlled by the Holy Spirit think about things that please the Spirit. So letting your sinful nature control your mind leads to death. But letting the Spirit control your mind leads to life and peace."* See also Mark 7:20-22 and Romans 12:2.



STOP BLAMING

Please, stop blaming yourself or anyone else in your life right now. Blame keeps us locked up in the prison of self, or other condemnation. As a result, we cannot identify our problem and deal with it. We are too busy blaming ourselves or someone else or both.

By ceasing to blame others and ourselves we do not deny our guilt. Yes, we have done many sinful things in our lives, but blaming others or ourselves will not correct that. Rather, we need to stand up, become individuals responsible for our own actions, and begin to change our actions now and in the days to come.

Blaming keeps us chained to condemnation and prevents us from dealing with the problem. Let us take charge of our problem, admit our guilt and begin to deal with and correct it. That is healthy thinking. Blame and condemnation are addictive thinking.

Contributions Last Sunday

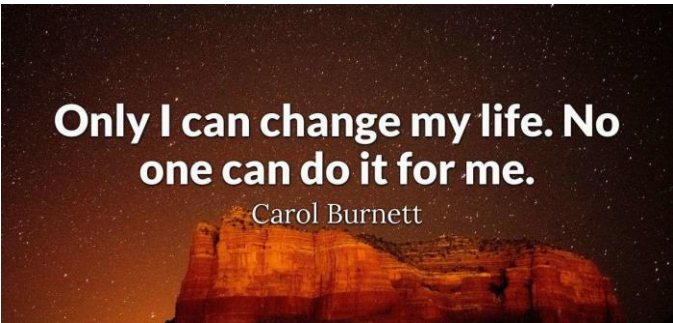
General Contribution	\$2,845.
Missions (combined)	\$490.

BE HONEST

Honesty with self and others is absolutely essential to recovery. Lying or hiding the problem will continue to rob us of recovery. Healing and recovery are impossible when covered with lies and the failure to deal with ourselves as we really are. Lying is in itself an addiction. If we persist in this habit, we will reach a point when we will no longer be able to distinguish between right and wrong, fact and fantasy, fiction, and reality. Total honesty is absolutely essential to recovery from sin.

BE WILLING - WANT TO DO IT AND DO IT!

DO WHAT? CHANGE ME? Running from the problem of addiction, or any other problem, will not solve it. We have problems in our life simply to show us what we are doing wrong - where we need correction. If we fail to see the problem in a positive manner and run from it, we will never be able to correct the problem because we refuse to deal with it.



Therefore, we must stand up and openly, honestly admit that the only person I can change is ME. My recovery and new life depends on changing me; for I am the only person I can change. I have come to realize that I have no power to change anyone other than myself, and will only change when I come to the Lord Jesus Christ. Therefore, I openly and courageously declare that I will begin to change my life with the help of Jesus Christ.

HAVE COURAGE - JESUS CHRIST HEALS

We should not fear admitting our powerlessness. Rather than feeling inadequate and down, our ad- mission helps us to feel relief that we finally have come to grips with our problem. It takes a strong person to face God, themselves, and another in a serious effort toward change and growth in life.

Anyone can run from the problem. Admitting our powerlessness leads to submitting our will to God's will so that we can be healed and become the most effective and complete person that He created us to be. When we finally give up on "my way" and begin to live "God's way", we sense a wonderful feeling of freedom and peace. We begin to receive new life in Jesus Christ just as the Bible promises. See John 11:25-26.

We no longer need to lie to self or another (denial). We need not fear withdrawal; nor play "head games"; nor sink to the "bottom" of life. Rather, we have come to God's holy mountain and we are climbing out of the bottom of the pit of despair to the top of that mountain by His help and grace. We are being healed.

Remember, God did not create you and me to get through this life successfully without Jesus. In John 14:6 Jesus tells us - *"I am the way, the truth, and the life; no one goes to the Father except by me"*. Trying to get through life successfully with- out Jesus is impossible and most miserable. He calls us to come to Him. When we do, we are healed; and we find the right way.

