

Taking Time to Grieve

Genesis 23:1-4; 35:19-21

We were entirely ready for God to remove all these defects of character. The pathway to recovery and finding new! life also involves the death process. The different means we used to use to help us cope were "defective," but still, they did give us comfort or companionship. Giving them up is often like suffering the death of a loved one.

Abraham and his grandson Jacob both lost loved ones as they traveled to the the Promised Land. "Sarah ... died at Kiriatharba (later called Hebron) in the land of of Canaan. There Abraham mourned and tow wept for her. Then, leaving her body, he said... 'Here I am, a stranger and a foreigner among you. Please sell me a piece of land so I can give my wife a proper burial.'... Then Abraham buried his bas wife, Sarah, there" (Genesis 23:1-4, 19).m A generation later, Jacob was given a new name, Israel, and the promise of a great pit heritage in the Promised Land. On his way there, he, too, lost his beloved wife. She died while giving birth to their son Benjamin. "So Rachel died and was buried on the way to Ephrath (that is, Bethlehem). Jacob set up a stone monument over Rachel's grave, and it can be seen there to this day. Then Jacob traveled on" (Genesis 35:19-21).

As we journey on in our new life, we will necessarily lose some of our defective ways of coping. When this happens, we need to stop and take time to give our losses a proper burial. We need to put them away, cover the shame, and allow ourselves to grieve the loss of something very familiar to us. When the time of grieving is over, we, too, can journey on.

Expressing Grief

Genesis 21.1

in this chapter we see Abraham mourning for hit precious wife, Sarah His grief was genuine, and he wanted to make proper preparations for paying his last respects Grief comes into each of our lives and proper channels for its expression must be found. If we fail to grieve over our personal losses property it will be easy to fall into addictions and dependencies to try and hide the pain. If we express our pan constructively it will be likely to destroy us.

Promises of Healing

The book of Genesis presents us with a series of "new beginnings" that come out of the the ruin of our sinfulness. In the original fall, God promised hope and healing for us when he told the serpent that the offspring of the woman would crush the serpent's head. When people generally continued to disobey God, he sent the Flood as judgment for their sinfulness. After the Flood, God again promised victory and confirmed that promise with a rainbow. Then the people rejected God again, building a great tower as a memorial of their pride. In response, God confused their languages, further fragmenting society. Then God chose a man named Abrams and promised to bless all nations of the world through his offspring. Each time that human sin bought ruin God promised victory and recovery in the face of it/

LEADERSHIP

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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	

Reconciliation

As people began to experience me terrible consequences of their disobedience God didn't leave them to figure out a plan for recovery all alone; nor did he leave a long list of principles that would repair their damaged relationships. Instead, God always worked with people on a very personal level in the recovery process. As we enter into the recovery process, we find it to be relational in nature. It requires us to seek reconciliation with people close to us, and this includes God. In Genesis, God modeled this pattern for us time and again. He chose certain individuals and worked patiently in their lives, reconciling them with himself and the people around them.

Self-Perception

Genesis 1:26-31

If we have lived in bondage to our compulsive behaviors for a while, we probably see more bad than good inside us. Many of us tend to see life in terms of all or nothing. As a result, we probably think we are all bad. But in recovery, we need a balanced understanding of ourselves. We need to see that along with our bad points we have also been gifted with strengths. It's not an either/or proposition. A balanced view of ourselves will help us better understand our shortcomings while also giving us greater hope in our potential.

At the end of the fifth day of creation God had made everything except the first people. The Bible tells us that when he looked at what he had made so far, "God saw that it was good." Then God created the first man and woman. "So God created human beings in his own image. In the image of God he created them; . . . Then God blessed them and said, 'Be fruitful and multiply. Fill the earth and govern it. Reign over the fish in the sea, the birds in the sky, and all the animals that scurry along the ground.'... Then God looked over all he had made, and he saw that it was very good!" (Genesis 1:25, 27-31).

God distinguished between the human race and the rest of creation. He made us in his very image, with capacities far beyond those of mere animals. God was (and is) excited about us! He gave us abilities and responsibilities to reflect his own nature in all of creation. When he created us, he was proud of what he had made!

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

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. It includes Thursday dinner thru Saturday lunch. The cost is \$35 per person. Bring sleeping bags & pillows.

April 2nd **Family Day & Potluck** - We ask all our Idaho Falls family to attend a potluck and family meeting after worship services. The leadership will discuss a variety of topics and answer any questions the family may have. A box and forms have been provided on the foyer table to ask questions or make comments in advance.

April 15th **Senior Breakfast** 10:30 at the building. Seniors, caregivers, and friends are all invited. (3rd Saturday each month.)

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, all meals Friday, Saturday breakfast & lunch. See Bob Queenan with questions.

PRAYERS AND PRAISE

- Prayers for Gary Brush, recent diagnosed with throat cancer, and for Melanie. This is a particularly difficult cancer, but the prognosis is good. Their address is 3461 Rosewood St., Kingman, AZ 86401.
- Prayers for all in our extended family who are dealing with Covid.
- Prayers for Briley, coping with Marfans syndrome.
- Prayers for Kay and Michael's daughter Mia and her nephew Jeremy.
- For Bobbie Knight. Bobbie Knight, IDOC # 113912, PWCC - 2 C, 1451 Fore Rd, Pocatello 83204.
- 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. Jordan would appreciate letters of encouragement: Jordan Allbritten, 5013 A, Fort Sill, OK 73503.
- Prayers for our widows: Myrna, Ella, Miriam, Louise, Sallye, & Carolyn.

The Church of Christ in Idaho Falls

March 12, 2023

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

The elimination of selfishness is the key to happiness and can only be accomplished with God's help. We start out with a spark of the Divine Spirit but a large amount of selfishness. As we grow and come in contact with other people, we can take one of two paths. We can become more and more selfish and practically extinguish the Divine Spark within us, or we can become more unselfish and develop our spirituality until it becomes the most important thing in our lives.

I pray that I may grow more and more un- selfish, honest, pure, and loving. I pray that I may take the right path every day.

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