

Announcements

- The teen group needs male chaperones for a trip over the Labor Day weekend. See Kelly for details.
- Picture Directory information sheets are available in the lobby or on our web page. Please fill them out and return them or mail them to Kay Elliot.
- Picture Directory family pictures are being taken after service by Gary Hunt. Please get your family picture taken in the next few weeks.

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.....	Senior Breakfast.....	At Perkins Restaurant
Wednesday	6:30 pm	Bible Study	At the Queenan's
Thursday	6:30 pm	Hymnburgers	At the Queenan's
Saturday	6:00 pm	Teen Group	At the building
Aug 3 rd	HymnBurgers is back! 6:30 at the Queenan's – burgers, dogs, and water provided, singing after food! A large backyard for the kids. Bring a side to share or just yourself – there's always plenty to eat and sing about!		
Aug 6 th	Potluck & Area Singing with the Pocatello Church of Christ. August 6th is potluck Sunday. The main meal is provided, please bring side dishes. After the potluck at 1:30 we will enjoy our combined singing with Pocatello.		
Aug 19 th	Senior Breakfast – 10:30 at the building (3 rd Saturday each month.)		
Aug 26 th	Ladies Day at the Salmon Church of Christ. Guest speaker is Becky Blackmon. Details soon.		
Sep 15-17 th	Idaho Falls Youth Rally. The link to the registration page is on our website.		
Dec 8-10 th	Winter Rendezvous in Cody Wyoming. The link to the registration page is on our website.		

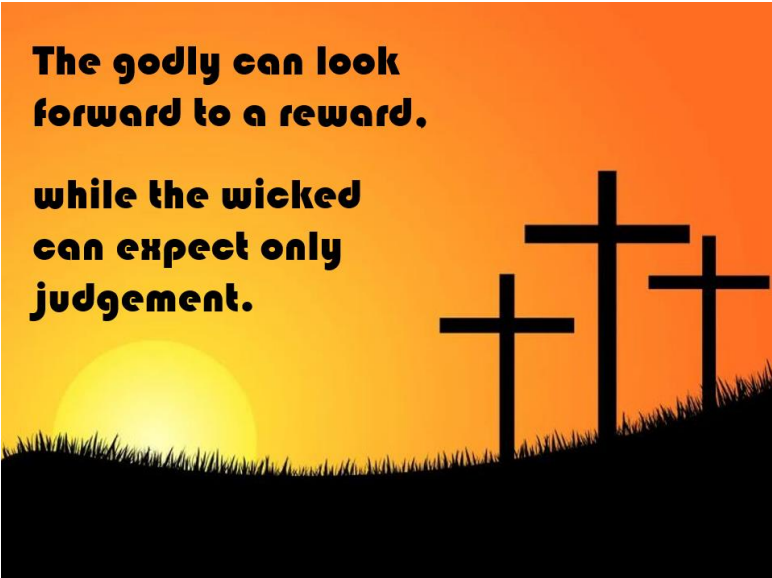
Prayers

- For Nathan, working to raise monies for his missionary year that starts this September.
- 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.

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 the Day

Give God the gift of a thankful heart. Try to see causes of thankfulness in your everyday life. When life seems hard and troubles crowd, then look for some reasons for thankfulness. There is nearly always something you can be thankful for. The offering of thanksgiving is indeed a sweet incense going up to God throughout a busy day. Seek diligently for something to be glad and thankful about. You will acquire in time the habit of being constantly grateful to God for all His blessings. Each new day some new cause for joy and gratitude will spring to your mind and you will thank God sincerely.

I pray for a truly thankful heart. I pray that I may be constantly reminded of causes for sincere gratitude.

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

True Recovery Leads to Wise Conduct

Ephesians

It is easy to think of recovery only in terms of stopping destructive behavior patterns. But it is important to see that the best way to stop destructive habits is to build constructive ones to replace them. We are able to lay aside old patterns when we consciously repent, turn our lives over to God, and seek his will for us each day. As we begin to obey God's will for our lives, we will no longer be following the path toward destruction.

Adoption into God's Family

Ephesians

Many of us have painful memories from the past, particularly from the experiences we had in our families. Some of us have no positive memories of family life at all. The letter to the Ephesians reminds us that when we trust God as our Savior, he adopts us into a new family. In this family, God is our perfect and loving father. Even God's family, the Church, has its limitations and imperfections. But our Father is perfect, and becoming a part of his family is an all-important step in our spiritual walk.



Acceptance thru Faith

Ephesians 3:1-13

In these verses one truth stands out: God accepts all of us through faith. Race, reputation, and position have no bearing on God's forgiveness. Paul wrote these words to convince the believers of their oneness in Christ. Apparently some of the Jewish believers claimed superiority because of their relationship to God in the Old Testament Scriptures. Paul refuted their view by reminding them that our relationship with God is based on our trust in Jesus Christ, not our personal history or position in society. This important truth is encouraging for us in recovery. Our sins may have destroyed the reputation we once commanded. None of this matters to God. If we seek his forgiveness, he will accept us and help us make a new start.

God's Path

Ephesians 4:1-6

Even though God's path for us is centered on his sovereign purposes and power, we have important responsibilities as well. What we believe about God is crucial, but so is the manner in which we live. For many of us, the recovery process is hindered by our faults, especially the stubborn pride that prevents us from confessing our sins. Recovery is impossible until we humbly admit that we are powerless and need God's help. As we trust God to help us, his Holy Spirit will replace our character flaws with humility, love, and patience. When God asks us to live a certain way, he provides the power we need to succeed.



Dealing with Anger

Ephesians 4:26-27

Many of us have a hard time dealing with anger. Some of us have a history of rage, so we try to stifle our feelings. Others of us stuff down the feelings of anger, pretending they don't exist, because we were never allowed to express them in the past. If not knowing how to express anger properly is a serious problem for us, we may avoid trying to deal with it altogether. We may try to "put it off" and hope it goes away. Evaluating how to deal with anger appropriately is an important part of our Christian growth.



The apostle Paul said, "Don't sin by letting anger control you." Don't let the sun go down while you are still angry, for anger gives a foothold to the devil" (Ephesians 4:26-27). One key is to have daily time limits for handling our anger-time to find ways to express the feelings and then let them go.

Dealing with anger promptly is important because when it is left to fester, it becomes bitterness. Bitterness is anger that has been buried and given time to grow. The Bible warns us: "Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you" (Ephesians 4:31-32).

We should never allow ourselves to become too hungry, angry, lonely, or tired. These are times when our self-control can slip and we fail to deal with our anger when it occurs.

Leadership

Web Page: Idahofallschurchofchrist.org

Kyle Allbritten, Elder	kallbritten67@gmail.com	618-638-6894
Gary Hunt, Elder.....	garyhunt136@gmail.com	208-351-8947
Rob Pope, Elder.....	robpope2@gmail.com	208-757-8175
Andy Burns, Evangelist.....	apburns8@gmail.com	208-569-9193
Doug Barber – Worship	208-589-3674
Aaron Kays – Building & Grounds	505-879-4624
Dani��l King – Benevolence	208-970-5078
Les & Teresa Pope – Special Programs	208-524-0238

Contributions

Note: Many choose to contribute monthly, semi-annually, or annually

	6/18	6/25	7/02	7/09	PayPal	7/16
General	\$1,229	\$1,709	\$2,682	\$1,1179	\$502	\$1,455
Missions	\$120	\$750	\$95	\$775	\$910	\$215
Youth	\$500	\$1,000				