

Faith and Belief

Romans 4:1-5

Our addictive patterns are "sinful," so it is common to feel awkward about getting close to God. We may feel ineligible to receive God's love and, instead, expect his angry judgment. We might feel guilty and be afraid that God will reject us. Secretly we wish that we could have a loving relationship with God, but we are afraid we could never be good enough.

The apostle Paul has shown us that we can have the love and acceptance we desire: "For the Scriptures tell us, 'Abraham believed God, and God counted him as righteous because of his faith.' When people work, their wages are not a gift, but something they have earned. But people are counted as righteous, not because of their work, but because of their faith in God who forgives sinners.... And when God counted him as righteous, it wasn't just for Abraham's benefit. It was recorded for our benefit, too, assuring us that God will also count us as righteous if we believe in him, the one who raised Jesus our Lord from the dead. He was handed over to die because of our sins, and he was raised to life to make us right with God" (Romans 4:3-5, 23-25).

There are free gifts waiting for us that are essential to the recovery process: God's forgiveness, acceptance, and powerful support. God makes it clear that we have been declared "not guilty" in his court of justice if we have trusted Christ. He has promised to give us a special home in heaven with our name on it. There is no need for us to do anything but accept his free gifts. When we turn our lives over to God, we gain far more than we could ever lose!

Temptations

Romans 6:12-14

As we recover from our addictions or compulsive behaviors, we may become very discouraged because the old desires still tempt us. Paul recognized that temptation would be an ongoing problem, so he gave us this warning: "Do not give in." The temptations we face are extensions of the defects of character that exist in each of us. Though we cannot overcome our sinful nature alone, we can ask God to help us. As God helps us clear the destructive patterns from our lives, we can replace them with healthy patterns and desires. As we are transformed with God's help, we will overcome the powerful temptations in our lives.

Exchange Sin for Forgiveness

Romans 4:23-25

When we believe in God and the restoration he offers in Jesus Christ, an exchange takes place. We turn our unmanageable lives over to God, including all our sins and guilt, and he gives us his goodness and forgiveness in return. When Jesus died on the cross, he took our sins and guilt away. When Jesus rose from the grave, God demonstrated his power to transform us and fill us with his goodness. As we follow God's program for restoration, we die to our sins and failures and experience new and better lives through God's power.

Take Time to Pray

Mark 1:35-39

If Jesus, the Son of God, took time from his busy schedule to pray to his Father, how much more do we need to do so. By placing a high priority on prayer, Jesus could persevere in his ministry and keep from burning out. We who seek recovery for ourselves and for others cannot get by without prayer. The busier the day ahead, the more we need to meditate on God's Word and pray for his strength and wisdom.

Leadership

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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

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 Dures, Albania	

Confession

Mark 5:21-43

Jairus was among a minority of Jewish leaders who responded positively to Jesus. Driven by love for his daughter and faith that Jesus could help her, Jairus risked the scorn of his peers by seeking Jesus' help. In the end, we see that his humble faith paid off. Some of us avoid recovery because we are too ashamed to admit publicly that we have problems. But if we cannot humbly confess our sins, there is little hope for our healing. Like Jairus, we must risk the scorn of friends and enemies and admit our failures. If we do, we can be sure that Jesus will be there to help us. No problem is too great for him to solve no wound is too deep for him to heal.

Reach Out in Faith

Mark 5:25-34

Sometimes we feel so ashamed of our sins that we think God's opinion of us must mirror the social ostracism or self-loathing we have experienced. Such was the case with the woman who had been bleeding for twelve years and probably lived as an outcast. This hemorrhage was likely a menstrual or uterine disorder, which would have made her ritually "unclean" (see Leviticus 15:25-27). According to Jewish law, anyone who touched her would *also* be rendered unclean. But instead of shrinking back from touching Jesus, she reached out in faith and was miraculously healed. We must never allow fear or shame to keep us from approaching God for forgiveness and healing. He is waiting for us to reach out and touch him.

Jesus Heals a Paralytic

Mark 2:1-12

Jesus came not only to heal physical problems but also to solve the sin problem. If we do not know Jesus yet, we are paralyzed in spirit, as powerless to help ourselves as was this paralytic. If our faith is still too weak to carry us to the point of healing, the faith of friends may be enough to get us there. Notice that it was not enough for Jesus to mouth the words of forgiveness; he proved his authority and intent with action. In the same way, it is not enough for us to mouth words of faith. We must take responsible action if we expect spiritual cleansing and physical healing.

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

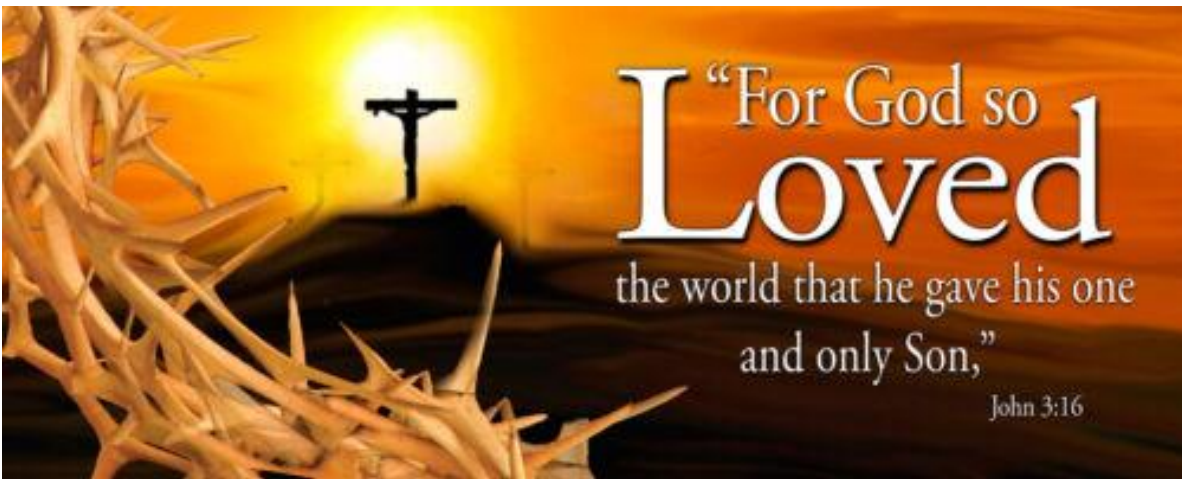
Feb 18th **Senior Breakfast** 10:30 at the building. Seniors, caregivers, and friends are all invited. (3rd Saturday each month.)

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. The cost is \$35 per person which includes lodging and meals. This retreat is open to teens also. We will begin Thursday early evening and finish Saturday early afternoon. If you have any questions, please ask Andy.

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, Friday all meals, Saturday breakfast & lunch.

Prayers and Praise

- Congratulations to Kelsey & Austin on the birth of Penny Faye Blue on 1/14/23 – 7 lb 7 oz, 21” long.
- Prayers for all in our extended family who are dealing with Covid.
- Prayers for Briley, coping with Marfans syndrome.
- Prayers for continued healing for Kay’s nephew Jeremy.
- 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.
- Prayers for our widows: Myrna, Ella, Miriam, Louise, Sallye, & Carolyn.

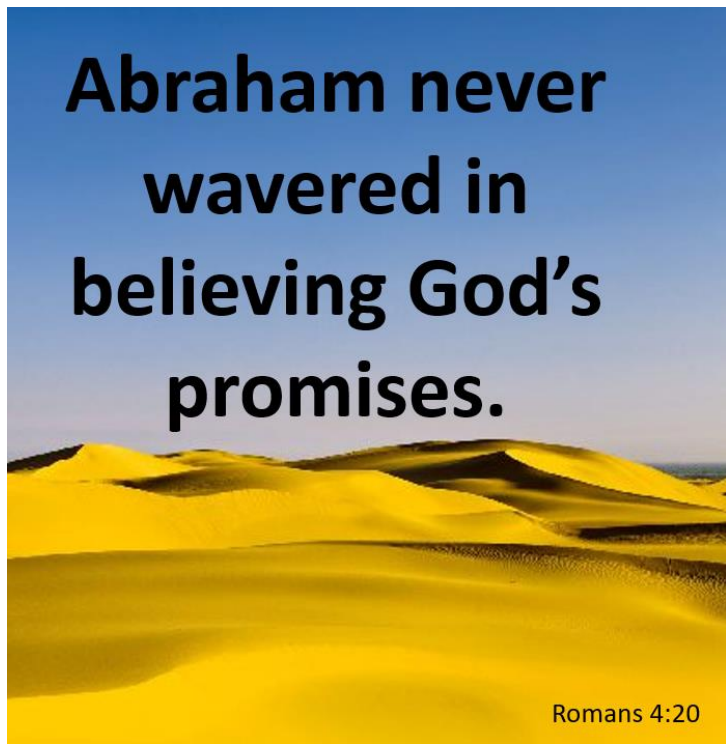


The Church of Christ in Idaho Falls

February 5, 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

My spiritual life depends on an inner consciousness of God. I must be led in all things by my consciousness of God and I must trust Him in all things. My consciousness of God will always bring peace to me. I will have no fear, because a good future lies before me as long as I keep my consciousness of God. If in every single happening, event and plan I am conscious of God, then no matter what happens, I will be safe in God's hands.

I pray that I may always have this consciousness of God. I pray for a new and better

Online Bulletin at <https://ifcocminister.wixsite.com/mysite/general-8>