

**Confession****Nehemiah 9:1-3**

We need to make a searching and fearless moral inventory of ourselves. As we make our moral inventory, we will probably find ourselves listing our destructive habits, our defects of character, the wrongs we have done, the consequences of wrong choices that we now live with, and the hurts we have caused others. It's like sifting through all the garbage in our past. This is painful, but it is a necessary part of throwing away those rotten habits and behaviors that, if not dealt with, will almost certainly spoil the rest of our life.

The returned Jewish exiles "confessed their own sins." This phrase speaks volumes. The idea of confession involves not only owning up to one's sins but being truly sorry for them as well. Sins are offenses against God, including any transgressions against his will. The natural follow-up to true confession, after owning up to our sins and bemoaning them before God, is to turn from them. The Israelites' confession can serve as a model for us to follow as we take our moral inventory. We can list the occasions of our offenses, our destructive habits, and the consequences we have brought into our life and the lives of others. Then, after accounting for all the garbage, we can "take out the trash."

In their confession, the Israelites owned, bemoaned, and then discarded their sins. After this they were better able to make a new start. We can "own" the garbage in our own life by taking personal responsibility for our choices and actions. We can "bemoan" it by allowing ourselves to grieve. We can "discard" it by leaving it behind and turning toward the future.

**Repentance****Nehemiah 9:1-3**

Joy was not the people's only response to the Scriptures. Their fresh understanding of the Bible brought about their repentance. They confessed their sins and expressed deep sorrow for disobeying God. They also confessed the sins of their ancestors - a necessary step for us as well if we are to break any dysfunctional patterns of our family's past. When we repent, we recognize and admit our disobedience. Only then can we turn our lives and failures over to God.

**Prayer****Nehemiah 1:4-11**

For believers, prayer is often an untapped resource or the last resort after every other possibility has been exhausted. It is refreshing to notice that for Nehemiah, prayer was his immediate response. He knew that if the situation was to be corrected, God would be the one to accomplish it! This is a powerful reminder for us: We should fall on our knees so we don't fall on our face.

**The Danger of Discouragement**

As a wise leader, Nehemiah knew that the discouragement of the people was one of his biggest enemies, just as it is for us. When we get discouraged, we are open to defeat, giving the enemy victory for a period of time. Nehemiah shows us that we need to be on guard against discouragement, making certain that we are building into our lives protection and healthy relationships, and that we have hearts that seek after God.

**Just For Today the Choice is Mine**

*Just for today* I will not compare myself with others. I will accept myself and live to the best of my ability.

**Leadership****Web Page: [Idahofallschurchofchrist.org](http://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

**Prayers and Praise**

- Prayers for Kay's granddaughter Zion – still hospitalized but improving.
- Prayers for Briley, coping with Marfans syndrome.
- Praise for Chris Langford's progress, and prayers for his continued recovery.
- Prayers for continued healing for Kay's nephew Jeremy.
- Prayers for Gary, Rob, Kyle & Andy as they lead our congregation.
- Prayers for health for Anna's Nana, Bonnie Borgstrom, and for her caregiver Barb
- Prayers for Ryan Burns, Jordan Allbritten, and Thomas Mullinaux, serving in the armed forces.
- Prayers for our widows: Myrna, Ella, Miriam, Louise, Sallye, Millie & Carolyn.



### Weekly Calendar

Sunday	10:00 am	Bible Study	At the building and live stream
Sunday	11:00 am	Worship	At the building and live stream
Wednesday	10:30 am	Senior Breakfast	At Perkins
Wednesday	7:00 pm	Bible Study	At Daniël's – June 22 <sup>nd</sup> At Jonathan's – July 6 <sup>th</sup> & 13 <sup>th</sup>

### Supported Missionaries and Works

Glenn Langston - Blind Ministry	Nathan and Alvin Luther – Philippines
Ghana West Africa Water Project	Caleb Odle - Arlington, Texas
Cimi Kafexhiu - The Church in Durres, Albania	

### Events Calendar

Jun 19 <sup>th</sup>	<b>Youth-Led Service</b>
Jun 24 <sup>th</sup>	There is a <b>family moving</b> here (to Rexburg) at 2pm-ish. They are looking forward to meeting our church family. If you can help even a little let Andy know and I'll share their address.
Jun 23-27 <sup>th</sup>	<b>Mission Trip</b> to Mountain States Children's Home – see Rob for details.
June 30 <sup>th</sup>	<b>Hymnburgers 2022!</b> Most Thursdays in the summer at the Queenan's. Burgers & dogs & water provided, bring something to share or just yourself. Food & fellowship, followed by some informal singing. Bring your family and friends – no dogs, please.
July 16 <sup>th</sup>	<b>Senior Breakfast</b> 10:30 am at the building – all seniors, pre-seniors, and caregivers are invited! (3 <sup>rd</sup> Saturday of the month).
July 17 <sup>th</sup>	<b>Praise in the Park</b> – On this Sunday we will worship at Freeman Park and enjoy a potluck together, followed by lots of time to play and fellowship.
Aug 14-17 <sup>th</sup>	<b>Salmon Gospel Meeting</b> – "Faith Under Fire" with Jason Jackson, timely lessons from 1 <sup>st</sup> and 2 <sup>nd</sup> Peter. See Floyd for details.
Sep 16-18 <sup>th</sup>	<b>Youth Rally</b> here in IF – see Andy for details. We will need host families for our September 16 Youth Rally for 45+ teens, so if you are available to host in your home, it would be greatly appreciated. Details to follow.
Dec 9 <sup>th</sup> -11 <sup>th</sup>	<b>West Yellowstone Winter Retreat</b> is BACK!! We have joined an effort with a few congregations in Wyoming and Montana to bring back the Winter Retreat in December. You must register - registration information is on the table in the foyer.

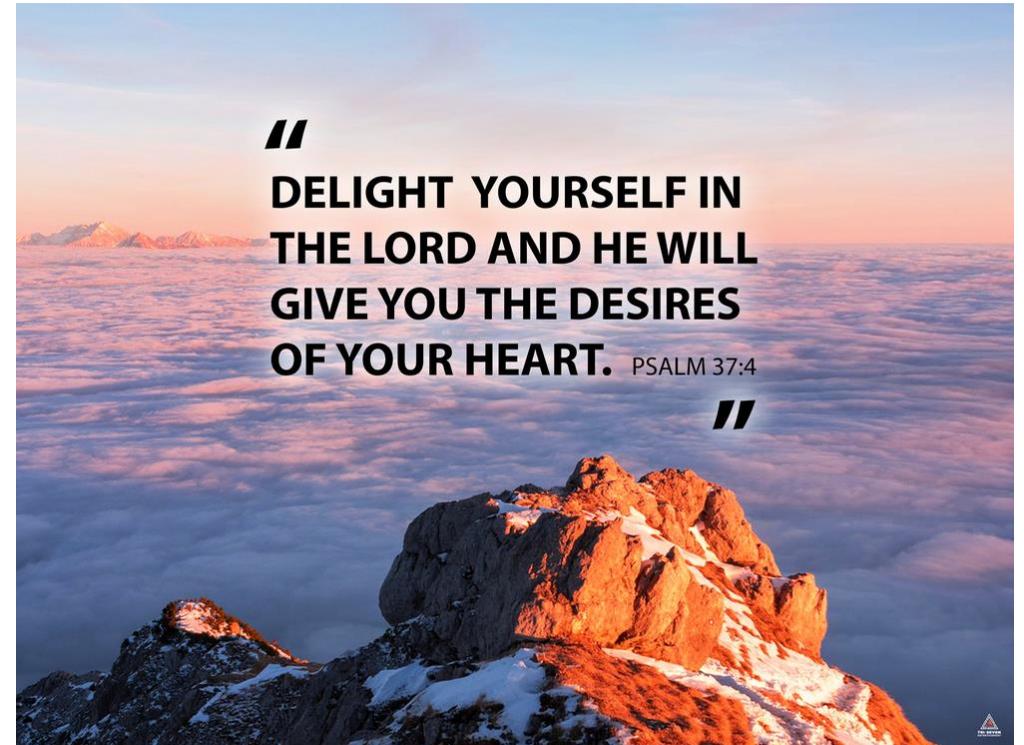


# The Church of Christ in Idaho Falls

## Welcome!

We're a bible-based non-denominational congregation of Christians meeting in Idaho Falls to praise and worship the one God. All are welcome!

Please join us in our worship services and classes.



### Meditation for Today

Your real work in life is to grow spiritually. To do this you must follow the path of diligently seeking good. The hidden spiritual wonders are revealed to those who diligently seek this treasure. From one point to the next, you have to follow the way of obedience to God's will until finally you reach greater and greater spiritual heights. Work on the material plane should be secondary to your real life's work. The material things which you need most are those which help you to attain the spiritual.

I pray that I may keep growing spiritually.

I pray that I may make this my real life's work.