

Giving Up Control

Psalm 61:1-8

We make a decision to turn our wills and our lives over to the care of God. The thought of turning our wills and our lives over can be attractive. When we give in to our dependencies and compulsions, aren't we giving control over to another power? Aren't we in some way giving up personal responsibility for our lives? When we are overwhelmed and want to escape, our addictions can make us feel strong, safe, attractive, powerful, happy. So, in a sense, we are very comfortable with the thought of giving up control of our wills and our lives.

We can take steps to change our focus and turn our lives over to God instead of reverting to the hiding places of the past. The apostle Paul touched on this contrast when he said, "Don't be drunk with wine, because that will ruin your life. Instead, be filled with the Holy Spirit" (Ephesians 5:18).

When we are overwhelmed and in need of some kind of escape, we have a new place to turn. King David declared, "The LORD is a shelter for the oppressed, a refuge in times of trouble. Those who know your name trust in you, for you, O LORD, do not abandon those who search for you" (Psalm 9:9-10).

David also wrote, "From the ends of the earth, I cry to you for help when my heart is overwhelmed. Lead me to the towering rock of safety, for you are my safe refuge, a fortress where my enemies cannot reach me" (Psalm 61:2-3).

Turn to God

Psalm 61:1-8

Wherever we are, whatever circumstances we face, we can turn to God for help. He will hear our prayers and protect us with his divine presence. He is our safety and our refuge. We can confidently ask him for help because he has proven himself to be a deliverer of those who love him and are under enemy attack. He is our loving protector, who blesses us and gives our lives meaning as we fulfill our vows to live for him daily.

Rely on God

Psalm 62:1-8

When we face problems that we cannot overcome alone, the wisest thing to do is wait quietly for God to defend us. We will never totally escape our problems and temptations, but God is with us at all times. He is more than capable of overcoming our most powerful adversaries - all we have to do is ask him. We can rely on him not only for deliverance in times of trouble but also for strength when things are going well and our guard is down. As we realize these truths, we should encourage others to place their confidence in God. As we reach out to help others, we are strengthened by sharing with them the good news of God's salvation.

God's Power of Deliverance

We can count on the fact that God is all-powerful, and he always chooses to act at the best possible time. God is sovereign over every situation. The psalmists testify repeatedly that God is able to overcome the despair and pain in life and that he is always in control. This kind of faith didn't come easily to them. They struggled with this truth, often questioning God's presence in their lives, just as we do. But in the end, their questions were always replaced by praises that affirmed the fact of God's powerful presence.

Leadership

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Aaron Kays – Building & Grounds.....		505-879-4624
Dani�� 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 Durr��s, Albania	

Self-Perception

Psalm 8:1-9

We develop our sense of self-perception by noticing how the important people in our lives see us. If we grew up in a dysfunctional family, their skewed view of us probably warped our ability to see ourselves as we truly are in God's eyes. Understanding how God sees us and the value he has placed on us can help us overcome the negative self-perception that many of us have developed.

King David was amazed as he thought about how much God valued him. He said, "What are mere mortals that you should think about them, human beings that you should care for them? Yet you made them only a little lower than God and crowned them with glory and honor. You gave them charge of everything you made, putting all things under their authority" (Psalm 8:4-6). "How precious are your thoughts about me, O God! They cannot be numbered! I can't even count them; they outnumber the grains of sand! And when I wake up, you are still with me!" (Psalm 139:17-18). God demonstrated how precious we are in his sight by sending Jesus to give his life for us.

God wants us to realize how precious we are to him and to see ourselves in the light of his love. Consider this: If God considered us worthy of giving up the most precious thing he had (his only Son), what does that say about how valuable we are to him?

Self-Esteem

Psalm 8:3-9

Many of our problems are rooted in our low self-esteem. Perhaps we were never listened to as children. Or maybe we were abused by people who had authority over us. Whatever the roots of our problems, we are now probably overly sensitive to the attacks of others. We see here that God has made us to be fantastic beings with great honor and authority. We should never sell ourselves short. Self-esteem should be based on what God thinks of us – not on what others say about us.

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

- 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.

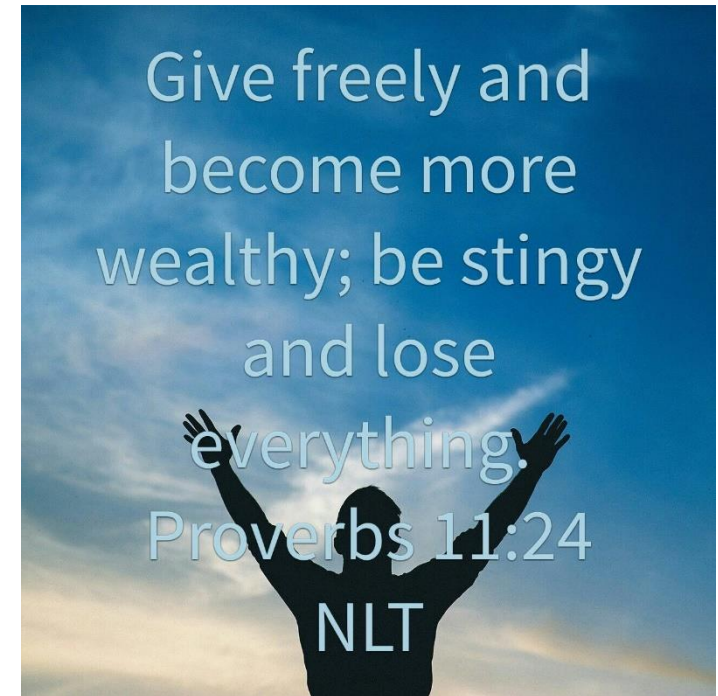


The Church of Christ in Idaho Falls

February 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

I will link up my frail nature with the limitless power of God. I will link my life with the God's force for good in the world. It is not the passionate appeal that gains God's attention as much as the quiet placing of the difficulty and worry in God's hands. So I will trust God like a child who places its tangled skein of wool in the hands of a loving mother to unravel. We please God more by our unquestioning confidence than by imploring Him for help.

I pray that I may put all my difficulties in God's hands and leave them there. I pray that I may fully trust God to take care of them.

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