

PerseverancePhilippians 1:2-6

Sometimes we may feel like giving up the struggle. We try to persevere, only to fall once again. We take two steps forward but then stumble backward. We feel condemned, and we fear that even God may give up on us. At times there are so many difficulties, so many issues to work through, so many patterns in our lives that have to be changed, that we begin to feel as if we are going crazy.

God acknowledges the difficulties we face, but he also promises us victory in the end. The apostle Paul wrote: "Over-whelming victory is ours through Christ, who loved us. And I am convinced that nothing can ever separate us from God's love. Neither death nor life, neither angels nor demons, neither our fears for today nor our worries about tomorrow - not even the powers of hell can separate us from God's love. . . . Nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord" (Romans 8:37-39). Paul also said, "I am certain that God, who began the good work within you, will continue his work until it is finally finished on the day when Christ Jesus returns" (Philippians 1:6).

When we feel as if we are going crazy and don't think we can handle life, God is there. He is determined not to give up on us. We can rely on his persistent love. God has promised to keep working on us until we are whole. There will still be tough times, but with his help we can handle them, one day at a time.

Prayers and Praise

- Steve Head’s mother passed away yesterday. Prayers for Steve and Barbara and the family, please. Steve and Barbara are on their way to Arkansas.
- Anna Ruth Brookshier passed away last Friday morning. Prayers for the family and Royce, please.
- Jean Edwards asks for prayers – she’s suffering from a bad cold.
- Prayers for Tiffany Lamb, Darcy’s friend, dealing with medical issues.
- Tanya is at her parents, helping to care for her mother who broke her leg. Prayers for all.
- A former member, Ronda Thomas passed away recently, please remember the family in your prayers.
- Prayers for John Gipson, getting physical therapy Sunday mornings; he hopes to rejoin us soon.
- 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.

Supported Missionaries and Works

Glenn Langston - Blind Ministry
Ghana West Africa Water Project
Cimi Kafexhiu - The Church in Durres, Albania

Nathan and Alvin Luther – Philippines
Caleb Odle - Arlington, Texas

SerenityPhilippians 4:10-14

Some of us have never accepted the hurtful circumstances of our lives. We may be living in denial to avoid the pain. We continue to struggle against the painful realities, to rebel against who we are or what has happened to us. Others of us have accepted the bad, even to the point of feeling that it's normal and comfortable. And so we repeat the destructive cycles of behavior that follow from it.

The apostle Paul wrote: "I have learned how to be content with whatever I have. I know how to live on almost nothing or with every-thing. I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little" (Philippians 4:11-12). When Paul wrote this, he was in a Roman prison waiting to hear if he would be executed. And yet we hear no whining or complaining. Instead, he learned to accept the circumstances he could not change.

Growth as a Christian is a time of learning to find serenity while also accepting parts of life as it is. Life isn't always fair. It isn't predictable or controllable. It can be wonderfully rich in some ways and terribly difficult in others. When we become willing to face our hurts and consider how we have reacted to them, then our discomfort can lead us to break our destructive cycles. Then we can learn to be content with the things we cannot change.



Just For Today the Choice is Mine

Just for today I choose to believe I can live this one day.

HappinessPhilippians 4:4-9

True happiness can be found in every situation of life when we recognize that God is at work and always in control. Because Christ is with us and his return is certain, we can act calmly in pain and difficulty. Peace and joy come when we focus on those things that provide lasting value to our lives. The more we commit ourselves to knowing God's will through prayer and study of his Word, the better prepared we are to help ourselves and others.

Accepting HelpPhilippians 4:15-20

Paul's relationship with the Philippian believers was characterized by mutual respect and sharing-important qualities in any strong relationship, including our relationships in recovery. Paul was a respected Christian leader in the early church. Many in his position would have had difficulty accepting the Philippians' help and might have refused it. **It is sometimes difficult to accept help from others.** Perhaps we feel they really don't understand where we are coming from or are just trying to manipulate us, doing things that make them feel good about themselves. If we hope to follow Christ, however, we need to follow Paul's example. He joyfully received the help from the Philippian believers and, as a result, he stood firm through tough, lonely times.

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	<div><div>1st Wed – singing</div><div>2nd Wed – Bible study</div><div>3rd Wed – Bible study</div><div>4th Wed – Service Projects</div></div>	At the building

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

Events Calendar

May 7 th	Pocatello Church of Christ Ladies Day – Renew, Restore, Refresh! Breakfast and lunch provided; flyers with more information are in the foyer. RSVP at https://pokyladiesday.rsvpify.com and send questions to pokychurchofchrist@gmail.com or 208-237-0758. See Teresa Pope for ride shares. 3224 Hawthorne Rd, Pocatello, ID 83201.
May 12-14 th	Montana Men’s Retreat , C-N Camp, 6040 Dearborn Canyon Road, Augusta, MT 59410. \$120 over 18, \$80 under 19 or full time student. \$15 Late Fee after May 3 rd ; Please make checks to Great Falls Church of Christ & mail to Men’s Retreat, PO Box 6848, Great Falls, Mt 59406. For any questions, please contact Bob Alfred: Cell: 406-788-7599, Email: Alfredfamily@hotmail.com . See Bob Q for details.
May 21 st	Senior Breakfast 10:30 am at the building – all seniors, pre-seniors, and caregivers are invited! (3 rd Saturday of the month).
May 22 nd	SongFest and Graduation Celebration to celebrate Holden’s graduation (w/ potluck)
Jun 11-12 th	Join us for the WOW Marriage Seminar , here in IF, led by Dr. Barry and Tina England
Jun 23-27 th	Mission Trip to Mountain States Children’s Home – see Rob for details
Sep 16-18 th	Youth Rally 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 th -11 th	West Yellowstone Winter Retreat is BACK!! We have joined an effort with a few congregations in Wyoming and Montana to bring back the Winter Retreat in December. Details to follow but mark your calendars now!

The Church of Christ in Idaho Falls

Welcome!

We’re a bible-based and 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.



Give THANKS
to the LORD
FOR He IS GOOD..
His mercy
ENDURES FOREVER
Psalms 106:1

Meditation for Today

Each one of us is a child of God and as such, we are full of the promise of spiritual growth. A young person is like the springtime of the year. The full time of the fruit is not yet, but there is promise of the blossom. There is a spark of the Divine in every one of us. Each has some of God’s spirit, which can be developed by spiritual exercise. Know that your life is full of glad promise. Such blessings can be yours, such joys, such wonders, as long as you develop in the sunshine of God’s love.

I pray that I may develop the divine spark within me. I pray that by so doing, I may fulfill the promise of a more abundant life.