

10/04/15

# PRAYER

If you are visiting and/or have a prayer request, be sure to fill out, tear off and place the perforated section in the offering plate! Take this opportunity to make specific prayer requests known to our prayer warriors!

Name:

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- I would like my request kept confidential  
 I would like my request shared with a prayer team

Request:

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GCC Monthly Prayer Guides are available at the Information Center!  
 \$10 suggested donation.

Please Pray for:

- ◆ Alex Kirby while he is traveling to 11 countries in 11 months for the World Race missions trip!
- ◆ Peace and quality of life for John Verkade, dad of Geoff.
- ◆ Progression and pain relief for Rita Knight as she continues physical therapy to regain use of the arm that she broke.

October is Pastor Appreciation Month. Your prayers for Pastor Tim and Joel are the most valuable gifts you can offer! See pages 6-7 in the October Newsletter on “How to Pray for Your Pastor”. Prayer calendars are available at the Information Center: *Prayer for the Pastor* and *31 Days of Prayer for Pastor Tim & Cari and Pastor Joel & Tracy!*

YTD Budget: \$240,742.32  
 YTD Income: \$227,864.78

Just a reminder to those serving next week at Grace . . .

- Baker ~ Jill Powers
- Cup of Grace Server ~ Robin Verkade
- Greeters ~ Cal & Tracy Kirby, Ron & Cindy Hinds
- Welcome/Info Center ~ Jamie Brown
- Scripture Reading ~ Geoff Verkade ~ Psalm 73:1-26
- Offertory Prayer ~ Andrea Mattingly
- Ushers ~ Steve & Sherry Erb, Rod Thompson
- Nursery ~ Tracy & Jenna Kirby, Beth & Devin Baldus
- Children’s Church ~ Darbys, Mattocks ~ Lesson 10**
- GCC mower beginning week of 10/04 ~ Randy Shaver

*FIGHTER VERSE* For the week of October 11, 2015  
 “To this you were called, because Christ suffered for you, leaving you an example, that you should follow in his steps. “He committed no sin, and no deceit was found in his mouth.” I Peter 2:21-22

*Grace Community Church is affiliated with the Baptist Convention of Iowa*

# GRACE

## Community Church



We exist to glorify God  
 By seeking Christ  
 Who is our life,  
 And by proclaiming  
 His saving grace.

# Healing for Damaged Emotions- Introduction Part I

October 4, 2015

Speaker: Pastor Tim Trudeau

## Definition of Emotions-

## Ten Guiding Principles

1. Emotions are God's \_\_\_\_\_ for Our Good

2. Emotions are Not \_\_\_\_\_

3. God designed us with an \_\_\_\_\_ Mind & Soul

4. Negative Emotions \_\_\_\_\_ to Us About Ourselves

5. We Can be \_\_\_\_\_ of the Inner Root of Negative Emotions

## Extended Illustration: Psalm 73

A. Asaph is Filled with \_\_\_\_\_ - Vs. 1-7

B. \_\_\_\_\_ Flows from a Sense of \_\_\_\_\_ - Vs. 8-14

C. Truth Transforms Our \_\_\_\_\_ - Vs. 15-24

D. A New Understanding Transforms Our \_\_\_\_\_ - Vs. 25-26

## TODAY

- ◆ If You Are Visiting Grace Community Church for the first time, we are so glad you are worshipping with us!
- ◆ Please fill out a visitor information card and either place it in the offering basket or drop it off at the Information Center.
- ◆ **Children's Activity Bags** are available near the double entry doors!
- ◆ Elder Meeting following the worship service.
- ◆ **Connection Groups & Kid's Connection** 5:15-7:00 p.m. !

## THIS WEEK

- ◆ **Men's Prayer Time**  
Wednesday morning at 6:00 ~ 122 Marshall Street, Trudeau's home
- ◆ **IGNITE youth group!** Wednesday evening  
Middle School 6-8:00 High School 7:45-9:30  
**Fuel Cells small group Bible Studies** Wednesday evening  
Middle School 8-9:00 High School 6:30-7:45
- ◆ **Women's Study ~ Suffering and the Sovereignty of God**  
Friday morning at 10:00 in the GCC Library  
**Saturday morning at 9:00 at 327 Sunrise Street, Deb Todd's home**
- ◆ **Men's Bible Study**  
Saturday morning at 8:00 ~ GCC Library

## CELEBRATING THIS WEEK!

**Happy Birthday:** 10/05 – Amanda Causey, Abby Moorman, Jared Prazak; 10/06 - Michael Parks; 10/07 - Josh Anderson; 10/10 - Dusty Moran, Jackie Webster

**Happy Anniversary:** 10/06 - James & Tanya Boustead 25th!; 10/07 - Jared & Chelsea Clark; 10/08 - Jason & Laura Brooker; 10/10 - Dave & Jill Powers

## NEXT SUNDAY 10/11

- ◆ 9:00 a.m. Fellowship Time (coffee & treats)
- ◆ 9:15 a.m. Sunday School for ALL Ages!
- ◆ 10:30 a.m. Worship Service
- ◆ **Operation Christmas Child** boxes will be available! Start shopping NOW as boxes will be due November 15.
- ◆ **Habitat for Humanity** house dedication! 1:30 p.m. at 205 17th St.

## Connection Groups!

Leaders	Meeting time & location
Richard & Katie Darby 298.3104	Meet during Sunday School 9:15 am
Tim & Rita Knight 432.7653	Hiram & Jolene Philo 5:15 2022 Five Mile Drive
Chris & Paulette Myers 432.4071	Check with leaders 5:15
Joe & Robin Smith 432.8416	GCC Fireside Room Noon
Tim & Cari Trudeau 433.1146	<b>GCC for Kid's Connection 5:00</b>
Matt & Shellie Grabau 515.344.1274	Check with leaders 5:15

As Connection is the primary place for outreach and assimilation, fellowship, discipleship, missions promotion, communication, and care and accountability for the members of Grace, please consider getting involved!

For more information contact any Connection leader, the church office or stop at the Information Center.

Connection Group Discussion Questions, 10/4/15  
Healing for Damaged Emotions: Introduction

**How would you define “emotions?”**

**What is the difference between an “emotion” and a “feeling?”** Give examples of each.

Scripture commands us to put off some emotions, and put on others. What would be examples of each?

Remember Spock on Star Trek? Is the non-emotional state of a Vulcan a strength, a weakness, or both? Which is more desirable, to experience emotions, or control and overcome them so as to not experience them, and live by logic alone?

**In what sense are “negative” emotions valuable?**

**Describe the process revealed in Asaph’s experience in Psalm 73. How did he overcome his envy, and find himself transformed into a state of contentment and satisfaction?**

What can you learn from his experience? How does a person move from undesirable emotions to desirable ones?

Applying this principle, choose one of the following contrasts, and describe **how a person moves from the “undesirable” emotion to the “desirable.”** What truths need to be understood to make this transition? What Scriptures contain these truths?

Sorrow to Joy

Despair to Hope

Indifference to Zeal

Anger to Forgiveness

Insecurity to Security