

Emmanuel Reformed Church

ROMANS

SHARING THE GOOD NEWS OF JESUS CHRIST

SUNDAY, FEBRUARY 4, 2024

DIGITAL VERSION

Worship

Prelude: "Hallelujah to My King"

God Gathers Us

Call to Worship

"I Will Fear No More"

Prayers of the People

God Speaks to Us

Children's Sermon

Romans 3:21-31, "But Now!"

Pastor Cody Raak

The Sacrament of Communion

All who live and trust in King Jesus are welcome at his table! When invited, please come down the center aisle, receive the bread and the cup, and return to your seats by the outer aisles.

"At the Cross (Love Ran Red)"

God Sends Us

*** "Doxology" (#625)**

*** Prayer for Blessing**

*** Benediction**

*** We stand, as able, to worship our great God!**

This Week at ERC

Sunday, February 4, 2024

- 9a** Praise Team Practice
Breakfast Potluck — All are welcome!
- 10a** Worship Service, Romans 3:21-31
The Sacrament of Communion

Wednesday, February 7, 2024

- 6:50p** AWANA @ Springfield Bible Church
- 7p** CREW @ ERC Basement
LIT @ Parsonage Basement

Thursday, February 8, 2024

- 3-5p** Church Office Open*

Sunday, February 11, 2024

- 9a** Sunday School for all ages
PreK-6th grade — Church Basement
Jr & Sr High — Parsonage Basement
Adults — Church Basement
- 10a** Worship Service; Pulpit Supply by John McNeill
- 6p** Praise Team Practice

***The church office will be open THURSDAY this week from 3:00-5 PM.**

Spiritual Disciplines

Think before you Speak

DISCIPLINE: SABBATH, SOLITUDE, & SILENCE

*“When there are many words, sin is unavoidable,
but the one who controls his lips is prudent.”*

— Proverbs 10:19, CSB —

A couple reminders are important here. Spiritual disciplines and exercises are not about accomplishing anything. Maybe Sabbath, solitude, and silence have been difficult for you, or you feel like you're failing at them. Remember! The point of these exercises is to be with God. Nothing else matters. Maybe you enjoy these retreats from the busyness of life, and they come very easy for you.

Remember! These practices are God's invitations to be with him, for his sake. Whether we experience struggle and setback, or we gain some new insight, our sole intention is to be with God.

If silence is very difficult for you, almost painful to keep, there are a few options:

First, ask God why silence is so challenging for you. Turn on peaceful worship music or gentle nature sounds to limit your frustration, and talk with God about silence.

Second, practice small moments of silence with others. When you're in the middle of a conversation, and you notice the rush of thoughts and words is running away with you, intentionally pause yourself. Take one deep breath. Bring your thoughts back to God, for what he might think about this person and this conversation. And then resume! That's it! Find opportunities for these "holy pauses," a simple few seconds of inward solitude and silence in the middle of the day's rushing and racing and rambling.

Third, use the silence that is already there. In the quiet moments after you wake up or before you fall asleep, turn your thoughts to God. Breathe, and be with him there.

Emmanuel's Mission

"To serve God and share the good news of Jesus Christ by the power of the Holy Spirit."

Staff

Pastor: Cody Raak (464-4952)

Custodian, Secretary: Gwynevere DenHerder (464-7764)

Consistory

Elders

Lawrence Namminga, Jr. - *Clerk**
Connie Tjeerdsma
Claudette Heusinkveld
Ginger Pudwill
Dr. Mel Wallinga - *VP**
Matt Den Herder

Deacons

Tom Kolecka
Jeremy Krueger - *Deacon's Secretary**
Brenda Pudwill - *Treasurer**
Blane Nagel - *Deacons' Chair**
Tom Pier
Jeremy Bertrand

** Admin team: The consistory officers oversee church personnel.*

Emmanuel Reformed Church

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www.emmanuelreformed.com

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