

Emmanuel Reformed Church

# ROMANS

SHARING THE GOOD NEWS OF JESUS CHRIST

SUNDAY, FEBRUARY 25, 2024

DIGITAL VERSION

# Worship

Prelude: "For the Beauty of the Earth" #560

## **God Gathers Us**

**"Oh For a Thousand Tongues to Sing" #76**

Call to Worship

Prayers of Confession and Promise of Forgiveness

**"Be Thou My Vision" #382**

Prayers of the People

## **God Speaks to Us**

Children's Sermon

Romans 5:1-11, "Sure Hope"

*Pastor Cody Raak*

## **God Sends Us**

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

**\* Prayer for Blessing**

**\* Benediction**

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

# This Week at ERC

## Sunday, February 25, 2024

- 9a** Sunday School for all ages  
PreK-6th grade — Church Basement  
Jr & Sr High — Parsonage Basement  
Adults — Church Basement
- 10a** Worship Service  
Romans 5:1-11, "Sure Hope"
- 7p** Praise Team Practice (*Time Changed to 7*)

## Wednesday, February 28, 2024

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

## Thursday, February 29, 2024

- 3-5p** Church Office Open\*

## Sunday, March 3, 2024

- 9a** Praise Team Practice
- 9a** Sunday School Potluck: ***All Are Welcome!!!***
- 10a** Worship Service: Romans 5:12-21, "The New Adam"  
Sacrament of Communion

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

# Spiritual Disciplines

## How to Fast

DISCIPLINE: FASTING

*“Even now,” declares the Lord, “return to me with all your heart, with fasting and weeping and mourning.”*

— Joel 2:12, NIV —

Fasting can be a challenging practice to begin, so it takes some planning.

1. Choose a day (or one meal) when you will fast. You might experience faintness or fatigue, so make sure there aren't any physical or mental demands during this time (a tax appointment, for example). Also, make sure no one is expecting to share a meal with you (your spouse or family, for example). If you need to explain that you're fasting, don't make a big deal about it (Matthew 6:16-18).
2. Plan where you will be and what you will do in place of the meal. If you have a prayer list, pray for others while you fast. If you have a Bible reading plan, use the time for study. This should be an intentional time of solitude with God, satisfying your soul's hunger for Him alone.
3. Drink plenty of water or juice, and don't overly exert yourself during the fast. If you begin to feel faint or unwell, eat something (without feeling guilty!).
4. Pay attention to your hunger. Think about or journal what you would normally do when you're hungry, what foods you crave, how often you feel hungry. When hunger hits, prodding you to satiate it, redirect the hunger pains into prayer (see Psalm 42, for example). Tell God about your hunger for him. And if that is hard to express, ask God to help you want more of him.
5. After you fast, it will be tempting and predictable to overeat, trying to catch up on the calories we missed. Instead, eat slowly, mindfully, gratefully. Savor each bite as a good gift from God who takes care of all your needs.

# **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**

1112 College Street | PO Box 525

Springfield, SD 57062

(605) 369-5596

[erchurch@gwtc.net](mailto:erchurch@gwtc.net)

[www.emmanuelreformed.com](http://www.emmanuelreformed.com)

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