

Emmanuel Reformed Church

ROMANS

SHARING THE GOOD NEWS OF JESUS CHRIST

SUNDAY, MARCH 3, 2024

DIGITAL VERSION

Worship

Prelude: **"My Jesus"**

God Gathers Us

Call to Worship

"This is Amazing Grace"

Prayers of the People

God Speaks to Us

Children's Sermon

Romans 5:12-21, "New Adam"

Pastor Cody Raak

Sacrament of Communion

*All who trust in the Lord Jesus who died for them are welcome at his table.
Come when invited down the center aisle, receive the bread and the cup, and
return to your seat by the outer aisles.*

"O Come To the Altar"

God Sends Us

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

* Prayer for Blessing

* Benediction

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

This Week at ERC

his Week @ ERC

Sunday, March 3, 2024

- 9:15a** Praise Team Practice
Potluck downstairs: ***All Are Welcome!!!***
- 10a** Worship Service: Romans 5:12-21, "The New Adam"
Sacrament of Communion

Wednesday, March 6, 2024

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

Thursday, March 7, 2024

- 3-5p** Church Office Open*

Sunday, March 10, 2024

- 9a** Sunday School for all ages
PreK-6th grade — Church Basement
Jr & Sr High — Parsonage Basement
Adults — Church Basement
- 10a** Worship Service
Romans 6:1-14, "New Life"

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

Spiritual Disciplines

“Be Careful, Little Eyes, What You See”

DISCIPLINE: FASTING

*Turn my heart to your decrees
and not to dishonest profit.*

*Turn my eyes from looking at what is worthless;
give me life in your ways.*

— Psalm 119:36-37, CSB —

Fasting almost universally means abstaining from food — either all food or certain kinds of food — for a set period of time, for the purpose of prayer and devotion to God.

But let us consider what else we “take in” during any given day. One recent estimate says we may consume as many as *10,000 advertisements a day*, whether through television, radio, print, or social media. And that’s just what’s in the margins of what we’re actually watching or listening to. The average American spends between 6 and 7 hours a day looking at some kind of screen. And extended exposure to screens releases heightened levels of dopamine (a hormone connected with pleasure) in our brains, giving us an artificial spike of happiness that can become addicting.

This week, take inventory of the content you’re consuming. How many times do you check your phone, or scroll social media? How often do you have music or talk radio on? How much TV do you watch? And what messages are these media trying to feed you? What impact does that have?

For one day, choose to replace these voices and influences with Scripture. Obviously, you may not be able to go an entire day without your phone — they have truly become indispensable. But commit in your heart to replace the usual chatter and chaff you passively consume with intentional times of devotion and meditation on God’s Word. Read (or listen to) Psalm 119, and let these words fill you instead.

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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