

Emmanuel Reformed Church

# ROMANS

SHARING THE GOOD NEWS OF JESUS CHRIST

SUNDAY, MARCH 24, 2024

DIGITAL VERSION

# Worship

Prelude: "Praise the Lord Who Reigns Above"  
"O Worship the King"

## God Gathers Us

\*"All Glory, Laud and Honor" #173

"A King Comes Riding By/Hosanna,"  
"Oh How He Loves You and Me"

*Sunday School Class*

Children's Sermon

**"O for a Thousand Tongues" #76**

Prayers of the People

## God Speaks to Us

Romans 7:7-25, "Our Struggle"

*Pastor Cody Raak*

**"O Jesus I Have Promised" #369**

## God Sends Us

\* "Doxology" (#625)

\* Prayer for Blessing

\* Benediction

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

# This Week at ERC

## Sunday, March 24, 2024 - Palm Sunday

**9a** Sunday School for all ages

PreK-6th grade — Church Basement

Jr & Sr High — NO CLASS THIS MONTH!

Adults — Church Basement

**10a** Worship Service: Romans 7:7-25, "Our Struggle"

## Wednesday, March 27, 2024

**6:50p** AWANA @ Springfield Bible Church

**7p** CREW @ ERC Basement (snacks: \_\_\_\_\_)

LIT @ Parsonage Basement (snacks: \_\_\_\_\_)

## Thursday, March 28, 2024

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

## Sunday, March 31, 2024- Easter Sunday

**9a** Sunday School for all ages

PreK-6th grade — Church Basement

Jr & Sr High — NO CLASS THIS MONTH!

Adults — Church Basement

**10a** Worship Service: Romans 6:15-7:6, "Freed to Serve"

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

# Spiritual Disciplines

## Motive Matters

DISCIPLINE: FASTING

*“Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.*

— Matthew 5:6, ESV —

The most important thing about fasting is our heart motives. Before we begin we must be sure *why* we're fasting. We might be fasting to show God how we adore him; or to seek God's direction in a difficult decision; or to ask God for greater understanding; or to lament an injustice to God; or to plead with God for healing. All of these good and biblical reasons for fasting are focused on God. When we hunger and thirst for him, he promises to satisfy us (Psalm 37:4).

Jesus warns us *not* to fast if we're seeking the admiration of other people. “Don't be like the hypocrites who love to pray publicly on street corners and in the synagogues where everyone can see them. I tell you the truth, that is all the reward they will ever get” (Matthew 6:5). By design, fasting is uncomfortable: if we're doing it only to seem impressive in our spiritual efforts, we'll quickly discover that the applause of others is not satisfying enough to keep us going, especially when our irritability lashes out at the very ones we're trying so hard to impress.

Another warning: Paul tells us that fasting cannot make us holier in and of itself. If we're fasting for the purpose of defeating sin (or punishing ourselves for sin), we're in for disappointment. Practices like fasting “may seem wise because they require strong devotion, pious self-denial, and severe bodily discipline. But they provide no help in conquering a person's evil desires” (Colossians 2:23).

Fasting is about hungering for God. And God alone will satisfy our hearts.

# 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 Nanninga, 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)

[www.youtube.com/@emmanuelreformedchurch2022](http://www.youtube.com/@emmanuelreformedchurch2022)

[www.facebook.com/springfield](http://www.facebook.com/springfield)