

Prayer Updates

Hospitalized & Surgeries

Dee Buckelew – recovering from severe pancreatitis
 Ellie Tefertiller – mild heart attack 4/29, angioplasty, no stent needed, home 5/2
 George Ward – hospice care
 Louis Schivona – testing
 Norma Moniodis – cancer complications
 Robert Walters – renal failure
 Verna Hernandez – cancer complications
 Winnie Garrett – testing
Recent hospitalizations / surgeries: Barbara Gandolfi, Gloria Baird, Janie Beverly, Lauren Bianucci, Rachel Vogel

We want to provide pastoral support...

Please call 465-3395 when someone is hospitalized, scheduled for surgery, becomes a shut-in, or in special need. Prayer support is available through our pastors and numerous prayer groups — call 689-9400. Please pick up a Prayer Update at the Information Desk or Welcome Center. **Subscribe to the Prayer Update:** www.tlc.org/profiles

Thrill Ride

Free Fall

May 3 & 4, 2008 • René Schlaepfer

“We all stumble in many ways.” *James 3:2a*

Reactions to a fall:

- _____ **up**
- _____ **up**
- _____ **up**
- _____ **up**

“Even youths grow tired and weary, and young men stumble and fall. But those who hope in the LORD will renew their strength. They will soar on wings like eagles...” *Isaiah 40:30,31a* (NIV)

How to SOAR after a fall:

S _____
 “And I know that nothing good lives in me, that is, in my sinful nature. I want to do what is right, but I can’t. I want to do what is good, but I don’t. **I don’t want to do what is wrong, but I do it anyway.**” *Romans 7:18,19* (LB)

“When I kept silent, my bones wasted away through **my groaning all day long**. For day and night your hand was heavy upon me; **my strength was sapped** as in the heat of summer.” *Psalms 32:3,4*

O _____
 “Then I acknowledged my sin to you and **did not cover up** my iniquity. I said, ‘**I will confess** my transgressions to the LORD’ — and **you forgave the guilt** of my sin.” *Psalms 32:5*

A _____
 “So now there is **no condemnation** for those who belong to Christ Jesus.” *Romans 8:1*
 “I will bless the Lord and not forget the glorious things he does for me! **He forgives all my sins**. He heals me. He ransoms me from hell . . . He is merciful to those who don’t deserve it. . . he has not punished us as we deserved for all our sins. . . **he has removed our sins as far as the east is from the west.**” *Psalms 103:2-4;8-12*

R _____
 “I don’t mean to say I am perfect. I haven’t learned all I should even yet. . . No, **I am still not all I should be** but I am bringing my energies to bear on this one thing: **Forgetting what lies behind and looking forward to what lies ahead**, I strain to reach the end of the race. . .”
Philippians 3:12-13 (See *Psalms 51, John 21*)

Daily Meditations

Monday: Weekend in review

What point from the weekend message stood out to you?

Of the four ways we respond to a fall, which are you most prone to?

Of the four steps to SOAR after a fall, which is most difficult for you?

Read Psalm 32. What points from the message does this Psalm illuminate for you?

Today walk through the SOAR steps with God in prayer. The most important prayer you can pray is: Lord, only you can change me. Please do. In Jesus' name.

Tuesday: We all stumble in many ways

Do you ever think you've arrived, that you've left behind real serious struggles with sin? Look at Paul's confessions in Romans 7:18,19 and Philippians 3:12-14. If he still struggled, it's safe to say we all do! What do you struggle with?

Areas we often struggle with our sin nature

Food	Money	Worry	Pride
Self-control	Thought life	Sex life	Workaholism
Alcoholism	Addiction	Pornography	Unwholesome speech
Materialism	Self-pity	Selfishness	Temper
Cynicism	Sarcasm	Laziness	Judgmental Attitudes
Fear	Envy	Resentment	Grudges
Lying	Hypocrisy	Defensiveness	Procrastination
Greed	Rationalizing	Apathy	Other:

This list is just meant to remind us that we all stumble in many ways! Which areas do you struggle with? God knows and He still loves you! And God can bring something good even out of your weakness, if you let Him: He can use it to remind you that you need Him!

Today, go through the SOAR steps again specifically about the area listed above that you struggle with.

Wednesday: Time of confession

Read Psalm 51, written by David after his adultery. Pray this to God about a sin you are struggling with. Be as specific in your confession as you can. Be sure to take time to rejoice in God's grace to you. Be forgiving to people today as you specifically think of God's forgiveness of you in Christ!

Thursday: But I don't feel forgiven!

Sometimes we just don't feel forgiven because of our past experiences with human beings. Here are some verses that will correct our misunderstandings about God's forgiveness:

People may forgive, but grudgingly. Not God!

"You are forgiving and good, O Lord, **abounding** in love to all who call to you."
Psalm 86:5

People may forgive but they don't forget! Not God!

"I, even I, am he who blots out your transgressions, for my own sake, and remembers your sins **no more**."
Isaiah 43:25

People only forgive minor hurts. Not God!

"Though your sins are like **scarlet**, they shall be as **white as snow**; though they are red as crimson, they shall be like wool."
Isaiah 1:18

People lose patience with repeated offenses. Not God!

"Yet this I call to mind and therefore I have hope: Because of the LORD's great love we are not consumed, for his compassions **never** fail. They are **new every morning**; great is your faithfulness."
Lamentations 3:21-23

People forgive but they still hold a grudge. Not God!

"The Lord is compassionate and merciful, slow to get angry and filled with unfailing love. He will **not** constantly accuse us, **nor remain angry forever**."
Psalm 103:8,9

Today read these verses prayerfully, hearing God's voice through them to you. Thank Him for his tender mercies!

Friday: Learning from my failures

Read Psalm 32:8-10 again. What is the point of the "horse and mule" comparison? When have you been like a mule? What can you learn from your mistakes in order to avoid them in the future? What tends to be a trigger for your sin or weakness? What helps you avoid falling?

Ask God to give you wisdom to learn from your mistakes.

Saturday: Looking ahead

Pray for our Mother's Day services this weekend; that God would be honored through our blessing of all the Moms in the services: New mothers, grandmothers, single mothers, adoptive mothers, those hoping to be mothers, and many more.



Memory Verse

"My dear children, I am writing this to you so that you will **not** sin. But if anyone **does** sin, we have an advocate who pleads our case before the Father. He is Jesus Christ, the one who is truly righteous. He himself is the sacrifice that atones for our sins—and not only our sins but the sins of all the world."
1 John 2:1,2