

Prayer Updates

Hospitalized & Surgeries

Dee Buckelew – recovering from severe pancreatitis

Norma Moniodis – RCU, cancer complications

Peggy Bogard – gallstone complications

Peggy Wehr – RCU, knee replacement

Robert Walters – renal failure

Recent hospitalizations / surgeries: Dick Grover, Donna Biddleman, Ellie Tefertiller, Louis Schiavon, Starr Maire, Verna Hernandez, Winnie Garrett

Hospice care: George Ward

Home with the Lord

We celebrate the homegoing of one of our precious shut-ins, **Denny Taul**, a long-time TLC member. Heartfelt prayer is extended to Denny’s children, Kristi and Mike Taul, as well as her parents, Jim and Laurel Main. A service is planned for Thursday, May 15, here at TLC.

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**



Between the Rides

Handling Life’s Daily Frustrations
May 10 & 11, 2008 • René Schlaepfer

Three common types of daily frustrations:

- _____
- _____
- _____

Three typical responses to daily frustrations:

- _____
- _____
- _____

Five practical questions for reframing daily frustrations:

1. “ _____ ?”
 “A man reaps what he sows.” *Galatians 6:7b* (NIV)
 “The plans of the diligent lead to profit as surely as haste leads to poverty.” *Proverbs 21:5*
2. “ _____ ?”
 “There is a time for everything, and a season for every activity under heaven.” *Ecclesiastes 3:1*
 “Is not life more important than food, and the body more important than clothes?” *Matthew 6:25b*
3. “ _____ ?”
 “A cheerful heart is good medicine, but a crushed spirit dries up the bones.” *Proverbs 17:22*
 “In everything give thanks . . .” *1 Thessalonians 5:18a* (NASB)
4. “ _____ ?”
 “But the fruit of the spirit is love, joy, peace, patience, kindness . . .” *Galatians 5:22*
5. “ _____ ?”
 “You will keep him in perfect peace, whose mind is stayed on You . . .” *Isaiah 26:3* (NKJV)
 “And we know that God works for the good of those who love Him, who have been called according to His purpose.” *Romans 8:28*
 “Yet, O LORD, you are our Father. We are the clay, you are the potter; we are all the work of your hand.” *Isaiah 64:8*

Daily Meditations

Monday

Please read Proverbs 21:5. Recall a frustrating situation you faced yesterday. What were your expectations in that situation?

How did unreasonable expectations cause your daily frustrations to seem worse?

What steps could you take to evaluate your expectations before frustration sets in?

How would practicing this help your relationships?

Thank God today that He is in control. Ask Him to help you keep your expectations realistic in your relationships. Commit your plans to Him and trust Him to do what's best.

Tuesday

Please read Ecclesiastes 3:1-8 & Matthew 6:25-34. What do these verses teach you about perspective?

What frustration are you currently facing?

Honestly evaluate your perspective. How does it match up to the Bible passages you read today?

How would this frustration “look” from a godly perspective?

Take a moment to commit this frustration to the Lord. Ask Him to help you see life from His perspective. Thank God today that He knows the beginning, middle and end of every situation.

Wednesday

Please read Proverbs 17:22 & 1 Thessalonians 5:18. How would applying these verses change your attitude towards your daily frustrations?

List three frustrations you're currently facing and at least one thing you can smile about for each frustration:

- 1.
- 2.
- 3.

Thank God today that because of His love you can have full assurance that your frustrations are only temporary and that, even in the midst of daily life, you can find reasons to smile.

Thursday

Please read Galatians 5:22-23 & 6:7. How can God use frustration (with people, with things, with delays, etc.) to develop the fruit of the Spirit in your life?

- Love:
- Joy:
- Peace:
- Patience:
- Kindness:
- Goodness:
- Faithfulness:
- Gentleness:
- Self-control:

Galatians 6:7 says we reap what we sow. Think of a frustration you commonly experience that you have some role in causing. How do you contribute to that frustration?

Ask God to help you gain a different perspective on frustrations by asking both, “How can I grow through this?” and “Did I cause this?”. Thank Him that He wants to help you grow.

Friday

Please read Psalm 77:11-14 & Romans 8:28. Why do you forget to ask God for help with “little things”?

How does meditating on God and His centrality and power help put your frustrations in perspective?

How might irritability with daily frustrations be a warning sign that you have your eyes off God?

Ask God to help you remain focused on Him and His Word.

Saturday

Please complete any devotions you may have missed and pray for the services this weekend. Pray that God will work through all that happens and TLC will make an impact.



“You will keep him in perfect peace,
whose mind is stayed on You . . .”
Isaiah 26:3 (NKJV)