

# Prayer Updates

## Joy & Blessings

Kevin & Kara Dueck welcome their fourth daughter, **Ella Rae Dueck**, born September 7th. Congratulations go to proud grandparents, Ray Eckenrode, and Ed and Bev Dueck.

Clay & Meg Campbell and big brother Seth, welcome **Layne Elliott Campbell**, born September 9th. Congratulations also to grandparents Ron and Diane Adkins, and Steve and Peggy Campbell.

## Hospitalized & Surgeries this past week...

Chris Weeks — second cataract surgery

Destinee File (age 16) — Stanford, leukemia

Ellie Tefertiller — atrial fibrillation

Kristin Cutler (Joyful Noise member) — blood clot in her leg

Leland Anderson — testing

Rick Grewohl — outpatient surgery, 9/11

Sylvia Gates (Bob Tamaselli's mother) — fell and shattered her ankle, surgery

**Recent hospitalizations/surgeries:** Alejandro Rojas, Jerry DiBenedetto, Jerry Zamzow, Miranda Luman, Tony Phillips

## Home with the Lord

Heartfelt prayer is extended to Gail-Jean McGuire-Sais (one of our Stephen Ministers) and family, in the tragic loss of her son, **Andrew McGuire** (age 23), who died in a car accident.

One of our very dear shut-ins, **Chris Belohlavek**, passed very peacefully into the Lord's presence. A celebration of her life will be Saturday, September 20, at 11:30 in Monschke Hall.

Please remember the family of **John Keen** (age 45), as they grieve the sudden loss of their loved one.

## 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](http://www.tlc.org/profiles)



# Living with Supernatural Strength

Ray Johnston  
September 13 & 14, 2008

## Philippians 3-4

"I can do everything through him who gives me strength." *Philippians 4:13* (NIV)

1. \_\_\_\_\_ Replace it with...  
\_\_\_\_\_ will weaken your life \_\_\_\_\_

"But one thing I do: **Forgetting** what is behind and straining toward what is ahead..." *v. 3:13*

2. \_\_\_\_\_ Replace it with...  
\_\_\_\_\_ will weaken your life \_\_\_\_\_

"I plead with Euodia and I plead with Syntyche to agree with each other in the Lord. Yes, and I ask you, loyal yokefellow, help these women who have contended at my side in the cause of the gospel, along with Clement and the rest of my fellow workers, whose names are in the book of life." *v. 4:2-3*

3. \_\_\_\_\_ Replace it with...  
\_\_\_\_\_ will weaken your life \_\_\_\_\_

"**Do not be anxious about anything**, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus." *v. 4:6-7*

**Step 1: Replace it with** \_\_\_\_\_

"...but in everything, **by prayer and petition...**" *v. 4:6*

**Step 2: Replace it with** \_\_\_\_\_

"...with **thanksgiving...**" *v. 4:6*

**Step 3: Replace it with** \_\_\_\_\_

"Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable — if anything is excellent or praiseworthy — **think** about such things." *v. 4:8*

### Transformation takes 5 steps:

1. When you change your thinking, you change your beliefs.
2. When you change your beliefs, you change your expectations.
3. When you change your expectations, you change your attitude.
4. When you change your attitude, you change your behavior.
5. When you change your behavior, you change your life!

"We can't transform ourselves. We are transformed by God. Our part is changing what we think about. Then transformation happens." *John Maxwell*

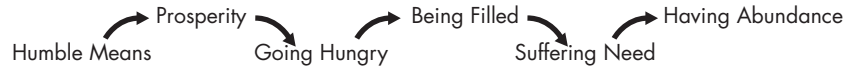
4.

Replace it with...

will weaken your life

"...I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. **I can do everything through him who gives me strength.**" v. 4:11b-13

**Paul's Experiences in this Verse:**



**Bayside THRIVE Conference: April 30–May 2 • Check out [www.thrive2009.com](http://www.thrive2009.com)**

## Daily Meditations

### Monday

What one thing stood out to you from last weekend's sermon? Why?

Please read Philippians 4. Some of these verses may be familiar to you, but take your time reading through the passage today. List four ways Paul encourages the Philippians in this passage:

- 1.
- 2.
- 3.
- 4.

How can you apply these encouragements to your life?

*Thank God today for the opportunity to study the Bible. Thank Him for the encouragement you receive from reading it. Ask God to help you apply what you've learned today to your daily life.*

### Tuesday

Please read Psalm 31:6, 97:12 and Philippians 4:4. How does rejoicing differ from happiness?

What role does rejoicing play in staying spiritually strong?

Look carefully at these verses — what do they direct you to rejoice in? How could that type of rejoicing impact your life this week?

*Thank God today for His love. Spend some time rejoicing in Him, who He is and what He has done for you. Ask God to help you establish a habit of rejoicing.*

### Wednesday

Please read Psalm 29:11, Isaiah 26:3-4 & Philippians 4:6-7. **Peace:** something we all want to feel in our hearts, but it can be so hard to experience on a daily basis. What do these verses say about peace?

continued

What is keeping you from experiencing God's peace in your life right now?

How does living with peace demonstrate spiritual strength?

*Thank God today that He is your peace and since He never changes you have no need to fear the loss of peace. Talk to Him about the area of your life where you're struggling with peace. Ask Him to grow your confidence in Him and rest in His peace.*

### Thursday

Please read Psalm 119:14-16, 77:11-12 and Philippians 4:8. Ah, the mind; that's where our battles really rage! These verses have some great direction for our thoughts. Where do they direct you to focus?

When do you find this easy to do? When do you find this difficult?

Reread Philippians 4:8. Which of these is most difficult for you to focus on?

What steps can you take to discipline your mind to focus on the things the Bible directs you toward?

How would fixing your mind on God help your relationships?

*Thank God today that He has the power to help you fix your mind on the right things. Talk to Him about the struggles you have keeping your mind focused on Him. Ask Him to remind you of the verses you've studied today and use the truth of them to train your mind to stay spiritually strong.*

### Friday

Please read Philippians 4:10-13. This is a classis passage of the faith. How can you relate to Paul's statement "I know what it is to be in need and I know what it is to have plenty. . . ."?

Why do you think contentment brings spiritual strength?

Isn't it interesting that the secret of contentment has nothing to do with you? How does that challenge you? How does that encourage you?

*Thank God today that you don't have to rely on yourself for strength or contentment. Ask God to continually build in you a confidence in Him that brings you to a place of contentment. Pray that your life will be marked by spiritual strength and that you will be an encouragement to those around you?*

### Saturday

*Please be sure you know this week's Bible verses and have finished the devotions. Please pray for the services this weekend. Pray that as we begin our immersion into LOVE that God will work in our church growing us closer to God, others and our community.*



"I can do everything through him who gives me strength." Philippians 4:13 (NIV)