

**January 18, 2009**

**“Release”**

**Psalms 37:1, 8**

- What is fretting (charah)?
- Why would we fret? Where does fretting (anger) come from?
  - o Different kinds of anger / fear (why are we angry / fearful?)
    - Self-protective instinct
    - Self-centered tantruming, narcissistic rage [James 4:1,2]
    - Reaction to injustice
  - o A reaction to opposition from the “wicked” (vv. 7,12,14,32)
- How do we deal with fretting?
  - o Four possibilities
    - \_\_\_\_\_ – suppressing our true feelings
    - \_\_\_\_\_ – acting as if there is no God
      - Lament moves \_\_\_\_\_ God. Despair moves \_\_\_\_\_ God.
    - \_\_\_\_\_ – holding on tightly to our claim
    - \_\_\_\_\_ – Giving the matter over to God
- The cycle of release [cf. Romans 12:18,19; 2 Thessalonians 1:5-7]  
*See insert*
  - The pattern in the Psalms.
    - o Lamentation is an \_\_\_\_\_ expression of our \_\_\_\_\_ to God. [Ps. 6:2-7]
    - o Pleading with God for His \_\_\_\_\_ / \_\_\_\_\_. [Ps. 25:19-22]
    - o Praise seems to follow after honest expression of pain. [Ps. 31:14-24]
    - o A new revelation of God is what we need to counter the lies / deception.
      - God \_\_\_\_\_ about our situation. [Ps. 10:18]
      - God promises to \_\_\_\_\_ [Ps. 37:13,28; 7:9-11].  
God’s love is \_\_\_\_\_.
    - o Knowing that He cares and will eventually make things right, we can \_\_\_\_\_ the matter to Him.
    - o We may need to \_\_\_\_\_ this pattern.

# Welcome!

We are glad you are here today! If you are new to Crossroads, please take a moment to introduce yourself by filling out a **Welcome Card (located in the chair pockets)** and dropping it into one of the Giving Boxes at the rear of the Sanctuary.

## News & Events

### Financial News:

- 2008 Individual Giving Statements will be issued upon request from the church office. If you would like a copy of yours, please contact the office.
- You may now sign up for giving via our new PayPal system. Visit our website at [www.crossroadsnampa.com](http://www.crossroadsnampa.com) and click on the 'Giving' link.
- Praise the Lord! Because of your faithfulness in giving we have paid off the balance on our Building Fund!

Prayer & Fellowship Gathering: Join us for an evening of prayer and fellowship each Tuesday at 7:00pm.

Men's Breakfast: All men are invited to join us for breakfast and Bible study the first Saturday of the month at 7:30am. The next breakfast is **February 7th**.

Father Daughter Dance: This year's dance will be held Friday, **February 13 from 7 - 10pm** in the Crossroads' gym. The tickets are \$20 per family and will be available at the door.

There will also be a photographer on sight that evening to take pictures (additional cost).

Baptism: There will be a Baptism class Sunday, **February 15th** for those who would like to be baptized during the service on **Feb. 22**. Questions? Please call the church office at 463-9070

## Adults/Small Groups

Singles 30 and up: There are many upcoming events for you to take part in. Stop by the Registration Counter in the foyer and pick up a calendar of events from the folder. Questions? Call Diane at 466-2192.

20-something group available the first and third Wednesdays of each month at C.J. and Cathy Gish's home at 7pm. For directions and additional information, call 466-7347.

Women's Bible Study: Ladies, join us for Wed. morning's Bible Study from **9:30 - 11:30**. There are two studies from which to choose. One by Kay Arthur entitled *Lord, Is it Warfare? Teach Me to Stand*, from the book of Ephesians and one by Beth Moore entitled *Esther: It's Tough Being a Woman*. If you can join us, please register in the foyer asap so that we can order books - payment not due until the first class. Questions? Call the church office at 463-9070.

Mug n Muffin! Ladies, bring your favorite coffee

mug and enjoy a morning with the gals the third Saturday of the month. The morning includes special speakers, personal testimonies and small group times. Childcare is provided. Please contact Debbie Winchar with any questions at 461-4072.

MOPS, (Mothers of Preschoolers) meet at the church the 1st Tuesday of every month from 9:30 - 11:30am. All ladies who are expecting, or have children up to Kindergarten age are invited. The next meeting is **February 3**. For more information, contact Shelli Dice, [sdice@yahoo.com](mailto:sdice@yahoo.com) or 573-0474.

Parents: If you are looking for a safe environment in which to share the joys and frustrations that go along with parenting a special needs child (such as ADHD, Autism, etc.) you are invited to join other parents that are dealing with similar issues for a time of sharing from the heart. The next meeting is **February 9 at 7pm**. For more information, call the church office at 463-9070.

## 328 Youth Ministry

More information at [www.328ym.com](http://www.328ym.com)

Parent/ Family Potluck and Meeting: **TODAY, January 18** following 2nd service (approx. 12:30pm) in the Gym.

- A - M Bring a Main Dish
- N - Z Bring a Dessert

Youth Retreat: We will once again be holding winter retreat at Shiloh Bible Camp in Donnelly Idaho. The mid-Hi camp will run from February 25 - 27. Sr-Hi camp will be from February 27 - March 1. Registration packets are available in

the Youth Room. Scholarships are available. Don't miss the fun!

Youth Group: Sr High and Mid High youth groups meet Wednesday evenings from 7 - 8:30 at the Church. All 6th - 12th graders are welcome to join us!

Youth Info: Questions or comments? Email Rachel at [the328ym@hotmail.com](mailto:the328ym@hotmail.com).

## Children's Ministry

Children's Department volunteers: If you can help in any of the areas listed below, please sign up at the Children's Ministry table in the foyer.

2nd Service Children's Church -

- K -2 teacher & aides
- 3rd-5th teacher & aides

## Hospitality Team

Ushers /Greeters: Thank you for your service! Just a reminder to those scheduled to serve Sunday, January 25 - *Cheryl Clark, Deb Kelley, Dave Jillson, Breck Skinner, Nancy Freeby, Judy Malmberg, Ken Swaim, and Scott Earnest*. If you would like to be a part of the Hospitality Team, call Breck Skinner at 939-7796.

## Financial Update

### Tithes & Offerings

Needed Monthly.....\$ 66,097  
Received in January .....\$ 25,967

*Giving Boxes are located at the back of the Sanctuary*