

Understanding Emotions Part 1

~ Studies from Proverbs

Pastor Tom
February 3, 2019

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What must we understand about our emotions to cooperate with God's transforming work in us?

Proverbs 14:30 A tranquil heart gives life to the flesh, but envy makes the bones rot.
Proverbs 17:22 A joyful heart is good medicine, but a crushed spirit dries up the bones.

1)

Proverbs 18:14 A man's spirit will endure sickness, but a crushed spirit who can bear?

2)

Proverbs 14:13 Even in laughter the heart may ache, and the end of joy may be grief.

3)

Proverbs 15:13-14 A glad heart makes a cheerful face, but by sorrow of heart the spirit is crushed. The heart of him who has understanding seeks knowledge, but the mouths of fools feed on folly.

4)

WELCOME TO
Sturgeon Valley
Baptist Church



SVBC 2019 Theme Verse

And we all,
with unveiled face,
beholding the glory of the Lord,
are being transformed into the same
image from one degree of glory to another.
For this comes from the Lord
who is the Spirit.
~ 2 Corinthians 3:18 ~



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Sturgeon Valley Baptist Church Group



780.458.3777



church@svbc.ab.ca



svbc.ab.ca

Welcome, we're glad you're here!



- ◆ Are new to SVBC?
 - ◆ Has your contact info or address changed?
 - ◆ Do you have a prayer or praise item you would like to share?
- Please fill in the **Connect Card** available in the pew and place it in the *Offering Plate* or *leave it at the Info Centre*.

We look forward to connecting with you!

Today at SVBC

Sunday School 9:30 am

- ◆ Age 3 - Grade 4 meet in Room 218
- ◆ Grade 5 & 6 meet in Room 204

Youth/Young Adult

- ◆ Breakfast & Discussion Time ~ Fireside Room

Adult Sunday School 9:30 am

- ◆ Discovery Class ~ Prayer Room
- ◆ Soul Care ~ Room 203
- ◆ Thirteen Fundamentals of the Faith ~ Room 212
- ◆ Establishing the Firm Foundation: God's Way, Monday to Saturday ~ Rm 204

Library ~ Open before & after Service ~ Come check out what's new!

Worship Service 10:45 am

Children's Church Dismissed during Service

- ◆ **Preschool Church** (Age 3 - Kindergarten) ~ Room 217
- ◆ **Junior Church** ~ (Grade 1 - 3) ~ Room 218



Please join us after the service for a time of Fellowship in the Foyer! All are welcome!

Upcoming Services

February 10	Pastor Tom	<ul style="list-style-type: none"> ◆ Understanding Emotions Part 2 ~ Anxiety, Loneliness, Guilt ◆ Lord's Supper
February 17	Riley N.	<ul style="list-style-type: none"> ◆ Family Day Weekend ~ NO SUNDAY SCHOOL ◆ Taking God's Word Seriously
February 24	Pastor Tom	<ul style="list-style-type: none"> ◆ Understanding Emotions Part 3 ~ Hope, Joy & the Need for Emotion Control



Resources Available: Weekly Sermons; Bulletin; Discipleship Info; Family & Marriage Info...

Check out our website at: www.svbc.ab.ca

RightNow Media: rightnowmedia.org For free invite email church@svbc.ab.ca

Free Wi-Fi available
Network: Free-WiFi-SVBC



Online Giving: scan this code or go online to www.svbc.ab.ca.
Debit Giving Terminal @ Coffee Station



What's up @ SVBC:

NEWCOMERS LUNCH POSTPONED: **The Newcomers Lunch has been postponed until further notice.** Watch for further details in the bulletin! If you have any questions, please contact the church office at church@svbc.ab.ca or call 780.458.3777.

White Cross Sewing Workshop: Saturday, February 9th @ 9:00 am - noon. Sewing, serging, ironing, and more! Please join us & bring sewing machines, sergers, irons and ironing boards if you have any. For more information, contact the church office at church@svbc.ab.ca or phone 780.458.3777.

Still Standing Care Group Event: Saturday, February 9th @ 6:30 pm. Come join us in a 'Quest for the Holy Grail' in the Fireside Room. Please RSVP to the church office at church@svbc.ab.ca

Anniversary Celebration: Irwin and Louise Kujat (former pastoral couple at SVBC) will celebrate 50 years of marriage on February 14, 2019. In lieu of a formal event, friends are invited to convey their congratulations by telephone, mail, email, or Facebook. For contact info email the church office at church@svbc.ab.ca

Find the hidden Cross in today's Bulletin!

Ministry Coordinator Reminder: Please email your 2018 Annual Report on or before Thursday, February 14th to Gayleen at: admin@svbc.ab.ca

Choir: Anyone ages 12 to 112 are welcome to join as we begin practicing for our Easter presentation 'Lead Me to the Cross' (Apr. 19 & 21). If you have any questions please contact our Choir Director, Rose by email at: choir@svbc.ab.ca

Ladies Ministries Bible Studies: Space is still available & all Ladies are welcome!

- ◆ 7 pm Wednesday evenings in Room 202: *Revelation Part 1: Jesus' Message to the Church*. For more info email: church@svbc.ab.ca

- ◆ 7 pm Wednesday evenings @ Nita's: *Exodus: God's Relentless Pursuit of Us*. Email church@svbc.ab.ca for details.

- ◆ *Ladies Morning Out* Thursday mornings at 9am. Study List available at the Info Centre.

Jubilee's at Taylor: Friday, Feb. 15 @ 11 AM "From the Med, to the Dead, to the Red: A journey Through the Holy Land", Tickets \$15 for the luncheon. Contact Stan & Lois at ph. 780.461.1644 or by email at: hillerlg@gmail.com. Ticket Deadline: Monday evening Feb. 11.

Volunteers Needed!

Boys and Girls Clubs are looking for a few individuals to join them on *Wednesday evenings from 6:30 pm - 8:00 pm*
For more info email:
Holly at childrensdirector@svbc.ab.ca or
Sheryl at girlsclub@svbc.ab.ca



Grade 7 - 12 are Invited!
Wednesdays 6:45 pm for 180 Bible Study @ Unsworth's
Fridays 7 pm for great activities!
More details: www.svbc.ab.ca/ministries/youth

Next Youth Event: Grade 7 - 12 Fitset Ninja Warrior!

Friday, February 8, 7pm - 9pm @ Kingsway Mall ~ Needs Waiver
See svbc.ab.ca/ministries/youth for details

