### **Understanding Emotions Part 1**

~ Studies from Proverbs

Pastor Tom February 3, 2019

February 3, 2019

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 envymakes 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)







# 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 ~

# 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

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**

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

**Dismissed during Service** 

#### Children's Church

- 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> <li>Understanding Emotions Part 2</li> <li>Anxiety, Loneliness, Guilt</li> <li>Lord's Supper</li> </ul>
	February 17	Riley N.	<ul> <li>Family Day Weekend ~ NO SUNDAY SCHOOL</li> <li>Taking God's Word Seriously</li> </ul>
	February 24	Pastor Tom	<ul> <li>Understanding Emotions Part 3</li> <li>~ Hope, Joy &amp; the Need for Emotion Control</li> </ul>

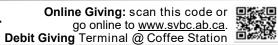


**Resources Available:** Weekly Sermons; Bulletin; Discipleship Info; Family & Marriage Info...

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





# 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 church@svbc.ab.ca or call office at 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! 

### 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 Shervl at girlsclub@svbc.ab.ca



Ticket

Ministry Coordinator Reminder: Please

email vour 2018 Annual Report on or

before Thursday, February 14th to

Choir: Anyone ages 12 to 112 are wel-

come 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 Direc-

Ladies Ministries Bible Studies: Space

◆ 7 pm Wednesday evenings in Room

202: Revelation Part 1: Jesus' Message

to the Church. For more info email:

♦ 7 pm Wednesday evenings @ Nita's:

Email church@svbc.ab.ca for details.

Ladies Morning Out Thursday mornings

Jubilee'rs 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.

Deadline: Monday evening Feb. 11.

at 9am. Study List available at the Info

Exodus: God's Relentless Pursuit of Us.

is still available & all Ladies are welcome!

tor. Rose by email at: choir@svbc.ab.ca

Gayleen at: admin@svbc.ab.ca

church@svbc.ab.ca

Centre.



#### 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

