

**WELCOME!** We're glad you're here and have decided to join us today!

Next Sunday we will be celebrating the Lord's Supper. This week as we personally consider, "Am I ready to take the Lord's Supper in faith" there are questions that are important for each of us to answer:

- ◇ Have I confessed my sin to God and do I trust Jesus as the only One who can save me from it?
- ◇ Am I eager to obey Jesus and let Him be my Lord?
- ◇ Have I sought forgiveness and reconciliation from those I have wronged?
- ◇ Have I forgiven and reconciled with those who have wronged me?

**TEACHER:** Pastor Jason Van Wyk

**SCRIPTURE:** Phil 3:12-4:1

**Additional Reading:**

"Celebration of Discipline" by Richard Foster

"Spiritual Disciplines Handbook" by Adele Ahlberg Calhoun

**SUMMARY:** In the Bible, Paul often compares living the Christian life to physical training. Philippians 3:12-4:1 uses that metaphor to connect with how we grow to become more like Jesus. As we think about personal discipleship, we'll explore what the metaphor of exercise has to teach us.

**DISCUSSION QUESTIONS:**

- What's your favorite Winter Olympic sport to watch?
- What do you think of the idea of a specific "spiritual workout" plan?
- What are some areas you might consider growing in for the year to come?
- What ways might help you to do that?

**LIFE APPLICATION:**

- Identify one area you would like to grow even more like Jesus.
- Look through some lists of spiritual disciplines and find one that specifically addresses that growth area.
- Make a plan to implement this exercise into your regular routine.
- Tell someone who is invested in your spiritual growth about your plan and ask them to keep you on track.
- Through this whole process, pray that God uses this to transform you into the image of Christ.

**NOTES:**

## OUR FAMILY

**PRAISE:** Congratulations to Bernardo and Jessica Diaz on the birth of their son, David Jonathan, born last Sunday. Big sister Nayibe and big brother James are very excited to have their brother here as well as grandparents Gary and Barb Hibma.

**PRAY:** Please pray for Harlow and Cheri Bosman and their family in the recent passing of Cheri's dad, John Grevengoed, from Hull. The family would appreciate your prayers at this time, especially for Cheri's mom who, after 64 years of marriage, grieves the loss of her life's partner. (SH)

**PRAY:** Continue prayers for the Brown family as they mourn the loss of Leigh's mom, Joyce, who passed away from cancer. (SH)

**PRAY:** Pray for Holly De Jong as she recovers from back surgery. (OC)

Today we witness and celebrate the baptism of Klayton Kroese, son of Justin and Allison Kroese (OC)

TODAY	THIS WEEK
<p><b>9:30am</b> COFFEE SHOPPE</p> <p><b>10:00am</b> WORSHIP LITTLE TREASURES (3 &amp; 4 yr olds) Watch for slides on screen to dismiss</p> <p><b>11:00am</b></p> <ul style="list-style-type: none"><li>● JAM (TK-5th gr) Watch for slides on screen to dismiss for JAM - Parents pick up children at Motor Inn bldg at noon</li><li>● WAVE (6th-8th gr) Meets in large upstairs classroom</li><li>● STAY AND PRAY SW corner of Worship Center</li></ul>	<p><b>Sun, Jan 28</b> 6:00pm Cadet Sunday - Immanuel CRC</p> <p><b>Wed, Jan 31</b> 7:00pm Overflow (OC)</p> <p><b>Thurs, Feb 1</b> 6:00pm Men's Bible Study Group will be going to the Gospel Mission in Sioux City. Meet at the Sheldon Campus to carpool. Any men, college age or older, who would like to participate, please contact Pastor Jesse or Dale Schmidt at 712-324-1117.</p> <p><b>Sat, Feb 3</b> Day of Encouragement - Dordt College</p>

## THE CALENDAR BEYOND THIS WEEK

**Next Sunday, Feb 4** - Right after worship, everyone is invited to attend a Huddle Meeting at each campus. Council would like to take this opportunity to keep the congregation up to speed on some of the decisions made recently and our vision for LW's direction in the year to come.

**Sunday, Feb 11** - Adult baptism - Selena Seyler (OC)

## GET INVOLVED

### INFANTS

**NURSERY:** Nursery is available throughout the service for newborns thru 2 years

The nursery is located near the Welcome Center in the front lobby area.

### CHILDREN

**LITTLE TREASURES:** Sunday school for 3 & 4 year olds; meets during the worship service. Watch for announcement slide for dismissal.

**JAM:** TK-5th grade. Jesus And Me meets following the Sunday morning service meets in Motor Inn bldg next door

Students and teachers watch for announcement slide for dismissal; parents pick up children in their classrooms at Motor Inn at 12:00noon

### YOUTH

**WAVE:** 6th-8th grade. Meets following the Sunday morning service in upstairs classroom (OC)

**OVERFLOW:** 9th-12th grade. Meets from 7:00-8:30pm on Wednesday (OC)

**GEMS:** Girls 3rd-8th grade. Meets from 6:45-8:30pm @ Immanuel CRC (OC) Wednesday evenings 2x a month

**CADETS:** Boys 4th-8th grade. Meets from 6:45-8:45pm @ Calvary CRC (OC) Wednesday evenings 2x a month

### ADULTS/FAMILIES

**STAY AND PRAY:** Group of people gathering after the worship service in the SW corner of the Worship Center. Everyone's invited. For more info, contact Kim Groeneweg at skgroen@yahoo.com

**COMMUNITY GROUPS:** Small groups of people who enjoy staying connected to each other by discussing life, studying scripture, playing, eating, serving, and investing in one another. Contact Pastor Garry at pastor.garry@livingwateroc.com

**7-4-3 GROUPS:** Groups of about 7 people gathering for a meal 4 times over a 3 month period. Contact Brittany Foreman - dan\_brittanyforeman@yahoo.com

## OPPORTUNITIES TO SERVE CONTACT ONE OF THESE MINISTRY TEAM LEADERS

**AUDIO & VISUAL TEAM:** David Smit - media@livingwateroc.com

**COOKIE MINISTRY:** Marilyn Bolkema - bolkemam@gmail.com

**FACILITIES:** Mike Noteboom - m-noteboomelectric@c-i-service.com

**GRACE TEAMS:** Amy Vande Vegte - gavv7@outlook.com

**GREETERS & COFFEE SHOPPE:** Ronda Noteboom - rondajn@hotmail.com

**NURSERY:** Kelly Schmidt - kellyschmidt1@gmail.com

**PRAYER MINISTRY:** Kim Groeneweg - skgroen@yahoo.com

**WORSHIP COORDINATOR:** Amy Vanden Hull - amy.vandenhull@gmail.com