

Control your emotions or be **consumed** by them

| TheMindsJournal



Laketon Bethel Church

February 13, 2022

Dr. Sherwin Brantsen

Order of Worship-9:00am

Gathering Song

“He Touched Me”

Welcome & Announcements

Congregational Prayer

Crosstalk - “How to Control Your Feelings”

Offering

“Bring Us Peace”

Concert of Praise and Worship

“O God, Our Help in Ages Past”

“Guide Me, Thou Great Jehovah”

“Be Still My Soul”

“Jesus Is All the World to Me”

Benediction

“Praise God From Whom All Blessings Flow”



Order of Worship-11:00am

Gathering Song

“Sing a Song”

Welcome & Announcements

Congregational Prayer

Crosstalk - “How to Control Your Feelings”

Offering

“You’re Not My God”

Concert of Praise and Worship

“All of Creation”

“God So Loved”

“Jesus, Draw Me Close”

“Lifesong”

Benediction

“Lifesong”

A Lenten Bible Study

From Merit to Mercy

Led by Sherwin

Wednesday evenings 6:30pm

Pizza served at 6:00pm

Six Weeks

March 2nd

March 9th

March 16th

March 30th

April 6th

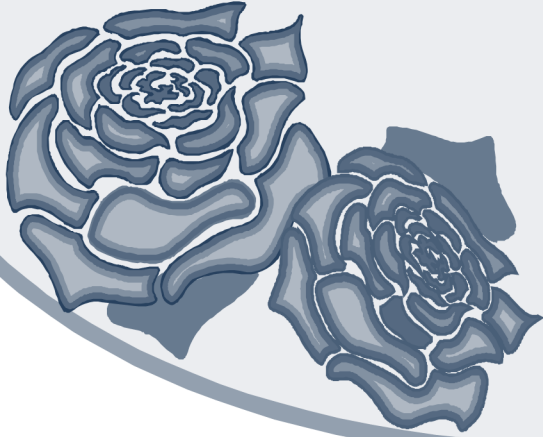
April 13th



*Please sign up on the sheets provided on the table in
the entryway.*

Special Senior of the Week:

*Please show your support by signing the cards located
on the table in the entryway.*



***Donna
Doctor***

***Please remember in prayer our friends who are
battling long-term illnesses:***

Donald Bayne

Jana Belladone

Betty Bonneville

Larry Budreau

Patti Buurma

Craig Carlson

Amanda Cihak

Stephanie Cutler

Amy Fredericks

Jacob Geers

Bob Hanson

Scott Hladki

Avery Lynn

J.T. Maskell

Tom McKee Sr.

Patti Mercer

Paul Ortquist

Lynn Pluger

Shirly Pummell

Aaron Rop

Gary Samples

Joe Shavalier

Ida Shealy

Sandy Streeter

Kathy Tabor

Inga Weavers

Marv Wegner

Announcements

Food Truck Funding We are running low in our Food Truck account. Our food trucks cost \$725 per month. We are in danger of being in the red in February without more donation coming in. If you would like to see Laketon Bethel continue to provide monthly food trucks please give prayerful consideration to donating to this fund.

Kids' Food Basket We are asking for food donations for the Kids' Food Basket. There are lists of items needed on the table in the entryway. We are also accepting monetary donations. Thank you in advance for your generosity!

Membership Class We will have a membership class on TODAY at noon following the second service with pizza provided. If interested, please sign up on the sheets located on the table in the entryway.

Children's Ministry Children's Church is open to children from Preschool through Fifth Grades. Families can now register their kids on our web page. The Nursery will not be staffed at this time, but will be open for your use. For any questions, please call the office at 744-1749.

LBC Youth Group If you're a 6th-12th grader, or you know one and would like to attend our youth meeting 4:00 - 6:30 at church, we would love to have you! Please reach out to Ashley Cleary by text/phone at (231) 747-0136 to register your child, be added to our parent email list, have any questions or would like more information about youth and children's ministries.

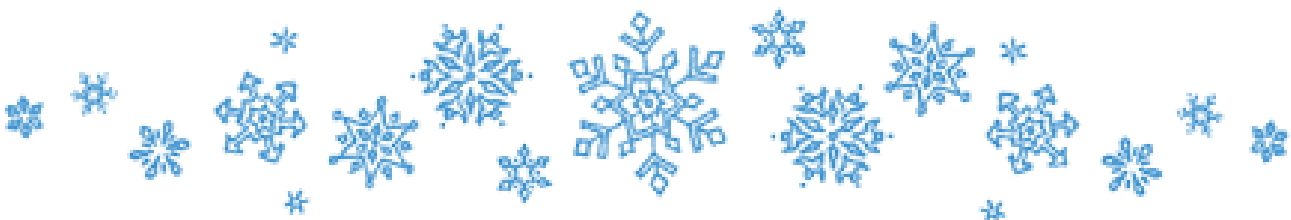
Sunday Volunteers

1st Service Coffee: Ed Kawaleski

Second Service Coffee: Jill Mouw & Dianna Ocksaki

*We are in need of volunteers to serve coffee
and cookies for both services.*

If interested, please call the office at 744-1749.



Galatians 5

New Living Translation

¹⁶ So I say, let the Holy Spirit guide your lives. Then you won't be doing what your sinful nature craves. ¹⁷ The sinful nature wants to do evil, which is just the opposite of what the Spirit wants. And the Spirit gives us desires that are the opposite of what the sinful nature desires. These two forces are constantly fighting each other, so you are not free to carry out your good intentions. ¹⁸ But when you are directed by the Spirit, you are not under obligation to the law of Moses.

¹⁹ When you follow the desires of your sinful nature, the results are very clear: sexual immorality, impurity, lustful pleasures, ²⁰ idolatry, sorcery, hostility, quarreling, jealousy, outbursts of anger, selfish ambition, dissension, division, ²¹ envy, drunkenness, wild parties, and other sins like these. Let me tell you again, as I have before, that anyone living that sort of life will not inherit the Kingdom of God.

²² But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, ²³ gentleness, and self-control. There is no law against these things!

²⁴ Those who belong to Christ Jesus have nailed the passions and desires of their sinful nature to his cross and crucified them there. ²⁵ Since we are living by the Spirit, let us follow the Spirit's leading in every part of our lives.

How to Control Your Feelings

[a place for your notes]

Feelings are the _____ of the mind.

What would your advice be to the young woman mentioned that is in a bad relationship?

The key to managing emotions is to be directed by

_____.

Notes:

February Weekly Bible Readings

Date	Day	New Testament	<input checked="" type="checkbox"/>	Special Prayer	Old Testament	<input checked="" type="checkbox"/>
13	Su	Revelation 13	<input type="checkbox"/>		Joshua 10	<input type="checkbox"/>
14	Mo	Revelation 14	<input type="checkbox"/>		Joshua 11	<input type="checkbox"/>
15	Tu	Revelation 15	<input type="checkbox"/>		Joshua 12	<input type="checkbox"/>
16	We	Revelation 16	<input type="checkbox"/>		Joshua 13	<input type="checkbox"/>
17	Th	Revelation 17	<input type="checkbox"/>		Joshua 14	<input type="checkbox"/>
18	Fr	Revelation 18	<input type="checkbox"/>		Joshua 15	<input type="checkbox"/>
19	Sa	Revelation 19	<input type="checkbox"/>		Joshua 16	<input type="checkbox"/>
20	Su	Revelation 20	<input type="checkbox"/>		Joshua 17	<input type="checkbox"/>

LAKETON BETHEL REFORMED CHURCH

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Ph. #744-1749 Fax #744-2848

Website address: laketonbethel.org & e-mail: lbrcoffice@gmail.com

Office hours: 8:30 am – 11:30 pm: Tuesday, Wednesday, Thursday, & Friday

Pastor – Dr. Sherwin Brantsen (drbrantsen@gmail.com)

Director of Operations – Gary Gifford (garygifford4@gmail.com)

THE PURPOSE OF LAKETON BETHEL:

“To trust steadily in God, hope unswervingly, love extravagantly. And the best of the three is love.”

Laketon Bethel’s Core Values:

A. ACCEPTANCE:

Everyone, regardless of who they are, what they have done, or what they are doing, will be accepted here. Laketon Bethel will be a safe place to explore your relationship with Jesus.

B. BIBLE:

The Bible is the final authority for faith and practice. We will study it with open minds and the best scholarship available.

C. CONNECTION:

We invite people to connect with Jesus and with each other in all that we do.

OUR CONSISTORY

Elders

Gay Hudson, Larry Joslyn, Amy Kunnen,
Ed Luzadder, Grant Meyers, Jason Peterson,
Louanne Utzinger, Ron Zant

Deacons

Kathy Andrews, Jon Brantsen, Greg Fick,
Kathy Forrester, Mike George, Alex
Lassow, Rita Sikkenga, Kathy Young