

How to be
Calm in Your
Soul



Laketon Bethel Church

January 7, 2024

Dr. Sherwin Brantsen

Sherwin's Ten Reasons for Going to Church Every Sunday

1. Renew

Everyone goes through times where enthusiasm for life melts away. We all have times where our faith diminishes. Worship on Sunday renews faith and energizes attitudes for all of life.

2. Laugh

Yes. We laugh. Humor is a valuable part of worship. Most of it is unplanned. Sherwin's brother told him years ago that: "People aren't laughing at you because you're funny, they are laughing because you are so stupid..."

3. Pray

Face it. You don't pray much. Church services remind you of the importance of prayer. They jump start your prayer life. You learn more about prayer. When your family is with you, they see you praying and that is an example that changes lives.

4. Sing

Songs of faith can move mountains of despair. You probably won't like all the songs. But some of them will change your life.

5. Help

You will often find ways to help in your community. When you help, it reduces inherent narcissism. You think less of yourself and more of others. You become more grateful for what you have. You become a better person and a happier one.

6. Give

Yes. Put in some money. Do something with your cash for God instead of for yourself. Don't expect anything back and you will be surprised at how blessed you are. We all waste money. Here you have an opportunity to do something positive with it.

7. Meet

Connect with other people. Laketon Bethel accepts everyone, including you. Many friendships are made on a regular basis. We have great coffee and cookies, which help in all sorts of discussions.

8. Learn

The guy up front is trained and experienced and often knows what he is talking about. You will learn something every Sunday.

9. Grow

When you put what you learn into practice, you will find positive changes in your life. You will have unstoppable growth in ways you don't always expect.

10. Jesus

The church exists because of Jesus. When you participate in it regularly, he is pleased. One day you will meet him face-to-face. If you regularly connect with him through weekly worship services, that meeting will be happy.

Order of Worship-9:00am

Gathering Song

“Just a Little Talk With Jesus”

Call to Worship

“His Eye Is on the Sparrow”

Welcome & Announcements

Congregational Prayer

Worship in Song

“Savior, like a Shepherd Lead Us”

Comfort Reading

“Jesus Is All the World to Me”

Crosstalk - “How to Be Calm in Your Soul”

Offering

“Word of God Speak”

Benediction

“Spirit Song”



Order of Worship-11:00am

Gathering Song

“Sing A Song”

Call to Worship

“Everlasting God”

Welcome & Announcements

Congregational Prayer

Worship in Song

“Who You Say I Am”

“Only a God Like You”

Crosstalk - “How to Be Calm in Your Soul”

Offering

“Word of God Speak”

Benediction

“Let It Rise”

Service Opportunities

LBC Nursery We are in need of nursery help for both services. If you are interested, please see Sally Hendrixon or Tina Dadd.

Coffee Servers We need more volunteers to serve coffee, lemonade and cookies for both services. If you are interested, please see Tina Dadd.

Announcements



Laketon Bethel Youth Group

All youth ages 6th-12th grades are welcomed to join us on January 14th, 5-7pm for a spaghetti dinner, a lesson, and fun. For any questions, please see John or Ashley Wierenga.

Sherwin's Bible Study on Jeremiah

We will continue the Jeremiah Bible Study beginning this Wednesday. This is a 7-week course meeting at 6:00pm for pizza with the bible study to follow. Please sign up on the sheets located in the entryway so we have an accurate count for pizza.

Volunteers

1st Service Coffee Server: Kathy Young

2nd Service Coffee Server: Jill Mouw & Dianna Ockaski

Special Senior of the Week:

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



**Larry
Cone**

*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

Larry Cone

Amy Fredericks

Jacob Geers

Bob Hanson

Scott Hladki

Sally Legard

Avery Lynn

J.T. Maskell

Tom McKee Sr.

Patti Mercer

Paul Ortquist

Lynn Pluger

Shirly Pummell

Aaron Rop

Gary Samples

Joe Shavalier

Larry Shavaler

Ida Shealy

Sandy Streeter

Kathy Tabor

Inga Weavers

Marv Wegner

Psalm 131

[The Message]

131 God, I'm not trying to rule the roost,
I don't want to be king of the mountain.
I haven't meddled where I have no business
or fantasized grandiose plans.

² I've kept my feet on the ground,
I've cultivated a quiet heart.
Like a baby content in its mother's arms,
my soul is a baby content.

Matthew 6

[New Living Translation]

³¹ "So don't worry about these things, saying, 'What will we eat? What will we drink? What will we wear?' ³² These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs. ³³ Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.

³⁴ "So don't worry about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today.

Matthew 6

[King James Version]

³⁴ Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself. Sufficient unto the day *is* the evil thereof.

Deep Sheet

[a place for your notes]

What are some of your anxiety triggers?

How does trying to “rule the roost” cause anxiety?

What are the three circles of control?

1. _____

2. _____

3. _____

Other Notes:

January Weekly Bible Readings

Date	Day	New Testament	<input checked="" type="checkbox"/>	Special Prayer	Old Testament	<input checked="" type="checkbox"/>
07	Su	Galatians 2	<input type="checkbox"/>		Jonah 1	<input type="checkbox"/>
08	Mo	Galatians 3	<input type="checkbox"/>		Jonah 2	<input type="checkbox"/>
09	Tu	Galatians 4	<input type="checkbox"/>		Jonah 3	<input type="checkbox"/>
10	We	Galatians 5	<input type="checkbox"/>		Jonah 4	<input type="checkbox"/>
11	Th	Galatians 6	<input type="checkbox"/>		Micah 1	<input type="checkbox"/>
12	Fr	Ephesians 1	<input type="checkbox"/>		Micah 2	<input type="checkbox"/>
13	Sa	Ephesians 2	<input type="checkbox"/>		Micah 3	<input type="checkbox"/>
14	Su	Ephesians 3	<input type="checkbox"/>		Micah 4	<input type="checkbox"/>

LAKETON BETHEL REFORMED CHURCH

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Office hours: 8:30 am – 11:30 am: 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 teachings of Jesus, contained in the Bible, are the final authority for faith and practice. We will study these teachings 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

Kyle Bogner, Dave DeBoer, Jeff Hooker,
Mike Lyons, Steve Mussman, Paula Scott-
Stewart, Donna Spytma, Heather Wilke

Deacons

Brent Ackerman, Mia Fick, Kathy Forrester,
Mike George, Doug Lubbers, Kris Meyers,
Rita Sikkenga, Diana Wagbo