

## SERMON NOTES

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MESSAGE: STANDING FIRM PART 2  
SCRIPTURE: PHILIPPIANS 2:1-4

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**Sunday, October 20<sup>th</sup>, 2024**  
**Welcome to Worship!**

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SCRIPTURE: PHILIPPIANS 2:1-4

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If you are new to Gospel Chapel, please fill out a GUEST CARD, located at the info desk, and drop it into the offering box! To update your contact information, please fill out a CONTACT INFORMATION UPDATE FORM, also located at the info desk.

We look forward to hearing from you!

### GENERAL NOTICE

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Our building is a fragrance-free facility to honour those with health conditions and allergies. This includes all perfumes, scented products, and essential oils. Thank you for your understanding.

Please note that those seated nearest the stage may be captured on our live-stream, which is available for public viewing.

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## GOSPEL CHAPEL

7048 Donaldson Drive | 250-442-5148 | [www.gospelchapelgf.com](http://www.gospelchapelgf.com) |  
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## ANNOUNCEMENTS

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### OCTOBER CALENDAR

- ✦ **October 20<sup>th</sup>** – Special Business Meeting / Following service
- ✦ **October 20<sup>th</sup>** – Plan to Protect Refresher / 11am / Fireside Room
- ✦ **October 20<sup>th</sup>** – Lodge Ministry switched from 2<sup>nd</sup> to 3<sup>rd</sup> Sunday for October only
- ✦ **October 20<sup>th</sup>** – Elder Nomination Deadline today
- ✦ **October 23<sup>rd</sup>** – When You Pray Study beginning / Please reach out to Lindsay at [ledwards@gospelchapelgf.com](mailto:ledwards@gospelchapelgf.com) for more details on how to sign up.
- ✦ **October 26<sup>th</sup>** – Supporting the Persecuted Church Event / 7:00pm / GC Sanctuary

### WEEKLY MINISTRY

- ✦ SUNDAY / **Pre-Service Prayer Time** / 8:30-9:20am / Fireside Rm
- ✦ SUNDAY / **Lodge Ministry** / Boundary Lodge 1pm / Silver Kettle 2pm / 2<sup>nd</sup> Sunday of the month / No masking required
- ✦ MONDAY / **Weekly Ladies DBS** / 9:30-11:30am / Childcare room behind balcony / Contact Lindsay Hiebert-Edwards at [edwardsmain@protonmail.com](mailto:edwardsmain@protonmail.com) / Not in session Oct 12<sup>th</sup>
- ✦ MONDAY / **Men's Basketball** / 7-9pm
- ✦ WEDNESDAY / **Weekly Prayer Meeting (via Zoom)** / 7am  
Contact Evelyn Brown at [evbaca@juno.com](mailto:evbaca@juno.com) for link
- ✦ WEDNESDAY / **55+** / 10am-12pm / Fireside Room
- ✦ THURSDAY / **Sensible Shoes Study** / 1-3pm / Fireside Room
- ✦ THURSDAY / **L.I.F.T.** / 6:30-8:00pm
- ✦ FRIDAY / **Men's Group** / 6am / MW Electric (222 72<sup>nd</sup> Ave)
- ✦ SATURDAY / **Prayer for Israel-Hamas War** / 1-2pm / 1536 Donaldson Drive / Hosted by Sarah Kirchhevel

### SPECIAL BUSINESS MEETING: FISCAL YEAR

- ✦ Join us for a very short members meeting today following service regarding the approval of the Transitional Budget for January – April 2025. Members will need to sign in so we can declare quorum and have the necessary records.

### ELDER NOMINATION DEADLINE TODAY

- ✦ Today is the deadline for turning in your Elder nomination forms. Fold and place these in Richard Friesen's mailbox (mailbox #63).

### PLAN TO PROTECT TRAINING

- ✦ A final Plan to Protect refresher will be held today at 11:00am in the Fireside Room! If you have already reached out to Heather Campeau, our Family Ministry Team Leader, to sign up, please join us for this interactive refresher course!

### SUPPORTING THE PERSECUTED CHURCH

- ✦ On Saturday, October 26<sup>th</sup>, we will be hearing from the House of Omeed how we can pray and support the persecuted church. Please join us at 7pm in the Sanctuary for this event.

### GIVING

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- ✦ Please use the [offering box](#) located at the info desk for your donations during Sunday service times!
- ✦ To give to the ministry of Gospel Chapel: e-transfer to [gcfincanceteam@gmail.com](mailto:gcfincanceteam@gmail.com), drop-off envelopes at the church office Tuesday through Thursday, or deposit them into the offering box during Sunday services.

### PLEASE PRAY FOR:

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*Oksana Betancurt*  
*Steve Birdsall (Kristy Benson's brother)*  
*Tony Bosch & Ann Flynn (Coby Postma's brother-in-law & sister)*  
*Luke Postma (Steve Postma's brother)*  
*Georgia Campeau / Jim Goertzen / Bruce & Laurie Hawley*  
*Jack Hooge / Norm Marian / Ruth Martens*  
*Maxim & Anya Olfierovski / Multiply Pastors – Zaporozhye, Ukraine*  
*Darlene Preston (Tammy Battersby's mother)*  
*Paula Savin / Doug Sinclair / Barb Smuland*



# Self-control is choosing to do what's best even when you don't want to.



## DAY 1

### Read 2 Peter 1:3a

Self-control is choosing to do what's best even when you don't want to. It's hard to do something you don't want to do, isn't it? Doing what you want is way easier. But if we don't have self-control, we could end up hurting ourselves and the people around us.

Today's verse reminds us that we don't have to try to do the right thing on our own. God's power will give us EVERYTHING we need to live a godly life, to have the self-control to do what is best. No one is more powerful than God!

#### Get Ready for Self-control

What if you started your day by praying for self-control? Grab an index card or scrap of paper and write, "BE READY TO DO THE RIGHT THING" in capital letters and place it next to your shoes. As you put them on tomorrow morning, stop and ask God to help you have self-control all day long!

## DAY 2

### Read 1 Corinthians 9:25

What's your favorite sport? Who's your favorite athlete? To become a great athlete, you have to spend years practicing in the gym and on the field. Great athletes might make it look easy, but that big win you see on TV is the result of years of training.

Self-control takes practice, and just like those athletes, you won't always get it right. Every athlete misses a shot or loses a game, but champions keep trying. You won't show self-control in every single situation. But the more you try, the more you practice, the easier it will become.

#### Practice Makes Progress

Practice your free throws. If you can't go outside, practice with a small basketball hoop hung over the door or with paper and a trashcan. Spend ten minutes shooting the ball into the basket. Give yourself a point for every shot you sink. Repeat the same process for three days in a row. No basketball hoop? Pick some activity that is challenging, like doing sit-ups for a minute. Keep track of how many you can do in a minute and see how that number grows over the three days.

Are you getting better with practice?

## Read 1 Corinthians 10:13

Temptation is a desire to do something wrong or unwise. Everybody faces temptation, even Jesus! Every day you'll be tempted to lash out in anger, or say something unkind, or lose your cool when you should show self-control. But there is a way out. You have God on your side. When you're tempted, God will help you!

How can you avoid losing self-control?

You could...

- ➔ Look away.
- ➔ Realize that it's just a temptation and that you DON'T have to give in!
- ➔ Distract yourself with something else.
- ➔ Picture yourself resisting the temptation.
- ➔ Pray and ask God to help you keep your cool.

Read the scenarios below. For each one, write down how you could avoid losing self-control by choosing one of the methods listed above.

1. Your mom tells you no video games before dinner. This makes you angry. . .
2. Your brother breaks the new Star Wars **LEGO**® ship you spent hours putting together. . .
3. A kid in your class tells a joke about you and everyone laughs. . .

## Read Proverbs 4:23

Have you ever seen a guard in front of something important— like a monument or museum? A guard's job is to protect something valuable. When it comes to self-control, do you know what you need to guard? Your heart. Everything you do— every word, every thought, every action— comes from your heart.

In order to guard your heart, you need to make sure that there's nothing hidden that you need to get rid of. Do a heart check:

- Are you angry?
- Are you bitter?
- Are you jealous?
- Are you frustrated?

The best way to get in the habit of guarding your heart is to begin asking yourself the following question every night before you go to bed: *God, what is in my heart today?* Remember, when you guard your heart, self-control will follow. Your actions will reflect what's in your heart.

Be ready to do  
the right thing.