

NOTES...

“Decluttering for Christ”
Philippians 3:1-11

Gospel Chapel

Sunday, January 12, 2025



“Decluttering for Christ”
Philippians 3:1-11

NEW TO GOSPEL CHAPEL...

Please fill out a **Welcome 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...

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.

GOSPEL CHAPEL

7048 Donaldson Drive | 250-442-5148 | www.gospelchapelgf.com
| ledwards@gospelchapelgf.com

JANUARY CALENDAR...

- **Jan 18th** – Large Group Youth Event / 2:30-5:30pm / Pines Bible Camp
- **Jan 23rd** – Sign-up for YQ 2025 deadline

WEEKLY MINISTRY...

- **SUNDAY ... Pre-Service Prayer Time** / 8:30-9:20am / Fireside Room
- **SUNDAY ... Lodge Ministry** / Boundary Lodge 1pm / Silver Kettle 2pm / 2nd 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 / Resumes Jan 13th
- **MONDAY ... Men's Basketball** / 7-9pm
- **WEDNESDAY ... Weekly Prayer Meeting (via Zoom)** / 7am / Contact Evelyn Brown at evbaca@juno.com for link
- **WEDNESDAY ... 55+** / 10am-12pm / Fireside Room /
- **THURSDAY ... L.I.F.T.** / 6:30-8:00pm
- **FRIDAY ... Men's Group** / 6am / MW Electric (222 72nd Ave)

GCYG LARGE GROUP EVENT...

Our next large youth event is scheduled for January 18th from 2:30-5:30pm, hosted by Tim and Clarissa Metz at Pines Bible Camp. Youth are invited to come and enjoy an afternoon of sledding, bonfire, hot dogs and hot chocolate!

THANK YOU FOR YOUR GENEROSITY...

We would also like to issue a huge thank you to those who were able to contribute to our love offering in response to the appeal from Maxym and Enya Oliferovski as they continue their work in Ukraine. Your generosity is of great encouragement to them. Let us continue to pray for this family in their frontline work at the New Hope Center in Zaporizhzhia.

YOUTH QUAKE 2025...

Youth Quake 2025 Senior High Retreat happens Friday, May 2 - Sunday, May 4th. It might seem a bit early but YQ registrations are already half full and individual registrations are already closed! If your son or daughter is in grades 9-12 and would like to attend this year, please contact Lindsay at the office and let her know by January 23rd. This is a firm deadline for those interested as we cannot guarantee availability past this date. Tickets this year are \$215 and will cover dorm stay and meals over the course of the retreat, however there will be an additional amount necessary for trip expenses, so please stay tuned for more information. If a student is unable to attend, full refunds will be available until February 29th. After this time, the YQ office will deduct a \$50 administration fee from the refunded amount.

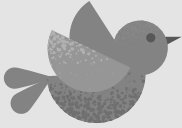
GIVING...

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 gcfincancteam@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...

Lorraine Barg / 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) / Jim Goertzen / Nicole and Jake Goode (Josh Edward's aunt & uncle) / Laurie Hawley / Jack Hooge / Norm Marian / Ruth Martens / Maxim & Anya Oliferovski – Multiply Pastors (Zaporozhye, Ukraine) / Darlene Preston (Tammy Battersby's mother) / Paula Savin

Resilience is getting back up when something gets you down.



DAY 1

Read Ecclesiastes 3:4

As a newborn, it's easy to get your days and nights mixed up. Because their tummies are small, newborns need to be fed every two to three hours. As you grow, your tummy can hold more, so your caregivers could stretch out those feedings—and then you got your days and nights all figured out. Now you know there's a time for sleeping and a time to be awake!

This month, we're learning about resilience—getting back up when something gets you down. Today's verse reminds us that sadness is a part of life. We all face hard things, but we never have to face it alone. We have a God who loves us and who cares about us, especially when we're hurting. We can trust God to take care of us and to comfort us when we're sad.

DAY 2

Read Ephesians 6:10

Who or what do you depend on? You depend on your teachers to teach you and your chair to hold you when you sit. Or maybe you depend on your last pencil to not break when you're about to take your test.

When it comes to having the resilience to get back up even when the going gets tough, there is someONE you can depend on. God is always with you. And when you stop and ask for help, God hears you and answers you. Always.

Crack The Code

Complete the verse using the code below

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DAY 3

Read John 11:35–36

Jesus wept. It is the shortest verse in the Bible, but it's packed with meaning and importance for us. Jesus felt sadness just like you. Standing at the tomb of His friend, surrounded by Lazarus' sisters and others who were so sad, Jesus cried real tears. And though Jesus knew that He would raise Lazarus from the dead, He stopped to cry, to feel all the same emotions we experience.

Sometimes, you will feel real sadness too. You will cry and be upset, and those feelings are okay. Jesus felt those same emotions. He understands what loss feels like. He is ready to comfort and help you because Jesus loves you just as He loved Mary, Martha and Lazarus.

1. When was the last time you felt sad about something?
2. Who did you talk to when you were sad?
3. Did you think to pray and ask Jesus to help you in your sadness? Why or why not?

DAY 4

Read Psalm 34:17

When you are sad or upset, when it seems like things will never get better, do you stop and think about God?

Today's verse reminds us of one BIG truth. When we're sad, we can cry out to God. God hears us and is ready to help. God doesn't promise that we won't experience trouble. We will face hard things in our lives for sure. But when we do, we can ask God for help, and God will hear us. God is there to help you get back up and keep going! When you're sad, remember you are NEVER alone.

What is one thing you can do this week to remind yourself that God is with you? You could stop and pray before you step off the bus in the morning or right after the morning announcements. You could pray before each meal to remind yourself that God loves you and is with you. Make time each day to talk to God and remind yourself that you are NEVER alone.

When you're sad,
remember you're
not alone.