

# PRAYER UPDATE

## PHYSICAL ILLNESSES & SURGERIES this past week

**Traci Stengl Ghaffarian** - she received her results from her bone marrow biopsy and she is cancer free! Praise God! Continue to lift Traci and her family up in prayer as she recuperates. Pray for strength and endurance in the days ahead.

**Tom Carr** - is now home on hospice. Pray for God's peace and comfort for Tom and his wife, Becky.

**Ethan Pope (8 yrs old)** - after 2 1/2 years continues to fight leukemia. Ethan is back at LPCH and has started chemo which has knocked his blood counts so he is receiving transfusions. Pray that he can get a private room and for God's peace and strength for the whole family.

**Mark Hillenga** - had extensive shoulder surgery on 4/11. Pray for a complete and quick recovery.

**1st Lieutenant Ryan Evans** - when the doctor went in to drain Ryan's cyst on his pancreas, it had collapsed and there was no necrotic (dead) tissue! In 1 month, they will do a CT scan and if all is clear, his stent will be removed. All Glory to God!

**US Navy Lt. Cmdr. Timothy Rochholz (Etta Mae Kibby's Grandson)** - had elbow surgery on 4/7. Pray for a full recovery.

## HOME WITH THE LORD

**Ed Mumm** - is with his loving Creator and completely whole. He was able to be home during his last days and his wife, Dana feels so blessed by the loving support of so many. Continue to keep Dana in your prayers as she grieves his loss.

**Orville Helmle** - a long time member of TLC passed into the presence of Jesus after a short illness. The whole family had recently moved to Lodi. Pray for his wife Judy who is in a care home and for Ruthie and Dennis, his adult children. Graveside services will be held Tuesday, April 19th at 11am at Oakwood Memorial Cemetery.

**Jim Holderman's dad, Dale** - passed away after a short battle with cancer. Please remember his wife, Sylvia and the family in your prayers as they grieve his loss.



# RISE

## ABOVE MYSELF

RENÉ SCHLAEPFER | APRIL 16 & 17

### 7 WEAPONS OF SELF DESTRUCTION

1. \_\_\_\_\_
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6. \_\_\_\_\_
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(Paul) "What a miserable person I am! I've tried everything and nothing helps! Who will free me from this life dominated by sin?" Romans 7:24 NLT

### HOW CAN I BE SET FREE FROM ME?

7 MENTAL HABITS FROM ROMANS 8

**KEY VERSE:** The Spirit of Him who raised Christ Jesus from the dead lives in you... Romans 8:11a

ASK THE HOLY SPIRIT TO HELP ME:

1. \_\_\_\_\_  
This is how the Holy Spirit frees me from SHAME

So now there is **no condemnation** for those who belong to Christ Jesus. For **the power of the life-giving Spirit**—and this power is mine through Christ Jesus—has freed me from the vicious circle of sin and death. We aren't saved from sin's grasp by knowing the commandments of God because we can't and don't keep them, but **God put into effect a different plan to save us**. He sent his own Son in a human body like ours—except that ours are sinful—and **destroyed sin's control over us** by giving himself as a sacrifice for our sins. Romans 8:1-3 TLB

2. \_\_\_\_\_

This is how the Holy Spirit frees me from STINKING THINKING

Those who live according to the sinful nature have their **minds set** on what that nature desires; but those who live in accordance with the Spirit have their **minds set** on what the Spirit desires. The **mind of sinful man** is death, but the **mind controlled by the Spirit** is life and peace. Romans 8:5,6 NIV

3. \_\_\_\_\_

This is how the Holy Spirit sets me free from COMPULSIONS

But you are not controlled by your sinful nature. **You are now controlled by the Spirit if you have the Spirit of God living in you.** Romans 8:9a NLT

So, dear brothers, you **have no obligations** anymore to your old sinful nature-- to do what it **begs** you to do." Romans 8:12 NLT

4. \_\_\_\_\_

This is how God's Spirit sets me free from FEAR

Those who are led by God's Spirit are God's children. For the Spirit that God has given you does not make you slaves and cause you to be afraid; instead, **the Spirit makes you God's children**, and by the Spirit's power we cry out to God, "Father! my Father!" God's Spirit joins himself to our spirits to declare that we are God's children! Romans 8:14-16 TEV

5. \_\_\_\_\_

This is how God's Spirit sets me free from HOPELESSNESS

Since we are his children, we **will** possess the blessings he keeps for his people, and also we **will** possess **with Christ** what God has kept for him! For if we share Christ's suffering, we will also share his glory! I consider that what we suffer at this present time cannot be compared at all with the glory that is going to be revealed to us. Romans 8:17-18 TEV

6. \_\_\_\_\_

This is how God's Spirit sets me free from BITTERNESS

Also, **the Spirit helps us with our weakness.** We do not know how to pray as we should. But **the Spirit** himself speaks to God **for us**, and even begs God for us with deep feelings that words cannot explain. God can see what is in our hearts... and the Spirit speaks to God for his people in the way God wants. Romans 8:26-27 NCV

And we know that in **all** things God works for the good of those who love Him, who've been called **according to His purpose.**" Romans 8:28 NIV

So what can we say about such wonderful things as these? **If God is for us**, who can ever be against us? Romans 8:31 NLT

And since God did not spare even his own Son but gave him up for us all, won't God, who gave us Christ, **also give us everything else?** Romans 8:32 NLT

7. \_\_\_\_\_

This is how God's Spirit sets me free from INSECURITY

I am convinced that **nothing can ever separate us from his love.** Death can't, and life can't. The angels can't, and the demons can't. Our fears for today, our worries about tomorrow, and even the powers of hell can't keep God's love away. Whether we are high above the sky or in the deepest ocean, nothing in all creation will ever be able to separate us from the love of God that is revealed in **Christ Jesus** our Lord. Romans 8:38-39 NLT

**Resources and Acknowledgements:**

Charles Swindoll, Flying Closer to the Flame  
Rick Warren, sermon series "The Invisible War", Saddleback Church

**THIS WEEK'S MEMORY VERSE:**

The Spirit of Him who raised Christ Jesus from the dead lives in you... Romans 8:11a

**RISE** DAILY DEVOTIONS  
Explore what it means to live with hope and power as a "resurrection-focused" person! Get a free RISE daily meditation book in the lobby!

**NEW SERIES STARTS NEXT WEEKEND:  
MEALS WITH JESUS**

Meals matter. Friends are made over food. Families bond over meals. Maybe that's why meals play a major role in about 20% of Luke's gospel. These meals are a window into Jesus' message of grace. In this series, you'll look at all of them-- and find nourishment for your soul.