

PRAYER FOCUS – JANUARY 12, 2025

To activate the Prayer Chain, call/email the church, or text Bonnie.

1. **EMMC—Pray for our conference and the outreach they have:**
 - a. EMMC Recorder - The Recorder is a bi-monthly publication highlighting the work and missions happening within our conference and churches.
Take a look at the fall/winter 2024 issue here: www.emmc.ca/the-recorder
 - b. Organizations across the country were impacted by the recent Canada Post strike. You will notice the EMMC Christmas Catalogue has recently been delivered. People wishing to donate to any of the projects listed in the catalogue may do so until January 31, 2025 in order for it to count towards our EMMC fund raising goal (e-transfer to finance@emmc.ca, go to the EMMC website www.emmc.ca/donate and contribute in the manner that is best suited for you).
 - c. Gathering 2025 is coming! March 21-23 and will be hosted by the Spanish Lookout EMMC, Belize. The theme is “What if?” with guest speaker, Ike Unger, Pastor of Deer Run Church, Leamington ON. Check the EMMC website <https://www.emmc.ca/the-gathering-2025> for details. There is no registration fee. Part of that event will include the 30th anniversary celebration of the Spanish Lookout EMMC church. It will be a weekend of celebration, learning, building relationships, worship and encouragement from various individuals of how God continues to move in and among us. All Gathering events are open to everyone!
2. **Church Family:** Myrtle Loepky – Roni Loepky – Tori Loepky – Anne Loewen
3. **Birthdays:** Scott Klassen (today), Maria Peters (today), Harvey Bueckert (Mon), Anne Loewen (Mon), Ella Neufeld (Mon), Glen Neufeld (Sat)
4. **Prayer Requests:**
 - Continue to pray for Lyndon & Kirsten Neufeld and their son, Logan, who is in hospital. Pray for healing for Logan, for wisdom for his medical team, and for encouragement and endurance for the whole family.
 - Pray for Agnes Peters who is dealing with heart, lung and mobility issues.
 - Pray for three-year-old Xavier, a great-nephew to Glen & Karen Neufeld, as he begins his final round of immunotherapy this week.
 - Pray for Alicia Regehr’s Aunt Helen & Uncle Dave (siblings) who are both dealing with cancer.
5. **Sister Churches:**
 - Region 1, SK/AB:** Hague Gospel Church—Russ & Sue Wilson
 - Region 2, MB C:** Niverville Community Fellowship—David & Kendra Funk
 - Region 3, MN S:** Glencross Mennonite Church—Peter & Audrey Redekopp
 - Region 4, ON:** Aylmer EMMC—David & Marianne Miller
 - Region 6, MX:** Gospel Fellowship Chapel—Herman & Mary Banman

Welcome to

Sutherland
Evangelical Church



Sutherland Evangelical Church

110 – 104th Street Saskatoon SK S7N 1M8 306-934-8981

sec@sutherlandevangelicalchurch.com

www.sutherlandevangelicalchurch.com

You can find us on YouTube!

Lead Pastor: Dale Doerksen — Youth Pastor: Adam Fehr

Sunday School: 9:30AM — Sunday Worship: 10:30AM

- Tithes/offerings can be placed in the Offering Box on the back table.
- Etransfer to treasurer@sutherlandevangelicalchurch.com (be sure to leave a comment with your address if this is a first-time gift).
- Automatic monthly withdrawals —contact our treasurer or the church office.

January 12, 2025

TODAY

USHERS: *Darrell & Russ*

ORDER OF SERVICE

PRELUDE: *Mandi Letkeman*

WELCOME & CALL TO WORSHIP: *Ken Peters*

MINISTRY REMINDERS: *Ken Peters*

WORSHIP IN SONG: *Crystal Nelson*

BIBLE READING CERTIFICATES: *Pastor Dale*

PASTORAL PRAYER: *Pastor Dale*

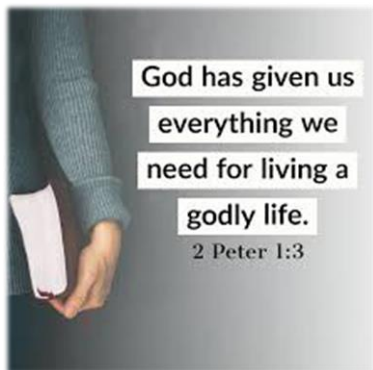
SCRIPTURE FOCUS: *1 Thessalonians 4:1-8 (pg 957) – Ken Peters*

CHILDREN'S PRAYER: *Ken Peters*

MESSAGE: *"The Importance of Self-Control" – Pastor Dale*

CLOSING SONG: *Crystal Nelson*

BENEDICTION: *Pastor Dale*



THIS WEEK

TUESDAY, NOON: Drop-in prayer meeting in our Youth Wing. You are welcome to attend or to text a prayer request to Pastor Dale.

WEDNESDAY: No Bible study this week.

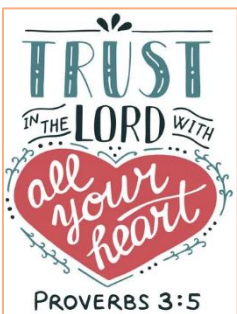
WEDNESDAY, 7:30PM: Region 1 meeting at Antioch Church, #1200 Boucher Ave., Warman, SK.

THURSDAY, 6PM: Church Council supper and meeting. Take note of the earlier start time as we will begin with supper together.

YOUTH/C&C

WEDNESDAY, 7-9PM: Senior Youth Night **SNACK:** Terry & Judy

FRIDAY, 7-9PM: Jr Youth.



NEXT SUNDAY

COFFEE: *Anita*

SOUND: *Tori*

USHERS: *George & Phil*

LIVESTREAM: *Cassidy*

MESSAGE: *"Maintaining a Healthy Appetite"*

PRELUDE: *Eva R*

POWERPOINT: *Roni*

COUNTER: *George F*

WORSHIP LEADER: *Lindsay*

DATES TO REMEMBER

SATURDAY, FEB 1, 11AM-12PM (note the date change): Refresher training for Plan to Protect. This is a required refresher for everyone who took the training in the last year. See insert.

MARCH 20-23: EMMC's *The Gathering* at Spanish Lookout, Belize. www.emmc.ca or contact the office for registration details. See poster.

SEC NEWS

Church Camp Planning Committee: Our annual church camp is booked for Sept 5-7. We are looking for 5-6 people to be on our committee including a chairperson. If you are interested in serving in this capacity, please contact a council member.

From our Treasurer:

↳ General Fund as of Dec 31st:
\$300,050 Income
\$298,956 Expenses
\$ 1,094 Net income



↳ Due to the postal strike and delayed mail, the federal government is allowing donations made during the first two months of 2025 to be claimed on your 2024 income tax return. Therefore, tax receipts for all donations received during January and February will be issued in early March.

Computer monitor: If anyone has an extra computer monitor that you don't need, would you consider donating it to the SEC office? Please let Pastor Adam (or the office) know if you have one.

The Winter 2025 Music Schedule is in mailboxes. If you're on the schedule but didn't receive one, please let the office know.

Baptism Classes are being planned for January. Contact Pastor Dale if you are interested in participating or have any questions about baptism or membership.

Kadesh News: Staff applications are now open for summer '25 positions. We are now processing subsidy requests, in advance of camp registration opening. Registration opens on Feb. 4th. www.campkadesh.com

COMMUNITY NEWS

Fun & Faith presents The Date Night Tour—clean comedy for couples. 7PM, Monday, Feb 10 at Saskatoon West Portal Church. \$20-\$30/person. See poster or go to www.fundandfaith.com

The Importance of Self-Control

SEC – January 12, 2025

Introduction:

A. Lust Defined:

B. Lust Examined:

1. Lust happens when we _____ our personal desires to _____ us into sin. James 1:14-15
2. Lust can occur only in our _____, without any physical action. Matthew 5:28
3. Lust _____ us from the inside—_____ our soul. 1 Corinthians 6:18; 1 Peter 2:11
4. Lust must be dealt with _____ and severely. Colossians 3:5; 1 Thessalonians 4:3-5
5. Lust can be countered by _____ and _____ to God. Philippians 4:8; 2 Timothy 2:2

C. Lust Controlled:

1. Self-control puts _____ desires above _____ desires. Romans 6:12; 1 Corinthians 9:27
2. Self-control _____ as we grow in _____ and knowledge. 2 Peter 1:3, 5-6
3. Self-control must be determined ahead of _____ and then acted on in the moment. Genesis 39; Daniel 1

D. Lust Overcome:

Conclusion:

Lust Overcome

1. Pray—Ask God to help you. This is not something one can do on their own. Regularly and consistently seek help from a divine source of prayer.

2. Connect with God—build intimacy – Often these lustful tendencies are heightened by an inner sense of emptiness or loneliness. We feel depleted and alone and just want some kind of pleasurable release. So we need to be in God’s Word and building connection. We need to be worshipping God and building intimacy with Him.

3. Set boundaries – Job 31:1 “I made a covenant with my eyes not to look with lust at a young woman.” Before the temptation came, Job determined not to look at a woman with lustful intent. Because of a clear boundary, Job was able to recognize and stay clear of lust. We can’t wait for the time of temptation to figure out what to do. Must set clear boundaries ahead of time.

4. Identify reasons to resist. Lust, even if it is just in the mind, is a sin against God. It is a sin against those we fantasize about and use for our sexual fulfillment. It harms our view of other people and treats them as if they can be exploited for someone else’s benefit. Identify why it is wrong—who it hurts.

5. Recognize your triggers. Are there certain activities, shows, places, that make this harder to resist? Is there a particular emotional state or time of day when you are more tempted? Identify what seems to set off these lustful feelings and try to avoid those triggers.

6. Find healthy activities. If this is worse when you feel isolated or lonely, find wholesome ways to engage with others. Finding things that fill your emotional tank in a healthy way, will give you more strength to resist.

7. Build relationship. Don’t disengage from other people. Satan loves to get us alone and feeling sorry for ourselves. That is when we are especially vulnerable. Build healthy relationships with others.

8. Accountability. Find an accountability partner that you can be honest and direct with. Someone who you can call when tempted and who will pray for you. Then, be sure to be honest and up front with them, so this will be truly helpful.