

Troubled Resolutions

Angeline B. David

It's a familiar story. Perhaps your holiday season was much like it. Christ was visiting with dear friends. There was much hustle and bustle. We don't know the size of the group that gathered, but no doubt plenty of work had to be done. Martha was busily serving and making everything just right for her guest of honor.

Then comes the gentle rebuke: "you are worried and troubled about many things. But one thing is needed" (Luke 10:41,42).

Like Martha, many of us become busily engaged with resolutions during this time of year: lose weight, save money, read more, eat less, take a vacation, write a book, call that estranged friend, get organized, and on and on, being "troubled" about many things.

But only 8 percent of people achieve their New Year's resolutions! And 80 percent quit trying after just six weeks. A simple online search will yield many tips about how to avoid becoming part of these discouraging statistics; and although much of this advice is useful, I surmise that most will still lack "one thing."

An article published in the Journal of Nature and Science offers an interesting theory about why most people don't exercise regularly, though they know that physical activity is important. The author suggests that forming a new habit involves a series of mental processes in which the behavior becomes "routine and automatic with little or no conscious awareness." Good behaviors must become nonconscious for them to be lasting-to be habitual. We must change the thoughts and feelings that we don't even realize we have.

Transitioning a health behavior (such as exercise) into a habit can be complex. Many things can hijack our best intentions. Even if we achieve success, a single missed day, a busy week, or a tragic or stressful event can set us back. Is there hope for lasting success?

Why do we fail to do what we know we should?

It is a problem inherent to humanity, and it results from separation from God. Genesis 3 identifies these as mental, emotional, physical, relational, and spiritual brokenness. These entered our bodies, our lives, and our world and continue to "war against" our every effort (see Romans 7:23). Our greatest hope is found in being reconnected to "one thing" – the answer to our brokenness.

Christ told Martha what was most necessary to help with her troubles. He speaks the same message to you and me today. He reminds us that complete success comes through connection with – and submission to – Him. For this reason He voluntarily experienced separation from God. Christ offers reconciliation. He offers success.

When we realize our brokenness, we can accept the broken body of Christ as our necessity.

This is not a miracle cure. It is the strength we need to take one step at a time. Ellen White wrote: "Nothing is apparently more helpless, yet really more invincible, than the soul that feels its nothingness and relies wholly on God."

Our journey will be troubled with many things. This is not just about resolutions to start the year. We can try to resolve our problems on our own, or we can make Christ our "one thing", and let His strength be made perfect in our weakness (see 2 Cor. 12:9).

Angeline B. David, Dr.P.H., M.H.S., R.D.N., is director of North American Division Health Ministries.

Sabbath Together

January 4, 2020

Sabbath School

Classrooms:

Classroom 1 - Traditional Quarterly
Classroom 20 - Spanish Sabbath School
Classroom 14 - Prayer Study - Jan Yates
Choir Room - Bible Study - David Rendon
Youth Lounge - Young Adult 18-35 - Hans Burda & Daniel Davis

Children's Classes:

Cradle Roll - Birth to 3: Classroom 3
Kindergarten - Age 4 through 1st Grade: Classroom 4
Primary - Grades 2-5: Classroom 2
Juniors - Grades 5-8: Classroom 7
High-School - Grades 9-12: Classroom 9
Classrooms are on the North, South & West Halls

Sabbath Worship Service 11:00 AM

Welcome		Robert Plant, li
Safety First Update		David Riley
Call To Worship	<i>We Have This Hope</i>	Hymn 214
Hymns of Praise	<i>Power in the Blood</i>	Hymn 294
Children's Story		
	<i>(The Lamb's Offering will benefit Lubbock Junior Academy)</i>	
Praise In Giving	Church Budget	Cindy Riley
	~ ~ ~ Tithes and all offerings also received at this time ~ ~ ~	
Offering Response		Hymn 694
	<i>Praise God From Whom All Blessings Flow</i>	
Song of Prayer	<i>I Must Tell Jesus</i>	Hymn 485
Circle of Prayer		James Petty
Song of Response	<i>Hear Our Prayer, O Lord</i>	Hymn 684
Message in Song	The Midnight Cry	Robert Plant, II
Message	We Know Not the Hour Matthew 24:36	Robert Plant, II
Closing Song	<i>We Know Not the Hour</i>	Hymn 604
Benediction		Robert Plant, II

But of that day and hour knoweth no man, no, not the angels of heaven, but my Father only. Matthew 24:36

Praise Leader: Tammy Allen-Reed

Pianist: Robert Plant, II

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Offering Next Week: Church Budget
Speaker Next Week: Dr. Winifredo Paez

Attendance Last Week: 144

Deacon in Charge: David Riley ~ Elder in Charge: Jose Orellana

Today's Greeters: Tammy & Jay Reed

How To Reach Us

Board of Elders:

Robert Plant, II, Chair	806.441.1090
Glenn Blake	806.790.9549
Luis Moreno	956.999.3666
Jose Orellana	817.709.4068
Melwin "Bim" Paez	240.460.7923
Ed Thorne	806.535.4300
Teddy Tubbs	806.746.5540
Cindy Riley, Treasurer	806.928.9713
David Riley, Chair, Board of Deacons	806.577.2990
Michele Crawford, Chair, Board of Deaconess	970.901.0987
Kathy Flyger, Church Event/Building Coordinator	806.535.7770
Church Office	806.793.8614
Church FAX	806.799.5136
Church Email Address	lubbockadventist@sbcglobal.net
Church Website:	http://www.lubbockadventist.org
Marybel Orellana; LJA Principal/Teacher	817.709.3965
Lubbock Junior Academy	806.795.4481
Adventist Book Center - Texas	800.333.1844
Texico Conference Office	1.505.244.1611
Conference Website:	http://www.texico.org/

Important Announcement

Final Empire

January 23, 24 & 25, 2020

Religious Liberty's Last Stand

Is America on the verge of collapse?

Opening Session: **Republic Rising**

Session 2: **Christianity Corrupted**

Session 3: **The Earth Opens Up**

Session 4: **America's Last Stand**

A free event starting January 23, 7:00pm
With Shawn Boonstra, in the Worship Center

Our church will be one of the participating locations

Mark your calendar, invite your family & friends

Visit: FinalEmpire.com

~ ~ ~ ~ ~

Southwestern Union Children's Ministries Training Retreat - March 6-8

Camp Hoblitzelle - Midlothian, TX

Registration is required

Early registration \$99 if paid by January 10

~ ~ ~ ~ ~

Lubbock Seventh-day Adventist Church Sabbath Morning Messages are now available on You Tube: Lubbocktexicoadventist bit.ly/LubbockTexico Available to watch at your convenience



LUBBOCK

SEVENTH-DAY ADVENTIST CHURCH

MISSION STATEMENT

We, as children of the Living GOD, are here to

UPLIFT JESUS CHRIST,

His teachings and His commandments with all our hearts, souls and minds.

As redeemed servants of Christ, we are to serve and to prepare all for the Second Coming of Jesus Christ as the Blessed Hope and encouragement for all mankind.

Mailing Address: P O Box 6277
Lubbock, TX 79493-6277

5302 Elgin Avenue
Lubbock, Texas 79413
806.793.8614

Website: <http://www.lubbockadventist.org>

Prayer Requests

► CHURCH FINANCES

(for God's continual Leading as church and LJA projects are funded)

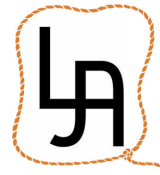
◆ **Our President, Leaders of our country, Leaders of our Church, our Pastors, Elders, School Teachers and Local Church Ministry Leaders**

◆ **All Disaster Victims - EARTHQUAKES, FIRES & FLOODS**

◆ **Pray for Christ's followers who are being persecuted and/or killed for their faith world wide.**

- ◆ Andi (Relief from pain)
- ◆ Andi's Grandfather (angiogram)
- ◆ Andi's Mother-in-law (cancer)
- ◆ Debbie Bellknap (Cancer-Free!!)
- ◆ Mary Blake (continued healing)
- ◆ John Brown (healing)
- ◆ Myrtle Busby (Relief from pain)
- ◆ Torey Brumfield (healing)
- ◆ David Cartwright (healing)
- ◆ Donna Cartwright (health)
- ◆ Ken Cartwright (healing)
- ◆ Joe Castillo (health/healing)
- ◆ Jerry Castro (health/healing)
- ◆ Karen Contreras (health/healing)
- ◆ Michele Crawford's nephew Ryan Conley (healing)
- ◆ Jaydee Fremgen (health/healing)
- ◆ Johnson Fung (continued healing)
- ◆ Charles Gaines (healing)
- ◆ David Galloway (surgery)
- ◆ Olga Garcia (healing)
- ◆ Angel Moreno (Safety & Peace)
- ◆ Jennifer Petty (continued healing)
- ◆ Petty's niece, Lisa Stewart (health)
- ◆ Petty's Grandson, Bryce
- ◆ Petty's neighbor "Luis" (healing)
- ◆ Kathy Phillips (health/healing)
- ◆ Victorina Prieto (healing)
- ◆ Rebekka Plummer's friends "Adam for a job" and "Jesse"
- ◆ Cindy Riley's sister (healing) & her cousin "Tim"
- ◆ Esther Slaughter (health)
- ◆ Grace Fields (Breast Cancer)
- ◆ Terry & Pam Tubbs (Baby girl born 12/13, lung cyst)
- ◆ Teddy Tubbs (Strength/healing)
- ◆ MaryAnn Ulery's co-worker, & friend (health)
- ◆ Aaron Tygart (healing both Spiritual & Physical)
- ◆ Kathy Yates (healing)
- ◆ Duane Young family (healing)
- ◆ **Unspoken** prayer requests Healing, finances and families.

Lubbock Junior Academy . . .



Recruiting students for 2020-2021 School year

Student Handbook & Applications are available at the school or church office.

Lubbock Junior Academy

School Mission Statement

Building A Better World ~ One Child at a time

Please feel free to contact:

Marybel Orellana, M.Ed., Principal/Teacher, 5-8

Email: morellana@texico.org

Phone or Text 817.709.3965 **School** 806.795.4481

Melwin "Bim" Paez, Teacher, Grades K-4

Phone or Text 240.460.7923

Robert Plant, II - School Board Chair, 806.441.1090

Cindy Riley, Treasurer, 806.928.9713

or the Church Office, 806.793.8614

~ ~ ~ "Like" us on Facebook ~ ~ ~

CHURCH ROOF LOAN

2019	Payment	Received	
Jan-Mar	\$10,632	\$10,166	(\$ 466)
April-June	\$10,632	\$10,578	(\$ 54)
July-Sept	\$10,632	\$10,969	\$ 337
October	\$3,544	\$ 4,264	\$ 720
November	\$3,544	\$ 3,106	(\$ 438)
December	\$3,544	\$ 3,179	(\$ 365)

Oops! We didn't make our payment . . .

We need to be a month ahead at all times, as the payment is drafted from our bank account on the 10th of each month.

CHURCH FINANCES AT A GLANCE

TITHE			
	This Year (Jan-Dec)	Last Year (Jan-Dec)	
December 2019	YTD 2019	YTD 2018	
\$32,831	\$287,824	\$280,730	
CHURCH BUDGET			
	Required	Received	Need
December 2019	\$12,330	\$11,040	\$1,290
ROOF LOAN (15-Year Note)			
Original Roof Loan	Monthly Payment	Balance 12/31/19	
\$420,000	\$3,544/month	\$316,339	

~ ~ Thank You For Remembering our Church Expenses ~ ~
A total of \$12,330 is required monthly for every ministry to be fully funded.

Please place your contribution in an offering envelope and designate the ministry to which your offering is to be allocated. Undesignated offerings will go to the Church Budget. All the ministry efforts of the Lubbock Seventh-day Adventist Church have been made possible by your generous contributions and faithful stewardship. You are deeply appreciated and your financial support is making a significant difference.

Upcoming Events

Children's Church Schedule:

Sabbath, January 11 & 25; February 8 & 22:

Following the Children's Story
Parental permission requested.

Ronald McDonald House - Saturday, January 11, 5:30pm. Men's Ministry will provide the evening meal for the residents of the Ronald McDonald House. Contact David Riley at 806.577.2990 to volunteer food.

Women's Ministry Prayer Breakfast, Sunday, January 12, 9-11am at the home of Anita McChesney

Social Committee - Sunday, January 12, 2:00pm
In the Board Room

Home & School - Tuesday, January 14, 6:00pm
Conference Center - Everyone is invited and encouraged to attend this Home & School Meeting!
Come, bring your ideas! Be a part of blessing and enriching our school in ways that will develop a continual deep bond with our Church.

School Board - Tuesday, Jan. 14, 7:00pm, Classroom 1

LJA Field Trip - Wednesday, January 15, 9:30am
5th through 8th Grade Students will attend a Symphony Concert at the Lubbock Civic Center

Wednesday Bible Study: The Judgement
Wednesday, January 15, 7:00pm in Choir Room
"How Miller made his mistake"

Martin Luther King Day -
Monday, January 20 - No School

Wednesday Bible Study: The Judgement
Wednesday, January 22, 7:00pm in Choir Room
"Why 1844 & How to calculate"

Final Empire — January 23-25
Religious Liberty's Last Stand

Is America on the verge of collapse?

Opening Session: **Republic Rising**

Session 2: **Christianity Corrupted**

Session 3: **The Earth Opens Up**

Session 4: **America's Last Stand**

A free event starting January 23, 7:00pm
With Shawn Boonstra, in the Worship Center

Wednesday Bible Study: The Judgement
Wednesday, January 29, 7:00pm in Choir Room
"What Happened October 22 & How to calculate"

LJA Teacher In-Service Day
Monday, January 27, No school

Welcome

to the Lubbock Seventh-day Adventist Church.
It is good to have you with us today. We pray that our time together assists you in your growth in the grace and knowledge of our Lord Jesus Christ.
If you are visiting, please introduce yourself to one of our Elders or Deacons — who are here to greet you.
If you are looking for a church home, we pray you will find it with us!

Today's Events

A Day of Prayer and Fasting

Please pray for the Holy Spirit to be poured out in a powerful way in the first quarter Day of Prayer and Fasting, which will occur today, January 4, 2020.

The emphasis for this coming quarter is: "Pioneer Prayer."

www.revivalandreformation.org

9:30am - Sabbath School - Church in Bible Study

11:00am - Divine Worship Service - Worship Center

11:00am - Spanish Divine Worship Service - Room 20

12:00pm - Deacon Meeting - Fellowship Hall

3:00pm - Prayer Warriors - Classroom 1

5:00pm - Sundown Vespers - Classroom 1

5:00pm - Spanish Vespers - Classroom 20

7:00pm - YAM - Young Adult Ministry - Youth Lounge

The Joy and Blessing of the Sabbath

Concludes today at 5:52pm ~ Begins next Friday at 5:57pm

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Events This Week

Sunday - January 5

9:00am - Men's Breakfast - All men are invited to meet at the Golden Corral for Breakfast and fellowship.

1:30pm - Finance Committee - Board Room

2:00pm - Church Board - Classroom 1

2:30pm - Women's Prayer Group - Board Room

3:00-5:00pm - Pathfinder Club - Classroom 7

Monday - January 6

8:30am - LJA Classes resume

7:00pm - Men's Prayer Group - Board Room

Tuesday - January 7

7:00 - LJA Marketing Committee - Classroom 1

Wednesday - January 8

7:00pm - Wednesday Bible Study: The Judgement

"Why A Day for A Year?" - in Choir Room

Friday - January 10

5:57pm - the Joy of the Sabbath begins.

Intercessory Prayer

And I sought for a man among them that should make up the hedge and stand in the gap before me for . . .

Name: _____

(Optional)

Please stand in the gap for me - that God's divine will be done regarding the following . . .

*Fill in your request, tear off, place in the Offering plate, or give directly to the Pastor or to one of the Elders.
May God Bless You!*