

Adding to Your Spiritual Cup

Inner Joy

A cup is used to describe a person's attitude towards life. Take a cup and fill it half full with water, milk or Pepsi. Then ask a person if the cup is half full or half empty. The pessimist says "Why the cup is half empty." Whereas the optimist declares, "The cup is half full."

When I began thinking and praying about this topic, optimism, I was reciting the 23 Psalm when the words "my cup runth over" resonated with me. I thought, that is a perfect description of my spiritual life, my cup is full and overflowing. My new life in Jesus Christ is my source of optimism. Frederick Faber said. "No one need be downcast; for Jesus is the Joy of heaven and it is His Joy to enter our sorrowful hearts."

Then began the examination of the soul, what is it that gives me this attitude? I know it is my personal relationship with Jesus, but how exactly do I describe this inner joy, this consistently positive outlook? It is certainly not the circumstances of my life; the roller coaster ride of my emotions. That's not it. Nothing on earth is a source of continuous spiritual optimism. I know many of my emotions or reactions are "of the flesh." So what is the source of this perpetual optimism?

I can best describe this inner joy as having accepting the gift of salvation, the knowledge of Jesus, knowing, beyond a doubt, that Jesus has the power to deliver on all of His promises and complete trust in Him.

Trust in Him

Facing the diagnosis of cancer can be wrenching, one of the most frightening words in the English language. When I was diagnosed with breast cancer twelve years ago, I trusted Jesus to see me through the journey. I required four surgeries. Each time I heard His still small voice; "Trust me.....Trust me more" When I was diagnosed with breast cancer again, a few years later, and was required to have surgery again, my trust in Him was deepened as I heard the words, "trust me more." My fears were washed away with my complete trust in Jesus during this journey. Jesus led me through this experience and has deepened and completed my trust in Him. He has proven to be trustworthy. This trust adds many ounces to my spiritual cup.

Knowledge of Him

This scripture promises everything we need. "His divine power has given us everything we need for life and godliness through our knowledge of him who called us by his own glory and goodness." 2 Peter 1:3 Through our knowledge of Jesus, everything we need is available to us as we seek Him and discover His divine nature. Now this discovery doesn't happen in a flash, but is a continual pursuit of Jesus. "What is more, I consider everything a loss compared to the surpassing greatness of knowing Christ Jesus, my Lord, for whose sake I have lost all things." Philippians 3:7 May these scriptures

resonate in your heart to encourage you to deliberately pursue His divine nature and apply His teachings to your life to fill your cup.

His Precious Promises

"Through these He has given us his very great and precious promises, so that you may participate in the divine nature and escape the corruption in the world caused by evil desires." 2 Peter 1:4

A powerful promise is "You have been set free from sin, and have become slaves to righteousness." Romans 6:18. We know that Jesus died for our sins, that if we have a repentant heart asking for forgiveness, Jesus forgives our inequity. We are free of guilt, led by the Holy Spirit to say 'No" to temptation. Another precious promise is....Jesus has reconciled our lives with God the Father so that we can approach the throne of God with assurance. WOW we are reconciled with the one and only God of the universe. Paul describes this better than my humble words. "For if, when we were God's enemies, we were reconciled to him through the death of his Son, how much more, having been reconciled, shall we be saved through his life. Not only is this so, but we also rejoice in God through our Lord Jesus Christ, through whom we have now received reconciliation." The sin of separation from God is removed. Isn't that a source of joy? Oneness with the Eternal God, Father of all. I imagine ten thousand times ten thousand angels singing "Glory be to God."

We have the precious promise of our Father's presence wherever we go. "The Lord himself goes before you; and will be with you. He will never leave you nor forsake you. Do not be afraid; do not be discouraged." Deuteronomy 31:8 We have constant help through the indwelling presence of

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the Holy Spirit. "And I will ask the Father and he will give you another Counselor to be with you forever – the spirit of truth." John 14:16 We have a lifelong, nourishing supply of His blessings. "The Lord God is a sun and a shield, the Lord bestows favor and honor, no good thing does he withhold from those whose walk is blameless." Psalm 84:11

As I searched my soul, this promise is one that fills my cup during my time of need:

"I am convinced that neither death nor life, neither angels nor demons, neither present for the future, nor any powers, neither height nor depth nor anything else in all creation will be able to separate us from the love of God that is in Christ Jesus our Lord." Romans 8:38-39 We can always rely on His unconditional, unending, unbound love, mercy and compassion as children of God. This is an incredible source of my optimism.

But just in case life seems overwhelming and unbearable, if you face dire situations; open your Bible to Philippians Chapter 4. Reading His words can help overcome negative thoughts. "Rejoice in the Lord always, I will say it again: Rejoice!...And the peace of God which transcends all understanding, will guard your hearts and your minds in Christ Jesus." Philippians 4:4,7

Each of us can search His word and find the riches of Jesus, spiritual riches that last a lifetime, knowing He will guide us Home.

I can do everything through Him who gives me strength,

Nona



connect

TLC

Together Loving Christ

Are you sharing in the exciting and spiritual blessings of studying God's Word and discovering how it applies to your contemporary life?

Join with us in our Adult Study Group at Sunny Place every Thursday at 7:00 p. m.

Grow in the Word!



Visit us at: www.SunnyPlaceChurch.org



901 E. Oak Street, Addison, IL 60101

Elders Minutes of Meeting held August 7, 2019

Attended by Pastor Pete Weber, Phyllis Clark, Tim Kasza, Ted Gehman, Sam Jacob and Nona Koivula

Prayer and Devotion: "Devote yourselves to prayer, being watchful and thankful. And pray for us, too, that God may open a door for our message, so that we may proclaim the mystery of Christ, for which I am in chains. Pray that I may proclaim it clearly, as I should. Be wise in the way you act towards outsiders; make the most of every opportunity (redeem the time. KJV). Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone." *Colossians 4:2-6*

Reports

Treasurer: Budgeted bank balance \$1,050.78 Giving for July, \$6,722 Expenses \$13,367.34

Worship & Prayer: Hymn Night rescheduled to Friday Oct 25. The next ministry meeting will be Sunday Sept. 1.

Christian Education &Fellowship: Pastor Pete is leading the Adult Bible study Sunday mornings on the topic "Peacemakers" which will continue to Sept. The annual church picnic will be after Sunday worship service on Sept. 8th. There will be a fellowship event, Saturday Sept. 28, Soup & Soap. This will be hands on workshop to make soap as well as enjoying homemade soup from 11am to 2 pm.

Pastoral Care & Encouragement: Plans are in place to serve the Body of Christ with cards, flowers and greeters in Eva's absence. Sam continues with pastoral care as needed.

Outreach & Missions: Outreach continues with the Second Saturday Senior Luncheons at our church. Missions are working with the Beverly team for the On Mission for God mission's program on Saturday, Aug 24. There will be breakfast and luncheon served. Phyllis sent invitations to other Churches of God in the Chicago area.

Stewardship & Support Services: Tim reported that the work camp, held August 1, 2 and 3rd was the most successful camp held. On Saturday there were 22 people helping at our church. 59% of the tasks were completed, many of them major projects such as removing the weeds along the fence, and completing the exterior painting of the parsonage. The air conditioner units were inspected and one may need to be replaced next year. Tim thanked all the people who volunteered their time to repair, clean and beautify our church.

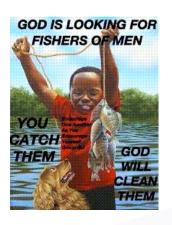
New and Old Business

- On Mission for God Workshop prepared and presented by our missionaries, Peggy and Steven Beverly to be held Saturday, Aug 24th
- Pastor Appreciation will be Sunday October 27

Next Elders meeting will be Sept 4, 2019



Connection





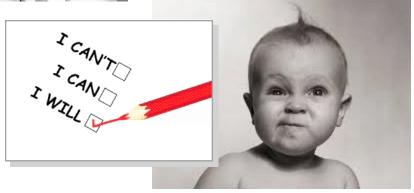








IF YOU NEED HELP ASK GOD IF YOU DON'T THANK GOD







Sunny Place Church Annual Picnic

Sunday, September 8th, 12:30 p.m.

Come join us for an afternoon of fun, food and fellowship!

Meat and drinks will be provided.

Please bring a dish to share.

Bring friends and family,

Soup & Soap

Saturday, September 28th, 11 a.m-2:00 p.m.

Yes, that is an unusual duo. Come and learn about the origins of soap-making and participate in creating cold process soap. For \$5.00, at the door, you can take home 3 bars of handmade soap! This learning experience will enrich your knowledge and is designed for women and men over 12 yrs.

11:00 a.m. Welcome, prayer, short soap quiz

11:20 a.m. History & instructions of soap making

12 noon Taste and see that the Lord is good, and

enjoy our delicious home make soup

12:40 p.m. Hands-on soap demonstration

1:40 p.m. Wrap your soap

Please make reservations with Lori, 509-359-0162 or Nona, 630-220-4298 by September 22nd to insure there will be enough soap making materials for you.





NiCE Diaper Project

Saturday, September 21st, and October 19th 9:00 a.m.—2:00 p.m. at Sunny Place Church

We will be cutting out fabric, and sewing diapers for the women of Nicaragua. It's as easy as 1.2.3. This is an Outreach Ministry project. Please help if you can. It will be fun and also very rewarding.

Please talk to Laura or Nona for more details, and let them to know if you plan to attend.







SENI RS LUNCHEON

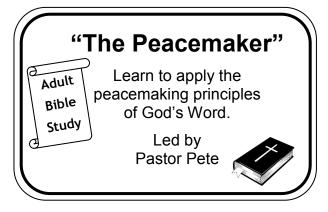
2nd Saturday Senior Luncheon

Saturday, September 14th, 11:30 a.m. at Sunny Place Church

Come be our guest for food, great speakers and activities. Free event for Seniors 55 & up. Register now at 630/398-2314

Sunday School Line-Up

Sunday School at 9:30 a.m.



Children's Classes

Led by Carla Weber

Nursery services are provided

Thursday Evenings 7:00 p.m. at Sunny Place



"The Lessons of the Kings"

A Study of the four books of the Kings.

Led by Pastor Pete





September 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Holy Communion	2 Lanny*	3	4	5	6	7
Worship & Prayer Ministry Meeting after Worship Service			Elders Meeting 7:00 p.m. at Sunny Place	Adult Bible Study 7:00 p.m. at Sunny Place		
8 Church Picnic	9	10	9.11.2001	12 Adult Bible	13	14 2nd Saturday
			PATRIOT DAY	Study 7:00 p.m. at Sunny Place		Senior Luncheon 11:30 a.m. at Sunny Place
15 Missions, Outreach & Evangelism Mtg.	16	17	18	19	20	21
Afternoon of Prayer Light Lunch following after Worship				Adult Bible Study 7:00 p.m. at Sunny Place		NiCE Foundation Diaper Project 9:00 am-2:00 pm at Sunny Place
22	23	24	25	26	27	28
	First Day of Autumn			No Adult Bible Study		Soup & Soap Ladies Fellowship 11:00 a.m. at Sunny Place
29	30					