

Today's Message

“Dealing With Your Feelings”

Rev. Larry Tieman, Senior Pastor
Immanuel Lutheran Church

September 17, 2017

Catch up on past sermons you may have missed at: www.immanuelcl.org/media-resources

New Here... Welcome!

If you are new to Immanuel Lutheran Church and School, we would love to meet you! Be sure to stop by our “Connection Center” where a **welcome gift** is waiting for you, and thanks for sharing worship with us today!

What's Happening:

You can always keep in touch with what's happening by checking in at our website: www.immanuelcl.org

Connecting

A Connection card helps us to get to know you! We like to send a thank you for visiting us, and to help you find classes or connections that might best fit what you are looking for.

I'd like to Know More

We would love to answer your questions! Call the church office or email: stieman@immanuelcl.org

Service Times: Saturday Evenings, 6:00pm Historic Church • Sunday Mornings 8:00 - 9:30 - 11:00 Pathway Court *

SERMON NOTES

“But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law” (Galatians 5:22)

1. UNDERSTAND YOUR EMOTIONS

- A. G_____ has emotions.
- B. Your ability to feel is a g_____ from God.

“Then God said, ‘Let us make man in our image, in our likeness...’”(Genesis 1:26)

- C. Two e_____ to avoid.
 - 1. Emotionalism: _____.
 - 2. Stoicism: _____.

- D. God gave us the P_____ so we could understand our emotions.

2. WHY I WANT TO LEARN TO MANAGE MY EMOTIONS

- A. Because my feelings are often un_____.

“There is a way that seems right to a man, but in the end leads to death.” (Proverbs 14:12)

- B. Because I don't want to be m_____.

“Be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour.” (1 Peter 5:8)

- C. Because I want to p_____ God.

“...Do not live the rest of [your] earthly lives for evil human desires, but rather for the will of God.” (1 Peter 4:2)

- D. Because I want to be s_____ in life.

3. MANAGING UNWANTED FEELINGS

- A. N_____ it

“My thoughts are restless and I'm confused.” (Psalm 55:2)

- 1. What am I really feeling?
- 2. What triggered it?

- B. C_____ it

Eliphaz asked Job: ***“Why has your heart carried you away, and why do your eyes flash?” (Job 15:12)***

- C. C_____ it
 - 1. Ask God every day to fill you with the H_____.
 - 2. Ask God every day to help you m_____.

“May the words of my mouth and the meditation of my heart be pleasing in your sight, O Lord!” (Psalm 19:14)

MY NEXT STEPS . . .

- *Reflect on Galatians 5:22 this week.
- *Make a practice to read the Psalms.
- *Make plans to join us and invite 2 friends to next Sunday's Celebration.

Coming Up at >>



Immanuel

>> Sunday, September 17, 2017 - Fifteenth Sunday after Pentecost

Touching Hearts and Transforming Lives with the Light of Jesus Christ...

Sundays at 9:30 am

Tot Time (1 & 2 Year Olds w/Parents)	Gym
Sunday School (Age 3—5th Grade)	Classrooms (Sign in by computer Lab)
Verge (6th Grade)	Room 203 (6th Grade Classroom)
Confirmation (7th - 9th Grades)	Multi-Purpose Room
High School Transformed (10-12 Grades)	Youth Room
Lifetree Café	Library
Transformed Groups	Art Room Music Room Conference Room
Nursery is available	

YOU'RE INVITED TO IMMANUEL'S FIRST
FAMILY FALL FEST

Join us on
September 22-24, 2017

Thrill Rides
Challenging Game Booths
Delicious Food

NOT AN IMMANUEL MEMBER?
No problem! This event is open to the public!

CARNIVAL WRISTBAND TICKETS — Immanuel families are able to purchase Carnival wristband tickets in advance at a discounted price. You can buy the wristbands TODAY between services or Thursday, Sept. 21st at the Immanuel conference room 8 am – 3 pm. Cash or checks can be made out to Immanuel. No presales will be made Friday, the day of the carnival. Wristband unlimited ride times are Friday, Sept. 22nd, 5–9 PM and Sat, Sept. 23rd, 1-5 PM - 1 day \$15 or 2 day \$20.

***SAVE THE DATE: OCTOBER 14, 2017 FREE COMMUNITY CLINIC**

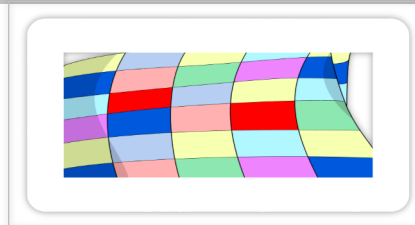


Altar Flowers are in celebration of Ian Solak's 17th birthday. We are also celebrating the baptisms of Alessandra & Barron Kalamatas today!



OKTOBERFEST- CHECKERS II IN UNION—OCTOBER 1st

Bring family and friends to this fun, fellowship event! Checkers II serves German food and hosts a live band outdoors under a big tent each year for Oktoberfest. Immanuel has reserved the space on **Sunday, Oct. 1 from 2-6 pm**. Cost is \$20/adult, \$15/teen, and \$10/child, which covers the cost of food and entertainment. Drinks to be purchased separately. Please visit a Sunday morning ministry table or the church/school office for a flier, to RSVP your spot and to pay in advance. **Gemutlichkeit!**



TAKE A PEEK — Hanging on the north side of the commons is a beautiful quilt decorated by the children of ILC. In April, 2017 during the Project Linus serving event, children decorated quilt squares and learned how to use a sewing machine. After that, Jennifer Schulz worked her magic and made the finished project. Thank you children and Jennifer!

rightnow MEDIA

Quality Christian Programming: RightNow Media is a free, Netflix like Christian resource for adults and kids alike. This free resource is open to *anyone*, for a free subscription to the RightNow Media Library, visit our website at <http://immanuelcl.org/resources/rightnow-media-library/>. Any questions, contact Laura at lgilleland@immanuelcl.org or in the church office.

Get the latest weekly Announcements, event postings, and information at: www.Immanuelcl.org

* **Families with Young Children:** Changing tables are found in the washrooms down the hall on the left of the worship area. Nursing Mom's room is located behind the desk in the Library (doors on the back wall of worship area).