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**INTENTIONAL**  
**LOVE THE FAMILY CHURCH**  
**January 30, 31, and February 3**

*“But as for me and my household, we will serve the LORD” (Joshua 24:15). Jesus is the Foundation Stone upon which God builds his Church. The next stone God uses to build his Church is the family. Therefore, we are committed to strengthening marriage relationships and the family in our own homes, in our congregation, and in our community.*

**FACE MASK PLEASE**

In humble service to all in our church community, we are asking all present from age 5 and up to wear a face mask during worship. Face masks are available from the ushers if you are without one. If you are unable to wear a face mask, please do all you can to maintain social distance from others. In Christian love, let us seek to protect the health of others.

**BELLS AND WELCOME**

**HYMN**

**Oh, Blest the House, Whate'er Befall**

**Oh, blest the house, whate'er befall,  
Where Jesus Christ is all in all!  
A home that is not wholly his --  
How sad and poor and dark it is!**

**Oh, blest that house where faith you find  
And all within have set their mind  
To trust their God and serve him still  
And do in all his holy will.**

**Oh, blest the parents who give heed  
Unto their children's foremost need  
And weary not of care or cost.  
May none to them and heav'n be lost!**

**M** In the name of the Father and of the + Son and of the Holy Spirit.

**C** **Amen.**

**M** Unless the LORD builds the house, the builders labor in vain.

**C** **Unless the LORD watches over the city, the guards stand watch in vain.**

M In vain you rise early and stay up late, toiling for food to eat—  
C **for he grants sleep to those he loves.**

M Children are a heritage from the LORD, offspring a reward from him.  
C **Blessed is the person whose quiver is full of them.**

M May the LORD bless you from Zion;  
C **May you live to see your children's children** (Psalm 127-128).

#### PRAYER OF THE DAY

M Let us pray.  
Heavenly Father, we commend to your care all the homes where your people live.  
C **Fill them with faith, virtue, knowledge, moderation, patience, and godliness.**

M Bind together in enduring affection those who have become one in marriage.  
C **Let children and parents have full respect and affection for one another.**

M We pray through Jesus Christ, our Lord, who lives and reigns with you and the Holy Spirit,  
one God, now, and forever.  
C **Amen.**

#### BAPTISMS

(Sunday 9:15 am)  
Naomi Rose Dellevar  
*Daughter of Aaron and Lauren (nee Bugenhagen) Dellevar, born January 6, 2021*

(Sunday 10:45 am)  
Waverly Joy Noffsinger  
*Daughter of Ryan and Candace (nee Stack) Noffsinger, born January 7, 2021*

#### THE WORD

##### OLD TESTAMENT LESSON

##### **Joshua 24:1-15**

*Love the Family Church by being a "His Story" teacher.*

Then Joshua assembled all the tribes of Israel at Shechem. He summoned the elders, leaders, judges and officials of Israel, and they presented themselves before God.

<sup>2</sup>Joshua said to all the people, "This is what the LORD, the God of Israel, says: 'Long ago your ancestors, including Terah the father of Abraham and Nahor, lived beyond the Euphrates River and worshiped other gods. <sup>3</sup>But I took your father Abraham from the land beyond the Euphrates and led him throughout Canaan and gave him many descendants. I gave him Isaac, <sup>4</sup>and to Isaac I gave Jacob and Esau. I assigned the hill country of Seir to Esau, but Jacob and his family went down to Egypt.

<sup>5</sup>“Then I sent Moses and Aaron, and I afflicted the Egyptians by what I did there, and I brought you out. <sup>6</sup>When I brought your people out of Egypt, you came to the sea, and the Egyptians pursued them with chariots and horsemen as far as the Red Sea. <sup>7</sup>But they cried to the LORD for help, and he put darkness between you and the Egyptians; he brought the sea over them and covered them. You saw with your own eyes what I did to the Egyptians. Then you lived in the wilderness for a long time.

<sup>8</sup>“I brought you to the land of the Amorites who lived east of the Jordan. They fought against you, but I gave them into your hands. I destroyed them from before you, and you took possession of their land. <sup>9</sup>When Balak son of Zippor, the king of Moab, prepared to fight against Israel, he sent for Balaam son of Beor to put a curse on you. <sup>10</sup>But I would not listen to Balaam, so he blessed you again and again, and I delivered you out of his hand.

<sup>11</sup>“Then you crossed the Jordan and came to Jericho. The citizens of Jericho fought against you, as did also the Amorites, Perizzites, Canaanites, Hittites, Girgashites, Hivites and Jebusites, but I gave them into your hands. <sup>12</sup>I sent the hornet ahead of you, which drove them out before you—also the two Amorite kings. You did not do it with your own sword and bow. <sup>13</sup>So I gave you a land on which you did not toil and cities you did not build; and you live in them and eat from vineyards and olive groves that you did not plant.’

<sup>14</sup>“Now fear the LORD and serve him with all faithfulness. Throw away the gods your ancestors worshiped beyond the Euphrates River and in Egypt, and serve the LORD. <sup>15</sup>But if serving the LORD seems undesirable to you, then choose for yourselves this day whom you will serve, whether the gods your ancestors served beyond the Euphrates, or the gods of the Amorites, in whose land you are living. But as for me and my household, we will serve the LORD.”

VIDEO

**The Family Church – Daily Devotions**

*The Westendorf Family*

HYMN PRAYER

**Let Children Hear the Mighty Deeds**

**Let children hear the mighty deeds  
Which God performed of old,  
Which in our younger years we saw,  
And which our fathers told.**

**Make unto them his glories known,  
His works of pow’r and grace,  
And we’ll convey his wonders down  
Through every rising race.**

**Our lips shall tell them to our sons  
And they again to theirs  
That generations yet unborn  
May teach them to their heirs.**

You, however, must teach what is appropriate to sound doctrine. <sup>2</sup>Teach the older men to be temperate, worthy of respect, self-controlled, and sound in faith, in love and in endurance.

<sup>3</sup>Likewise, teach the older women to be reverent in the way they live, not to be slanderers or addicted to much wine, but to teach what is good. <sup>4</sup>Then they can urge the younger women to love their husbands and children, <sup>5</sup>to be self-controlled and pure, to be busy at home, to be kind, and to be subject to their husbands, so that no one will malign the word of God.

<sup>6</sup>Similarly, encourage the young men to be self-controlled. <sup>7</sup>In everything set them an example by doing what is good. In your teaching show integrity, seriousness <sup>8</sup>and soundness of speech that cannot be condemned, so that those who oppose you may be ashamed because they have nothing bad to say about us.

<sup>11</sup>For the grace of God has appeared that offers salvation to all people. <sup>12</sup>It teaches us to say “No” to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age, <sup>13</sup>while we wait for the blessed hope—the appearing of the glory of our great God and Savior, Jesus Christ, <sup>14</sup>who gave himself for us to redeem us from all wickedness and to purify for himself a people that are his very own, eager to do what is good.

## VIDEO

**The Family Church – Marriage Mentoring***Meta Rosenberg*

## GOSPEL LESSON

**Mark 10:1-16, Evangelical Heritage Version***Love the Family Church by Unconditional Love*

*After the announcement of the Gospel, the congregation sings:*



Glo-ry be to you, O Lord! Glo-ry be to you, O Lord!

Jesus got up and went to the region of Judea beyond the Jordan. Crowds gathered around him again and, as he usually did, he taught them. <sup>2</sup>Some Pharisees came to test him and asked, “Is it lawful for a man to divorce his wife?”

<sup>3</sup>He replied, “What did Moses command you?”

<sup>4</sup>They said, “Moses permitted a man to write a certificate of divorce and send her away.”

<sup>5</sup>But Jesus told them, “He wrote this command for you because of your hard hearts. <sup>6</sup>But from the beginning of creation, God made them male and female. <sup>7</sup>For this reason a man will leave his father and mother and be joined to his wife, <sup>8</sup>and the two will become one flesh. So they are no longer two but one flesh. <sup>9</sup>Therefore, what God has joined together, let no one separate.”

<sup>10</sup>In the house his disciples asked him about this again. <sup>11</sup>He said to them, “Whoever divorces his wife and marries another commits adultery against her. <sup>12</sup>If she divorces her husband and marries another, she commits adultery.”

<sup>13</sup>Some people began bringing little children to Jesus so that he would touch them. But the disciples rebuked them. <sup>14</sup>When Jesus saw this, he was indignant. He said, “Let the little children come to me! Do not hinder them, because the kingdom of God belongs to such as these. <sup>15</sup>Amen I tell you: Whoever will not receive the kingdom of God like a little child will never enter it.” <sup>16</sup>And he took the little children in his arms, laid his hands on them, and blessed them.

*Gospel After the, the congregation sings:*



Praise be to you, O Christ! Praise be to you, O Christ!

VIDEO

**The Family Church - Unconditional Love**  
*Principal Seth Fitzsimmons*

HYMN CONFESSION

**With Broken Heart and Contrite Sigh**

**With broken heart and contrite sigh  
A trembling sinner, Lord, I cry.  
Your pard'ning grace is rich and free—  
O God, be merciful to me.**

**Far off I stand with tearful eyes,  
Nor dare uplift them to the skies,  
But you can all my anguish see—  
O God, be merciful to me.**

*Silent confession of our personal failures as pastor of our Family Church.*

**No gifts, no deeds that I have done  
Can for a single sin atone.  
To Calvary alone I flee—  
O God, be merciful to me.**

*Hymn continues to play in the background.*

**M** God, our heavenly Father, has been merciful to us and has given his only Son to be the atoning sacrifice for our sins. Therefore, as a called servant of Christ and by his authority, I forgive you all your sins in the name of the Father, and of the + Son and of the Holy Spirit.

*Congregation concludes hymn as an "amen" to the announcement of forgiveness.*

**I am redeemed from sin and hell,  
With all the ransomed souls I dwell,  
My joyous song shall ever be:  
God has been merciful to me!**

#### DISMISSAL OF ONLINE WORSHIPPERS

#### PRAYER OF THANKSGIVING

**M** Blessed are you, O Lord of heaven and earth. We praise and thank you for sending your Son, Jesus Christ, and we remember the great acts of love through which he has ransomed us from sin, death, and the devil's power.

By his incarnation, he became one with us.  
By his perfect life, he fulfilled your holy will.  
By his innocent death, he overcame hell.  
By his rising from the grave, he opened heaven.

Invited by your grace and instructed by your Word, we approach your table with repentant and joyful hearts. Strengthen us through Christ's body and blood, and preserve us in the true faith until we feast with him and all his ransomed people in glory everlasting.

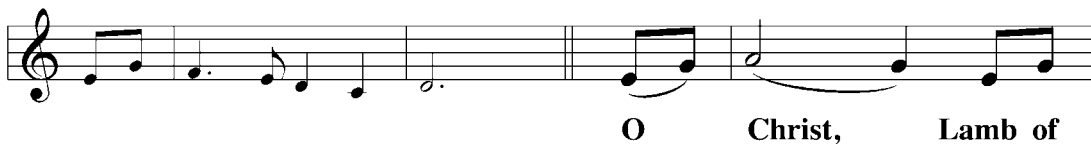
**C** Amen.

#### WORDS OF INSTITUTION

**M** The peace of the Lord be with you always.

**C** Amen.

#### O CHRIST, LAMB OF GOD



God, you take a - way the sin of the world; have  
mer - cy on us. O Christ, Lamb of  
God, you take a - way the sin of the world;  
grant us your peace. A - men. A - men.

**DISTRIBUTION OF THE SACRAMENT**

*See communion note on page 8.*

**DISTRIBUTION HYMN**

**For Christians Homes, O Lord, We Pray**

For Christian homes, O Lord, we pray,  
That you might dwell with us each day.  
Make ours a place where you are Lord,  
Where all is governed by your Word.

We are the children of your grace;  
Our homes are now your dwelling-place.  
In you we trust and daily live;  
Teach us to serve and to forgive.

United in a bond of love,  
We lift our eyes to you above.  
From you we gain the strength to live,  
The wish to share, the joy to give.

**PRAYER OF THE CHURCH**

## LORD'S PRAYER

Our Father in heaven, hallowed be your name, your kingdom come, your will be done on earth as in heaven. Give us today our daily bread. Forgive us our sins, as we forgive those who sin against us. Lead us not into temptation, but deliver us from evil. For the kingdom, the power, and the glory are yours now and forever. Amen.

## BLESSING

M The Lord bless you and keep you.  
The Lord make his face shine on you and be gracious to you.  
The Lord look on you with favor and + give you peace.

## ANNOUNCEMENTS

Join us again as we seek *The Intentional Life of Love*:

February 7	Love Generously	Matthew 6:21
February 14	Love to God's Glory	1 Corinthians 10:31



## COMMUNION PROCEDURE

*There will be two lines for distribution at most of our services. The church will be split in half. The two sections in front of the pulpit will receive Communion using the table in front of the pulpit. The two sections in front of the lectern will receive Communion using the table in front of the lectern.*

*Ushers will dismiss communicants from their pew; **however, no one will be dismissed to the center aisle.***

- *The **pulpit side** will go to their **left** and use the aisle to the left of their pew to walk forward.*
- *The **lectern side** will dismiss to their **right** and use the aisle to the right of their pew to walk forward.*

*Communicants will wait in the aisle, socially distanced as indicated by the carpet circles. They will approach the individual distributing the bread, receiving the bread in cupped hands as he speaks. They will then move toward the center of the church to the wine trays, pick up their wine and drink it as the distributor speaks. All will return to their pew using the center aisle. Following the distribution, the pastor will pronounce the general blessing on the communicants.*



# WEEKLY CALENDAR

For the week of February 1, 2021

<b>MON</b>	10:00 am	Walking Club (Main Church)
<b>TUE</b>	10:00 am	Walking Club (Main Church)
	4:30 pm	Public School Confirmation Classes
	6:00 pm	Divorce Care (School Classroom 8)
	7:00 pm	<i>Following the Promise Bible Study (Online)</i>
<b>WED</b>	6:30 am	Sunrise Bible Study (Faith Room)
	7:00 pm	Traditional Worship Service with Holy Communion
<b>THURS</b>		No Lutheran PreK-8 <sup>th</sup> Grade – Staff Retreat
	10:00 am	Walking Club (Trinity Gym)
	6:30 pm	Pickleball (Trinity Gym)
<b>FRI</b>		No Lutheran PreK-8 <sup>th</sup> Grade – Teacher Inservice
<b>SAT</b>	8:00 am	Men's Breakfast Bible Study (Grace Room)
	5:00 pm	Traditional Worship Service
<b>SUN</b>	7:45 am	Traditional Worship Service
	9:15 am	Traditional Worship Service
	9:15 am	Kids Club
	9:45 am	The Bridge Communion
	10:15 am	The Bridge
	10:45 am	Traditional Worship Service



Our vision is that by every possible means we bring every person in our area of influence closer to Christ through regular worship, small groups, and serving together.

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# ST. PAUL'S NEWS

## BAPTISMS

Wesley Brian Fischer, son of Brian and Julie (nee Avery) Fischer, was born September 14, 2020 and baptized the next day. His baptism was affirmed in a private ceremony on January 30, 2021.

Chase Jeffrey Krahn, son of Joseph and Teresa (nee Foley) Krahn, was born October 19, 2020 and baptized in a private ceremony on Saturday, January 30, 2021.

Lainy Mae Lecus and Piper Lynn Lecus, daughters of Nicholas and Samantha (nee Schacht) Lecus, born December 29, 2020 and February 11, 2019 respectively, were baptized in a private ceremony on Saturday, January 30, 2021.

God bless Wesley, Chase, Lainy, and Piper in their baptismal faith.

## HOSPITALIZED

Brittany Michaels (Duke Hospital in Durham, North Carolina), Janelle Gray (Froedtert), Bill Raduege (St. Luke's), and Dorrette Probst (home hospice care). Esther Lichtenberg has been discharged from the hospital.

## ATTENDANCE

The following attended last weekend's services: 138 on Saturday, 55 on Sunday 7:45 am, 105 on Sunday 9:15 am, 119 at The Bridge, 31 on Sunday 10:45 am, and 16 on Wednesday.

## FOLLOWING THE PROMISE BIBLE CLASS

Pastor Nate Strobel is leading a new session of our new member Bible study—*Following the Promise*—on Tuesdays at 7:00 pm – online only. If you miss a class, watch it later on YouTube. Enjoy camaraderie with Pastor Nate while you learn the basics of what the Bible teaches. You will track the promises of the Savior from the Garden of Eden down to your own heart and life. Someone who recently finished the class said, "I am thankful to Pastor Strobel for teaching me the doctrines of Scripture in the *Following the Promise* class. I love the friendliness of St. Paul's."

## ONLINE STUDY OF REVELATION

The next Revelation Study with Pastor Pete is this Thursday, February 11, at 7:00 pm. Register your interest on the Connection Card or email him at [ppanitzke@stpaulmuskego.org](mailto:ppanitzke@stpaulmuskego.org).

## DIVINE CALL NEWS

St Paul's School Administrator Mr. Seth Fitzsimmons has declined the divine call to serve as principal at St. Peter Lutheran Church and School in Appleton. We thank God that Mr. Fitzsimmons will remain among us, serving our students and families with his many gifts and abilities. Mr. Fitzsimmons said, "I am excited to continue serving here in our congregation with our awesome team of teachers and staff! God always blesses us through this call process our synod uses. That was indeed true over the past two weeks."

St. Paul's Spanish Teacher Kristen Miller is deliberating a divine call to St. Paul's Lutheran Church and School in Green Bay to serve as 3<sup>rd</sup> grade teacher beginning in the 2021-22 school year.

## ST. PAUL'S EVENT STAFF OPENINGS

The outreach team is looking to add 1-2 people part-time to our event staff team to help supervise events held on campus. If you enjoy making guests feel welcome, you are encouraged to inquire about more details at [facilityrentals@stpaulmuskego.org](mailto:facilityrentals@stpaulmuskego.org). This is a flexible paid position with approximately 6 hours per week on weekdays (5:00 pm-10:00 pm), possible weekends, and some days in the summer. Applicants must be 18 years old or older.

# ST. PAUL'S LUTHERAN SCHOOL NEWS

## HELPING TO BUILD CHRISTIAN FAMILIES

Have you considered a Christian education for your child? Registration for the 2021-2022 school year has begun for our 3K through grade 8 Lutheran school.

St. Paul's participates in the Milwaukee and Wisconsin Parental School Choice programs. Income eligibility is listed below. Our congregation also provides over \$600,000 in tuition assistance each year. Don't let financial concerns keep you from exploring this opportunity to help your child grow in faith.

Schedule a tour with our School Administrator Seth Fitzsimmons at (414) 422-[0320](tel:422-0320), ext. 118, or [sfitzsimmons@stpaulmuskego.org](mailto:sfitzsimmons@stpaulmuskego.org) as soon as possible.

### 2021-2022 Income Limits for the Wisconsin Parental Choice Program (WPCP)

Family Size	Single Parent Income Limit	Married Parents Income Limit
2	\$37,928	N/A
3	\$47,784	\$54,784
4	\$57,640	\$64,640
5	\$67,496	\$74,496
6	\$77,352	\$84,352

\*\*\*Add \$9,856 for each additional family member

### 2021-2022 Income Limits for the Milwaukee Parental Choice Program (MPCP)

Family Size	Single Parent Income Limit	Married Parents Income Limit
2	\$51,720	N/A
3	\$65,160	\$72,160
4	\$78,600	\$85,600
5	\$92,040	\$99,040
6	\$105,480	\$112,480

\*\*\*Add \$13,440 for each additional family member

## ST. PAUL'S CHILD CARE CENTER IS HIRING

Our Child Care Center is looking to hire a teacher's aide, Tuesdays and Thursdays, 12:30 – 6:00 pm. Please contact Tammy Dockter at (414) 422-0320, ext. 200 or [dockterta@stpmuskego.org](mailto:dockterta@stpmuskego.org) to indicate interest.

## ST. PAUL'S CHILD CARE CENTER INFANT AND TODDLER OPENINGS

Our Child Care Center currently has openings in both the infant and toddler rooms. Please contact Tammy Dockter to schedule a tour and for more information at (414) 422-0320, ext. 200, or [dockterta@stpmuskego.org](mailto:dockterta@stpmuskego.org).

# ST. PAUL'S THIRTEEN 22 SOCIETY



## Are You a Member of the Thirteen 22 Society?

**A good person leaves an inheritance for their children's children (Proverbs 13:22).**

The Thirteen 22 Society includes everyone who has remembered the Lord's work through St. Paul's in their estate planning.

### A Lasting Impact to Church and School

The Thirteen 22 logo uses the infinity sign to express our commitment to leave gifts to our church and school ministry that will make a difference for eternity.

### Two Gift Options Available

St. Paul's has established two funds to receive bequests:

- **Gift Trust Fund** spreads out a bequest over approximately seven years. Every year 30% of the Gift Trust Fund balance is available for distribution.
- **The Legacy Fund** serves as our endowment fund. Every year 5% of the Legacy Fund balance is available for distribution. Your bequest will continue to support gospel ministry for decades.

The Legacy Fund is divided into four sub-funds: Undesignated, Missions, Christian Education, and Capital Improvements. Distributions from both the Legacy Fund and Gift Trust Fund are approved at the congregation's annual voters' meeting.

Your estate plan can designate a fund or simply mention St. Paul's. Undesignated bequests are evenly divided between the Gift Trust Fund and the Legacy Fund's undesignated sub-fund.

### Estate Coaching to Help You

Estate planning can be intimidating. Recognizing that, we contracted with **SFC Estate Coaching** to help 30 individuals or couples prepare their estate plans last year. We are excited to announce that we have renewed that contract for another 30 couples or individuals. Come and meet Tom Slye, our Estate Coach, and learn what SFC Estate Coaching can do for you at a 45-minute presentation.

## Estate Planning Seminar

**Saturday, February 13, at 10:00 am**

**In person in the Church Sanctuary and Livestreamed**

**Register for in-person or livestream by marking the Connection Card.**

## ST. PAUL'S CORE VALUE: THE IMPORTANCE OF THE FAMILY

At St. Paul's, we promote "the family church." God instructed fathers and mothers to be the spiritual leaders of their families. "These commandments I give you today... Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up" (Deuteronomy 6:6-7).

Two years ago, we produced a series of messages, video testimonials, and devotions that explain "The Family Church." You can find this material at [www.StPaulMuskego.org/Experience/family-church/](http://www.StPaulMuskego.org/Experience/family-church/). A core value here at St. Paul's is to help you build a Family Church where faith is passed from one generation to the next.



### Love the Family Church – Be a “His Story” Teller

Daily devotions and/or Bible reading are critical way to pass your faith to your children. The easiest place to start is to read the Gospel of Mark with your children, a small section each day, explaining words they may not understand, asking simple questions, and closing with prayer and the Lord's Prayer. Other resources available to you:

- Age-appropriate Bibles available at Northwestern Publishing House – Search “children’s Bibles”
- Kids Club Weekly Family Lessons at [www.StPaulMuskego.org/education/sunday-morning-kids-club/](http://www.StPaulMuskego.org/education/sunday-morning-kids-club/)
- Three Weekly Family Devotions – Google “WELS Family Devotions”

### Love the Family Church – Be a Mentor

Marriage mentoring supports Christ-centered marriages through discipleship and fellowship. We do this by pairing experienced married couples with newly married couples. We are seeking couples who have been married for at least 10 years and who would enjoy mentoring a newly married couple. Couples will be asked to commit to five monthly meetings. Materials will be provided! Register your interest on the Connection Card or contact Meta Rosenberg at [mtkolander@gmail.com](mailto:mtkolander@gmail.com) or (920) 284-0658.

### Love the Family Church – Show Unconditional Love

We offer several tools to help you strengthen your relationship with your spouse:

- A weekly text to build up your marriage. Contact Mr. Fitzsimmons at [sfitzsimmons@stpmuskego.org](mailto:sfitzsimmons@stpmuskego.org).
- Marriage Lab – Wisconsin Synod Pastor Randy Hunter has produced a library of video resources to which St. Paul's has purchased access: <https://marriagelab.graceformarriage.com/> Username: SPMUSKEGO1234 Password: Muskego\_2020
- Weekly Marriage Devotions from our synod – Google WELS Marriage Moments





# ARE YOU RESILIENT?

We will all fall. In Christ, we can rise in confidence to serve him again today. There are tools that can help us claim that truth.

Have you ever wondered how some people recover from crisis so well? Do you wish you could do the same?

This three-week, faith-fueled, resilience system training class will give you the resources to build your resilience. Each week, you will learn new skills to help you overcome challenges and grow in your faith. We will cover two modules each week. A summary of each module is below.

**The course runs for two more Thursdays, 6:00-8:00 pm**, in the sanctuary. Register on the Connection Card or online at [StPaulMuskego.org/experience/counseling-care-center/](http://StPaulMuskego.org/experience/counseling-care-center/).

You can learn more about *CORNERSTONE* by contacting Emily Krill at 262-510-8109 or [ejkrill@gmail.com](mailto:ejkrill@gmail.com).



## MODULE 1: RESILIENCE

Resilience is the idea that individuals can be built up in such a way that they will "bounce back" from difficulty. Those with higher resilience would recover better than those with lower resilience. There are many views of this concept, but the overall common theme include some basic elements, the particular viewpoint of the individual, and some protective factors instilled through learning. Resilience is not inherited – it is grown. No matter how resilient you may feel today, you can and will improve when pay attention and make a plan!

## MODULE 2: CRISIS SURVIVAL

Sometimes there are moments in life that cannot be corrected—they are just difficult. The best one can hope for is to get through them with grace and avoid more damage. Being able to know when to do that and how to accomplish it is crucial. Use the right tool for the right problem. If you determine you are experiencing a crisis – don't panic. Learn how to survive.

## MODULE 3: REALITY ACCEPTANCE

There are times when something enters our lives and becomes a permanent problem. Some difficulties need to be fully and totally accepted. Reality acceptance is the way to lower pain and suffering. There is freedom, release, and peace knowing that everything in your life is meant to be there.

## MODULE 4: MINDFULNESS

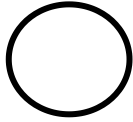
Mindfulness will be studied through six specific skills that help individuals delve into the world around them in the most honest and complete way. This type of mindfulness is helpful in dealing with reality and eliminating additional items that might confound the thoughts or complicate the emotions. Mindfulness is difficult but everyone can work at it!

## MODULE 5: EMOTION REGULATION

This is the skill of determining how to interact with emotions as they come. While it might seem that our emotions are controlling how we behave, emotion regulation is the way to set it up so that there is always a choice. Emotions can be very powerful things. In order to get this skill to work, we have to keep at it and reverse the emotional circle to be more in control.

## MODULE 6: THOUGHT DISTORTIONS

Thought distortions are particular ways of thinking in which people often become stuck, but which are actually untruthful. Living this way can be very difficult for them and others. Learning to catch these distortions and rephrase them can have enormous positive impact on the situations and outcomes.



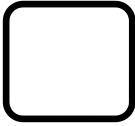
# GroupWork

Bible Study Discussion Starters

*Life application materials for use in small group Bible study and home devotions, and personal use..*

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1. Get to know each other. Share with the group how a mentor that has helped you, either now or in the past.
  
2. Read Joshua 24:1-15. Notice how often the LORD uses the word “I”. Why do you think there is this focus on the LORD’s work before Joshua’s call to the Israelites to be faithful to the LORD?
  
3. Read Titus 2:1-15. Paul mentions several different groups and stages in life. If you were a mentor to someone in each of these categories, what would you stress to your mentee?
  - a. Older men: \_\_\_\_\_
  - b. Older women: \_\_\_\_\_
  - c. Younger women: \_\_\_\_\_
  - d. Younger men: \_\_\_\_\_
  - e. Slaves (employees in our economy): \_\_\_\_\_
  
4. Read Mark 10:1-16.
  - a. What does the term “hardness of heart” mean to you? Read Hebrews 3:7-19. In what way is divorce evidence of a hardening of heart?
  
  - b. The Catechism’s definition of marriage is “a life-long union of one man and one woman.” What phrases in Mark 10:6-9 show that to be a good Biblical definition?
  
  - c. No parent is perfect in his/her effort to bring their children to Jesus. What comfort does the image of Jesus blessing the children give to you as you think about the children you love?



## NoteSheet

Sermon Outline

Take notes during the sermon to help you remember the main points.

# Live the Intentional Life: Love the Family Church

*But as for me and my household,  
we will serve the LORD (Joshua 24:15).*

## 1. Love the Family Church – Be a “His Story” Teller (Joshua 24:1-15)

- What are you doing to know “His Story” yourself?
- If others live in your household with you, what is the best time to read “His Story” together?

## 2. Love the Family Church – Be a Mentor (Titus 2:1-14)

Paul provided instructions for a variety of Family Church roles. Choose one word to summarize his instruction for:

- Older men: \_\_\_\_\_
- Older women: \_\_\_\_\_
- Younger women: \_\_\_\_\_
- Younger men: \_\_\_\_\_

## 3. Love the Family Church – Love Unconditionally (Mark 10:1-16)

- Moses “permitted” divorce because of the hardness of heart. What does that mean?
- What can we learn about God’s design for marriage from Mark 10:5-9?
- How does marital strife make it more difficult for a parent to bring their child to Jesus?



## My Next Steps

- Know “His Story”** – If you aren’t already reading God’s Word daily, begin reading the Gospel of Mark, either by yourself or with your family.
- Be a Mentor** – Consider being a Marriage Mentor. Is there a person younger than you that you could mentor? A teenager transitioning into adulthood? A college student transitioning into the work place? A young mom or dad suddenly overwhelmed with new responsibilities? An older man or woman who needs help adjusting to being an empty-nester or retired?
- Love Unconditionally** – How can you love family members, even those who may be estranged from you, so that children see the power of God’s unconditional love in you?