

TAKE HOME SHEET



Series: All the Feels
Message: Laughter
Speaker: Rusty Coram
Date: July 7/8, 2018

The following are some things to focus our attention on and become fuel for joy, hope and yes, healthy laughter!

²⁸ And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them. ²⁹ For God knew his people in advance, and he chose them to become like his Son...

Romans 8:28-29 (NLT)

² Dear brothers and sisters, when troubles come your way, consider it an opportunity for great joy. ³ For you know that when your faith is tested, your endurance has a chance to grow. ⁴ So let it grow, for when your endurance is fully developed, you will be perfect and complete, needing nothing.

James 1:2-4 (NLT)

¹ Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us.

² Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before him endured the cross, scorning its shame, and sat down at the right hand of the throne of God. ³ Consider him who endured such opposition from sinful men, so that you will not grow weary and lose heart.

Hebrews 12:1-3 (NIV)

Two examples from the book of Acts that show us how to handle circumstances with faith and hope, which fuels good laughter.

This first one is about the intense persecution the early church suffered.

⁴⁰ They called in the apostles and had them flogged. Then they ordered them never again to speak in the name of Jesus, and they let them go. ⁴¹ The apostles left the high council rejoicing that God had counted them worthy to suffer disgrace for the name of Jesus. ⁴² And every day, in the Temple and from house to house, they continued to teach and preach this message: "Jesus is the Messiah."

Acts 5:40-42 (NLT)

²² A mob quickly formed against Paul and Silas, and the city officials ordered them stripped and beaten with wooden rods. ²³ They were severely beaten, and then they were thrown into prison. The jailer was ordered to make sure they didn't escape. ²⁴ So the jailer put them into the inner dungeon and clamped their feet in the stocks. ²⁵ Around midnight Paul and Silas were praying and singing hymns to God, and the other prisoners were listening. ²⁶ Suddenly, there was a massive earthquake, and the prison was shaken to its foundations. All the doors immediately flew open, and the chains of every prisoner fell off!

²⁷ The jailer woke up to see the prison doors wide open. He assumed the prisoners had escaped, so he drew his sword to kill himself. ²⁸ But Paul shouted to him, "Stop! Don't kill yourself! We are all here!"

Acts 16:22-28 (NLT)

[notice their singing was **before** the miraculous rescue!]

MESSAGE NOTES



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¹ For everything there is a season, a time for every activity under heaven. ² A time to be born and a time to die. A time to plant and a time to harvest. ³ A time to kill and a time to heal. A time to tear down and a time to build up. ⁴ A time to cry and a time to laugh. A time to grieve and a time to dance.

Ecclesiastes 3:1-4 (NLT)

Laughter (the healthy kind) has all sorts of benefits for us.

Physical

Emotional

Relational

Spiritual - which effects our whole life!

²² But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, ²³ gentleness, and self-control.

Galatians 5:22-23 (NLT)

Good laughter helps build humility, faith, joy and hope.

*The humble will see their God at work and be glad.
Let all who seek God's help be encouraged.*

Psalms 69:32 (NLT)

³⁴ You suffered along with those who were thrown into jail, and when all you owned was taken from you, you accepted it with joy. You knew there were better things waiting for you that will last forever. ³⁵ So do not throw away this confident trust in the Lord. Remember the great reward it brings you! ³⁶ Patient endurance is what you need now, so that you will continue to do God's will. Then you will receive all that he has promised.

Hebrews 10:34-36 (NLT)

Worship the LORD with gladness; come before him with joyful songs.

Psalms 100:2 (NIV)

She is clothed with strength and dignity, and she laughs without fear of the future.

Proverbs 31:25 (NLT)

Two ways to begin adding joy and laughter to your life:

Watch your mental diet.

⁸ And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.

⁹ Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing. Then the God of peace will be with you.

Philippians 4:8-9 (NLT)

Take yourself less seriously and God more!

And I am certain that God, who began the good work within you, will continue his work until it is finally finished on the day when Christ Jesus returns.

Philippians 1:6 (NLT)

Don't be afraid, for I am with you. Don't be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand.

Isaiah 41:10 (NLT)

Go to newhope.org and click on messages to download this week's Take Home Sheet or stop by Guest Services to pick one up.

BIBLE TRANSLATIONS:

NIV – New International Version

NLT – New Living Translation



Emotions: we all have them. They are fun, messy, confusing, exhilarating and sometimes all at the same time! Like anything that powerful, emotions can have a positive or negative effect on us. What makes the difference is learning to understand our feelings and how to control them for good. In this series, we will explore time-tested wisdom from the Bible that will help us see how our emotions can work for us and not against us. **This week- Laughter. It's good for us. It's usually associated with joy, and often times involves sharing that joy with others. There are studies that show various health benefits occur when we laugh, due to chemicals and endorphins released into our bloodstream. We need to keep in mind that our laughter should never be used in hurtful or harmful situations.**

FIRST TIME GUESTS

We promise we're not going to make you stand up in front of everyone or track you down, but we'd love to know you were here today! Simply fill out your communication card in the seat back in front of you and check the "First Time Guest" box. On your way out, stop by Guest Services at the front doors and get your FREE welcome gift. **We're glad you are here!**

**WE'RE
SO GLAD
YOU JOINED
US TODAY!**

newhope
church

We are honored when people choose to do church with us. New Hope is for anyone who wants to seek God - from those exploring whether or not God even exists, to devoted Christ-followers. Wherever you are, you'll find we are committed to showing everyone the love of Jesus and help them establish a relationship with Him. We are casual, laid-back, and far from perfect. **ALL are welcome!**

5 THINGS TO KNOW

Each week, we will post "5 Things to Know" for the week. This will typically include classes, info, and upcoming events. We will also give you dates to save as early as possible, so that you can get them on your calendar and be able to plan for them. Be sure to check out the entire program and visit newhope.org for everything. Here are five things to know this week:

1. **Holland Connect is the special needs children, students and adults of New Hope Church and their families.** We invite families touched by special needs to join us for lunch every other month. Our families will eat together (no childcare, but we'll have toys to occupy them). In July, we're meeting upstairs in the game room on Sunday, July 15th at 12:45. Please RSVP to Karen at karen.heal@newhope.org, so we can prepare enough food. Please let us know of any dietary restrictions. We're looking forward to meeting you!
2. **Prayer changes lives, strengthens the weak, and touches the very heart of God.** We have a wonderful ministry of prayer warriors that are here to pray with you. If you need prayer for anything, we are here for you. **Simply send an email to prayerteam@newhope.org** and your prayer will be delivered via e-mail to the members of the Prayer Team and kept confidential.
3. **Have you ever sat in a weekend service and heard a song you wanted to buy, but you didn't know the name of it or the artist's name?** Well, we've fixed that for you. On Spotify, you'll find the current pre-service playlist, as well as playlists from previous weekends. Spotify is free and easy to use. Simply go to open.spotify.com/user/nhclorton to get your free Spotify account and subscribe to follow New Hope Church.
4. Life can be tough, but you don't have to go through it alone. We want to remind you of two ministries that can help you as you navigate the tough times: For those 18 years old and older, we have **Celebrate Recovery (CR)**. CR meets Friday nights at 7 pm. You can reach out to CR at celebraterecovery@newhope.org. For students in middle and high school, we have **The Landing**. The Landing meets every Tuesday night at 7 pm. You can reach The Landing at info@thingscansuck.com.
5. Being a follower of Jesus is not a checklist of do's and don'ts; it's a relationship, and just like any relationship, it takes an investment of time to make it grow. Setting aside time every day to be in God's Word is a great place to start! **Why not follow the Bible Reading Plan?** Copies are available at Guest Services, online at nhcbrp.com or on the church app.

★ SUMMERTIME AT TAKEOVER ★



COOL

This summer, Takeover, New Hope's Student Ministry (rising 7th through 12th graders) is going to have an incredible time. We believe that we have created the perfect mix of teaching and fun! Check out the summer calendar (available at Guest Services or online at nhctakeover.com) and let's use this summer to become better, get closer and have a great time! Our series is called, *Inside Out*, and we will hear that the way we serve and love not only has the power to change and impact others' lives, but our lives as well. It can change the world-and us-from the inside out.

To help our rising 6th graders transition into the youth program, Takeover, we provide a special group that meets on Sunday nights through August 19th from 6-7:30. The program is specifically designed to encourage the development of closer friendships and a deeper discovery of faith, while getting to know the adult leaders. We call the group 'Route 56'.

**Attention Rising
6th Graders!**



If you have any questions about Route 56, please contact Megan Sullivan at megan.sullivan@newhope.org or by phone at 703-971-4673.

• • • NEW HOPE CHURCH • • •

BINGO NIGHT!

GAMES, FUN & PRIZES

THURSDAY, AUGUST 2ND

**ALL PROCEEDS
BENEFIT FMSC**

Family Bingo Night Fundraiser for FMSC Thursday, August 2, 2018 at 6:30 pm. Registration opens soon! Along with a fun night of Bingo, we will have a variety of raffle baskets. All proceeds help to fund our work with Feed My Starving Children. **Want to highlight your home-based business or show off your creative talent? Why not donate a basket for the raffle? Let us know by signing up at bit.ly/bingorafflebaskets.**



MEN'S BREAKFAST

JULY 21ST • 7 AM

The Men's Ministry will be hosting its next pancake breakfast on Saturday, July 21st, in the New Hope atrium from 7:00 to 9:00 am.

Per the usual, we will be serving pancakes, grits, sausage, and a huge hoard of bacon. Joining us will be New Hope's resident PhDs, Adam Yingling and Dave Rowenhorst. Much has been made of the "war" between science and Christianity. Drawing from their experiences as both scientists and Christians, Dave and Adam will be discussing the commonality between the two. **Be sure to sign up in the atrium July 14 and 15 or now at bit.ly/mensjulybreakfast.** You won't want to miss this one! The cost is \$5 per man and guests are free. Please be prepared to come hungry, leave full and far "nerdier."

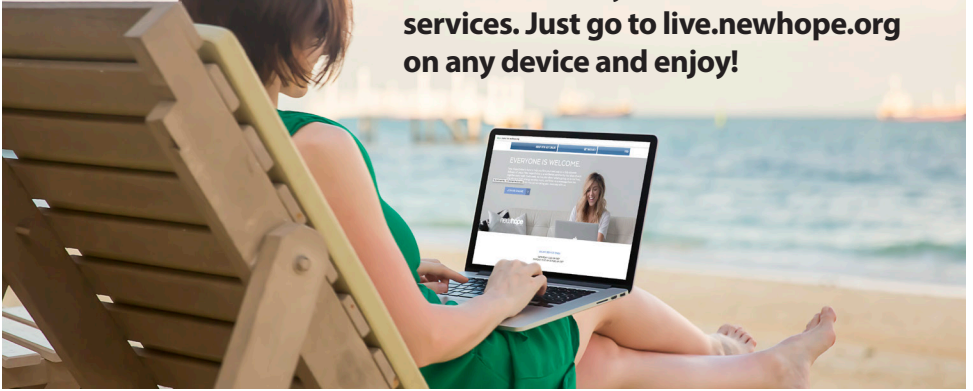
ATTENTION Regular Shuttle Bus Riders!

Starting this weekend, we will be suspending shuttle services from the rear Giant parking lot for the summer. We invite all of our attendees, partners, and volunteers to park in the main church parking lot through the end of August!



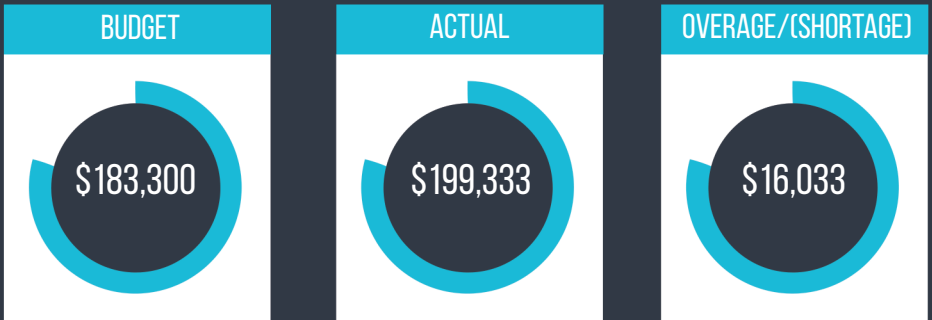
The Leadership Team is proud and excited to announce that Brandon Pendleton has been selected by the New Hope Partners to join the team. Thanks Brandon for your continued commitment to New Hope Church and our mission of helping all people become fully devoted followers of Jesus Christ. Please join us in congratulating Brandon.

Going on vacation? Did you know you can still watch the weekend services online? It is super easy. If you have internet access you can watch the services. Just go to live.newhope.org on any device and enjoy!



When you give to New Hope Church, know that in the big picture every dollar is directly applied to the mission of making fully devoted followers of Jesus Christ who are belonging, growing, serving, and reaching. **If you would like to find out more about investing in the local church, please visit bit.ly/**

JUNE FINANCIAL UPDATE - GENERAL OFFERING



2018 YEAR TO DATE FINANCIAL UPDATE - GENERAL OFFERING



WONDER



WOMEN'S MOVIE NIGHT
SATURDAY, JULY 28TH • 7 PM @ NEW HOPE CHURCH
REGISTER ONLINE AT [BIT.LY/HERMOVIENIGHT](http://bit.ly/hermovienight)



07.13.2018 AT 7 PM

ADMIT ONE

CELEBRATE RECOVERY
MOVIE NIGHT

Celebrate Recovery would like to invite all to attend a free movie night on Friday, July 13th to watch the movie, Priceless. Invite someone!

Life in recovery is about choices. Many of us have experienced seasons in our lives where we made choices out of desperation... decisions that have had significant impact on our lives and others closest to us. As we grow in recovery, we work to make course corrections, to live in a way that allows us to make better choices for our present and future... To live a life that matters.

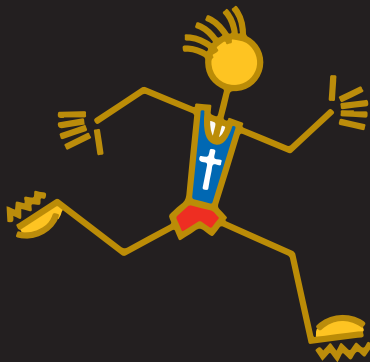
Priceless is a story about a man who finds himself in a situation in which he must make some hard decisions that ultimately alters the trajectory of his life, his daughter's life, and the lives of many others.

WE ♥ OUR VOLUNTEERS

Our volunteers are the very best! There's no way we could keep New Hope running without the help of these special people. **This week, we'd like to thank Drew Bowman.** Drew serves on the Worship Team. Thanks, Drew, for having a great heart for worship and leading us closer to God.

There are many opportunities to serve at New Hope. **We NEED you! If you are ready to serve, please email Carol Ann and let her know at carolann.gregoire@newhope.org.**

RUN
FOR
GOD



We're getting ready for our Hope for Help 5K on October 20th, and we're hosting a 12-week couch to 5K challenge called Run for God. This co-ed group will meet at NH on Mondays at 7 pm, beginning July 30th, led by Tish Keith and Monica Hazelwood. **Register now at bit.ly/RunforGodNHC.** Questions? Contact kim.feld@newhope.org

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CHURCH

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