

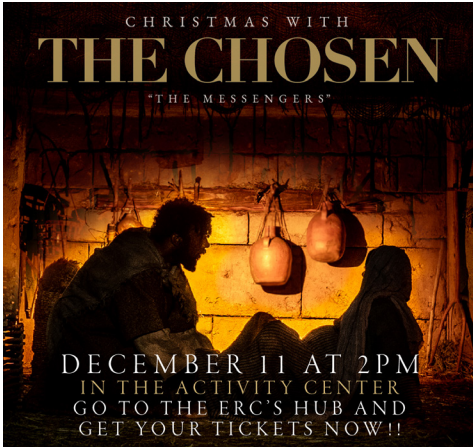
15941 Virginia Ave.
Paramount, CA

EMMANUEL

C H U R C H

Dec 5, 2021
(562) 531-6820

connecting people to Jesus, people, and God's mission



If you'd like to donate a poinsettia for the Christmas Eve service in honor of or in memory of a loved one, please complete the form by scanning the ERC Hub QR code or going to www.erc.la/poinsettia



Our Christian sympathy to Julian and Katie Chin and family on the passing of Julian's father, Joe Chin, on Thursday, November 25th, at the age of 63.

Our Christian sympathy to Woodie & Shirley Grayson and family on the passing of Shirley's 83 year old brother Lonnie Jones who passed away Sunday, November 28th.

Next Sunday is all church Communion. The elements will be provided. Let us come with our hearts and lives ready to receive from the Lord. "A man ought to examine himself before he eats of the bread and drinks of the cup." - 1 Cor. 11:28.

English: 9am 10:30am 12pm 6pm | Spanish: 10:30am 12pm | Nepalese: 9:30am
(sanctuary) (activity center) (blue building)

Scan to access
ERC's Hub!



2nd Offerings

12/5 Church Planting | 12/19 Vision

Weekly Offering

YTD Offering: \$2,754,466.62

YTD Budget: \$2,592,000.00

Last Week's Offering: \$116,966.31

2021 Weekly Budget: \$54,000.00

Scan to give!



IG: @erclosangeles | FB: @ERCPARAMOUNT | YT: @ERCVIDEO LA

Peace With God & Peace Within

Let the peace of Christ rule in your hearts
(Colossians 3:15)

Cognitive Behavioral Therapy has proven that many of the problems we face such as relational challenges, addictions, eating disorders, forms of anxiety are rooted in negative thinking patterns



Watch your thoughts, they become your words; watch your words, they become your actions; watch your actions they become your habits; watch your habits, they become your character; watch your character, it becomes your destiny

Scripture Reading: Colossians 1:15-20

For if, while we were God's enemies (Romans 5:10)

Jesus made peace with God possible - no arrest warrant for believers! (Col. 2:13-15 MSG)

God desires peace so he wages war against sin

Christmas Truce of 1914

When you repent of your sins and believe in Jesus Christ you can have peace with God that is permanent and always with you

Peace with God then Peace Within

set your hearts/minds on things above...not on earthly things (Col. 3:1-2)

Audit thought life (2 Corinthians 10:3-5)

You will have 500 unintentional and intrusive thoughts a day. Each thought lasts an average of 14 seconds. That's nearly 2 hours of negative "shots fired" at your mind and heart

- Data taken from "Wicked Thoughts" at www.psychologytoday.com

...we do not wage war as the world does (2 Corinthians 10:3-5)

Time of Reflection:

Identify the Lie:

State the Truth:

Declaration:

Let the peace of Christ rule in your hearts (Colossians 3:15)

PEACE WITH GOD & PEACE WITHIN

Lies/Condemnation

God's Truth in Christ

| | |
|---|---|
| I'm not good enough. | I am God's child. - John 1:12 |
| I don't belong like others do. | I have been bought with a price. I belong to God. - 1 Corinthians 6:20 I am Christ's friend. - John 15:15 |
| I don't have anything to offer. | I am God's coworker. - 2 Corinthians 6:1 Our competence comes from God. - 2 Corinthians 3:5 |
| I'm stupid. | I am fearfully and wonderfully made" - Psalm 139:14 |
| My needs aren't important. | The very hairs on your head are all numbered. - Luke 12:7 You discern my going out and my lying down; you are familiar with all my ways. - Psalm 139:3 |
| It's not okay for me to be who I really am. | I am God's workmanship. - Ephesians 2:10 |
| If something is wrong, it's my fault. | I am free from punishment. - Romans 8:1-2 |
| Conflict must be avoided; I must keep peace at all costs. | Speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ. - Ephesians 4:15 |
| I don't have what it takes to be a success. | I have been chosen and appointed to bear fruit. - John 15:16 |
| I'm too much for people to handle. | I am complete in Christ. - Colossians 2:10 I am Christ's personal witness. - Acts 1:8 |
| It's not okay to cry especially in front of others. | For when I am weak, then I am strong. - 2 Corinthians 12:10 |
| I don't have the right to be alive. | You (God) created my inmost being; you knit me together in my mother's womb. - Psalm 139:13 |
| I'm a mistake. | I have been adopted (chosen) as God's child. - Ephesians 1:5 |

| | |
|--|---|
| I must be perfect. | My grace is sufficient for you, for my power is made perfect in weakness. - 2 Corinthians 12:9 |
| It's not okay to make a mistake. | I can find grace and mercy in time of need. - Hebrews 4:16 |
| I'll always be a failure. | For though the righteous fall seven times, they rise again. - Proverbs 24:16 |
| I must do whatever it takes to get people's love and approval. | I have not been given a spirit of fear but of power, love and a sound mind. - 2 Timothy 1:7 |
| You shouldn't need anybody. | I am a member of Christ's body. - 1 Corinthians 12:27 |
| You always get what you deserve. | I have been redeemed (bought by God) and forgiven of all my sins. - Colossians 1:14 |
| What I do makes me what I am. | I am a branch of the true vine, joined to Christ. - John 15:1,5 Truly my soul finds rest in God, my salvation comes from him. - Psalm 62:1 |
| I've been too bad for God to love me. | If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. - 1 John 1:9 In Christ I am a new creation. - 2 Corinthians 5:17" |

Lie:

Truth:

Declaration: