

# Oakley Campus | Week at a Glance | 9/17-9/23

**Sunday Service Times:** 8:40, 9:50, and 11:00 AM  
or online at [laurelridge.online.church](http://laurelridge.online.church)

**Sundays, Nursery/Preschool:** 8:40, 9:50, and 11:00 AM

**Sundays, Kids (K-6th) Services:** 8:40, 9:50, and 11:00 AM  
Streaming online at 9:50 AM: "Ridge Kids" on YouTube

**THE RIDGE Community Group:** 9:50 and 11am  
(7-8<sup>th</sup> grades, 9-12<sup>th</sup> grades)

**Tuesdays, Celebrate Recovery:** 6 PM, Oakley Campus

**Wednesdays, Kids (K-4th) and Preteen (5th-6th) Adventure**  
6:15-8 PM

**Wednesdays, THE RIDGE (MS and HS):** 6:15-8 PM  
(7-8<sup>th</sup> grades, 9-12<sup>th</sup> grades)

**Thursdays, Prayer Team:** 5:30 PM, Conference Room

**Thursdays, Grief Share:** 7 PM Room 301

\*\*For all Nursery-12th Grade programs, contact [brandon@laurelridgechurch.org](mailto:brandon@laurelridgechurch.org)

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## Bethel Island Campus | Week at a Glance

**Sunday Service Times:** 11:00 AM

**Wednesdays, Bible Study:** 7 PM, Fellowship Hall

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For other opportunities and Community Group info, visit [laurelridgechurch.org](http://laurelridgechurch.org)

\*Register at [laurelridgechurch.org/register](http://laurelridgechurch.org/register)

## Oakley Campus Planner

**\*9/10-11/12:** Fall Community Groups

**9/19:** Boomers Picnic Brentwood City Park, 11:30 am

**9/24:** Baptism Sunday, 11am

**\*9/30:** Men's Breakfast 8-10am

**10/4, 11, 18, 25:** NO Wednesday Evening  
Program K-12

**10/16:** Mommy Meet Up, 9-11:30am, Gym

**\*10/21:** Women's Breakfast, 10am, Gym

**10/26:** Harvest Carnival Setup day, 6pm

**10/27:** Children's Harvest Carnival, 6-8:30pm

**\*11/5:** Next Steps Begins, 9:30am, Rm 301

**11/5:** Angel Tree

**\*11/5:** Children's Baptism Class, 12:10pm,  
Room 301

**11/16:** Grief Share Surviving the Holidays  
Seminar, 7pm, 301

**\*11/17-18:** Lock-In, Gr 7-12<sup>th</sup>, 7pm-7am



WOUNDED  
By Word  
September 17, 2023

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## What is Self-Esteem?

**Self-esteem** reflects a person's overall subjective emotional evaluation of his or her own worth. It is a judgment of oneself as well as an attitude toward self. Possessing little self-regard can lead people to become depressed, to fall short of their potential, or to tolerate abusive situations and relationships. **Understanding your value to Christ is how you heal your wounds.**

### WHAT CAUSES OUR WOUNDS?

#### 1. WORDS OTHERS SAY TO \_\_\_\_\_.

*Proverbs 12:18* - Reckless words pierce like a sword, but the tongue of the wise brings healing.

*James 3:6, 9* - The tongue also is a fire, a world of evil among the parts of the body. It corrupts the whole person, sets the whole course of his life on fire, and is itself set on fire by hell. . . . It is a restless evil, full of deadly poison. **9 With the tongue we praise our Lord and Father, and with it we curse men, who have been made in God's likeness.**

#### 2. WORDS WE SAY TO \_\_\_\_\_.

*Exodus 4:10-13* - Moses said to the LORD, "O Lord, **I have never been eloquent. . . I am slow of speech and tongue.**" <sup>11</sup> The LORD said to him, "**Who gave man his mouth?** . . . Is it not I, the LORD? <sup>12</sup> Now go; I will help you speak and will teach you what to say." <sup>13</sup> But Moses said, "O Lord, please send someone else to do it."

*Matthew 6:22-23* - "**Your eyes are windows into your body.** If you open your eyes wide in wonder and belief, your body fills up with light.<sup>23</sup> If you live squinty-eyed in greed and distrust, your body is a dank cellar. If you pull the blinds on your windows, what a dark life you will have! (Mes)

*Ephesians 1:18-19* - I pray also that the **eyes of your heart** may be **enlightened in order** that you may know the hope to which he has called you, the riches of his glorious inheritance in the saints,<sup>19</sup> and his incomparably great power for us who believe.

## TOP TEN LIST TO CHANGE YOUR VIEW OF YOURSELF

10. WHO \_\_\_\_\_ YOU?

*Ephesians 2:10* - For we are God's workmanship, created in Christ Jesus to do good works...

9. WHO \_\_\_\_\_ YOU?

1 *Thessalonians 1:4* - For we know, brothers loved by God, that he has chosen you...

8. WHO \_\_\_\_\_ YOU?

*Psalms 17:8* - Keep and guard me as the pupil of Your eye...AMP

7. WHO MADE YOU \_\_\_\_\_ ?

2 *Peter 1:3* - 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.

6. WHO MADE YOU \_\_\_\_\_ ?

*Romans 8:37* - In all these things we are more than conquerors through him who loved us.

5. WHO \_\_\_\_\_ YOU?

*2 Timothy 1:9* - who has saved us and called us to a holy life – not because of anything we have done but because of his own purpose and grace.

4. WHO \_\_\_\_\_ YOU?

*Isaiah 43:25* - "I, even I, am he who blots out your transgressions, for my own sake, and remembers your sins no more.

3. WHO \_\_\_\_\_ YOU?

*John 8:32* - Then you will know the truth, and the truth will set you free."

2. WHO \_\_\_\_\_ YOU?

*Jeremiah 31:3* - I have loved you with an everlasting love; I have drawn you with loving-kindness.

1. WHO \_\_\_\_\_ YOU?

*Romans 15:7* - Accept one another, then, just as Christ accepted you, in order to bring praise to God.

## **HOMEWORK TO THINK ABOUT...**

- **GOD THINKS ABOUT YOU EVERY SECOND OF EVERY DAY.**
- **I'M SO VALUABLE TO GOD THAT HE REDEEMED ME AT THE COST OF HIS SON.**

Wi-Fi password: lrccquest

### **Five Easy Ways to Give:**

1. In Person: Place your offering in an offering box at either exit.
2. Our App: Search for "Laurel Ridge Community Church" on iOS and Android.
3. Online: [laurelridgechurch.org/give](http://laurelridgechurch.org/give)
4. Bill Pay: Setup LRCC on your bank's Bill Pay.
5. Mail a check to the church: 2459 Laurel Road, Oakley, CA 94561

**Questions? Call 925-625-9500**