

Regular Sunday Service Times: 8:40, 9:50, and 11 AM

- **Watch Online:** at laurelridgechurch.org/watch
- **Nursery/Preschool:** At all service times
- **Kids Church (K-6th) Services:** At all service times
- **THE RIDGE (MS and HS) (7-8th grades, 9-12th grades) Community Group:** Now at all service times.
- **Wednesdays, Kids and Preteen Adventure**
(K-4th grades, 5-6th grades) 6:15-8:00 PM
- **Wednesdays, THE RIDGE (MS and HS)**
(7-8th grades, 9-12th grades) 6:15-8:00 PM
- **Tuesdays: Celebrate Recovery:** 6:00 PM, Oakley Campus
- **Thursdays Prayer Team:** 5:30 PM, Room 104

For other opportunities and Community Group info, visit laurelridgechurch.org

Oakley Campus Planner	
<p>11/16-23: Angel Tree</p> <p>11/16: Baptism Sunday, 11am</p> <p>*11/16: Growth Pathway- 9-10:45 am. Rm 301 3rd Base, Living Faithfully for Jesus</p> <p>11/17: Operation Christmas Child Shoe Boxes Due</p> <p>11/18: SALT 60+Thanksgiving, 11:30am, Gym</p> <p>*11/23: Growth Pathway- 9-10:45 am. Rm 301 Home Base, Sharing Jesus with confidence</p> <p>11/25-28: Office Closed for Thanksgiving</p> <p>11/26: No K-12 Wednesday Evening Programs</p> <p>11/27: Thanksgiving Day</p> <p>11/30-12/21: One Warm Coat Drive</p> <p>12/1: Begin Advent Calendar</p>	<p>*12/6: Women's Christmas with the Collective, 1-3pm</p> <p>12/8: Mommy Meet up, 9-11:30am, Gym</p> <p>12/22-1/1: Office Closed for Christmas</p> <p>12/24: Christmas Eve Service Times, 3, 4:30 & 6pm</p> <p>*1/11/2026: Summer Camps \$100 First Deposit Due, 2-6th & 7-12th Gr</p> <p>*1/25/2026: Winter Camp, 7/12th Gr, \$100 Deposit Due, Camp dates: 2/20-22, \$289</p> <p>*6/28-7/3: Kids Camp, 2-6th Gr, Camp Sugar Pine, \$499</p> <p>*7/6-7/11: CentriFuge, 7-12th Gr, Jenness Park, \$499</p> <p><small>*Register at laurelridgechurch.org/register</small></p>
Laurel Ridge Church: Seek God. Build Community. Unleash Compassion.	



LAUREL RIDGE
Community Church

WHAT CAUSES HURTS IN RELATIONSHIPS
Unresolved Emotions
November 16, 2025

- _____ emotions don't die.

Psalms 147:3 - He heals the brokenhearted and binds up their wounds.

STEPS IN GOD'S HEALING PROCESS:

1. I _____ **BE**
HONEST WITH MYSELF ABOUT MY _____.

Psalms 39:2-3 - But when I was silent and still, not even saying anything good, my anguish increased. ³ My heart grew hot within me, and as I meditated, the fire burned; then I spoke with my tongue:

Psalms 32:3-4 - When I kept silent, my bones wasted away through my groaning all day long. ⁴ For day and night your hand was heavy upon me; my strength was sapped as in the heat of summer.

2. I MUST REMOVE _____ **MEMORIES**
AND REPLACE WITH _____ **TRUTH.**

Romans 12:2 - Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is – his good, pleasing and perfect will.

Thought = Feelings = Actions

How to renew your mind:

A. I ask God to _____ my memories.

B. I fill my _____ with God's word.

Ephesians 1:7-8 - In him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God's grace ⁸ that he lavished on us with all wisdom and understanding.

3. I MUST _____ ON THE FUTURE.

Getting rid of painful memories:

Job 11:13-16 - "Yet if you **devote your heart to him and stretch out your hands to him,** ¹⁴ if you put away the sin that is in your hand and allow no evil to dwell in your tent, ¹⁵ then you will lift up your face without shame; **you will stand firm and without fear.** ¹⁶ **You will surely forget your trouble,** recalling it only as waters gone by.

A. _____ your heart.

- Doing what is right.
- Asking for forgiveness.
- Granting forgiveness to others.

B. _____ out to God.

- Invite Jesus into every area of your life.

C. _____ firm.

- Pull back the rug.

Job 11:16 - You will surely forget your trouble, recalling it only as waters gone by.

Next Steps:

[] Commit to a Bible reading plan

[] Commit to reading the “I am” cards

Free Wi-Fi: LRCC-GuestWifi Password: lrccguest

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
4. Bill Pay: Setup LRCC on your bank’s Bill Pay. Your name is your account number.
5. Mail a check to the church: 2459 Laurel Road, Oakley, CA 94561

Questions? Call 925-625-9500