

## Show the Marks of Growth in 2020

*from the desk of Pastor John*

Do you have one of those places in your house where you marked the growth of your children from year to year? As you look at the marks and the dates you can see years when there was a lot of growth and years when there wasn't much change in their height. Those hashmarks serve as a visual reminder of their journey from childhood to adulthood. Of course, if we keep marking the wall after our children become adults, somewhere between the ages of 18-20, the marks will show that growing has stopped. If we continued marking the wall each year of life, eventually the marks may show regression in height.

If you could mark your spiritual growth, year after year, on the

wall in your house and have a visual display of your journey from spiritual infancy to spiritual maturity, what would you see? Would you see steady growth throughout your lifetime or would you see a time where you just seemed to level out or even regress? Where would this year's mark be compared to last year's?

In **1 Peter 2:1-2**, the apostle commanded Christians to put aside the

sins that stunt our spiritual growth and **like newborn babies, long for the pure milk of the word, so that by it you may grow in respect to salvation.** Just as a baby longs for her mother's milk to

satisfy her hunger and to help her grow, the Christian needs the **pure milk** of God's Word to nourish and satisfy.

**Jeremiah 15:16** says, "Your words were found and I ate them, And



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Your words became for me a joy and the delight of my heart; For I have been called by Your name, O LORD God of hosts." In **Job 23:12**, Job described the words of God by saying, "I have not departed from the command of His lips; I have treasured the words of His mouth more than my necessary food."

**Psalms 19:10b** called God's words "...Sweeter also than honey and the drippings of the honeycomb." In **Psalms 119:103** the psalmist

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# Show the Marks of Growth

*continued from page 1*

declares, “How sweet are Your words to my taste! Yes, sweeter than honey to my mouth!” The nourishment of God’s Word leads to spiritual growth. In **Acts 20:32**, while meeting with the Ephesian elders for the last time, Paul said to them, “And now I commend you to God and to the word of His grace, which is able to build *you* up and to give *you* the inheritance among all those who are sanctified.”

The Word of God is essential nourishment for God’s children. Like a baby desires its mother’s milk, the Christian must desire the Word of God. Without it, our spiritual growth is stunted. But worse than merely stopping in one spot, our spiritual growth actually begins to diminish. We lose the ability to fight off the deadly disease of sin and find ourselves suffering from its terrible effects. Our spiritual eyesight begins to fade, and we stop seeing His righteousness as we should and we begin to become

blinded to our sin.

Most professing Christians do not have a consistent diet of God’s Word. They have allowed so many “demands” on their time to rob them of time in God’s Word rather than letting time in God’s Word rob them of committing time to things that have no eternal value.

Resolve this year to nourish yourself with a steady diet of God’s Word so that you grow spiritually! Make a plan to regularly read your Bible this year! Most good study Bibles have a reading plan somewhere in them. If you don’t find one in your Bible you can easily find several free options on the internet. Here are links to two such options: <http://www.thebible.net/read/sched.html> and <https://www.ligonier.org/blog/bible-reading-plans/>.

As you immerse yourself into God’s Word this year, you will notice that the marks on your spiritual journey wall will reach new heights. Let’s all strive to grow in the Lord in 2020!

## Family News

Eastridge is excited to welcome the following people into church membership:

Valerie Carter

*For as in one body we have many members, and the members do not all have the same function, so we, though many, are one body in Christ, and individually members one of another.*

Romans 12:4-5



We will be holding baby/child dedication services on **Sunday, January 19** during both services. This is an opportunity for parents to dedicate their child to the Lord and commit to raising them as a follower of Christ. If you would like to dedicate your child, please contact the church office at [kim@eastridgebaptist.org](mailto:kim@eastridgebaptist.org) or 253-630-2327 for important info about the dedication services.



Gene Burge of *Baptist Missions to Forgotten People* recently penned an important message about missions. He said:

“Often time missionaries feel like they need to give glowing reports in their prayer letters...that to give less would jeopardize their financial support. [But] supporting churches need to know the burdens and hardships that missionaries sometimes carry so they can pray more effectively for them.

I remember a dear missionary gave a report of how God had used his family to start several churches in a foreign country. He shared that the Lord was blessing and his first congregation grew. Most of the people in that church he led to the Lord personally and were being disciplined. One Sunday morning he was preaching a message [emphasizing that] the only way to heaven was through Jesus Christ. A woman who had professed Christ stood up and challenged the pastor on [this point]. She said that [Jesus] was not the only way but stated that Buddhism was their religion and they would not forsake it. She walked out, and her family with her. One by one the congregation left until only one person

remained.

You talk about being discouraged! He indeed was, and really needed the prayers and encouragement of his supporters. He had to start over again, which he did. Today they have a strong congregation but it didn't come without travail. He mentioned that some people contacted him and stated that he should not put negatives like that in his prayer letter but only the positives. If that be so, how would his supporters know the urgent need that they had in order that they might pray effectively for them? My suggestion to missionaries is not to be whiners or beggars but to be honest and share burdens as well as blessings. I really believe that people who love missionaries will want to rejoice with them in the blessings and victories but those same people want to pray for them when their burdens get heavy. The Apostle Paul said in 2 Cor. 1:11, ‘You also helping together in prayer for us, that thanks may be given by many persons on our behalf for the gift granted to us through many.’ Missions is a team effort: our Lord, missionary families, and their supporters. You have a very important part in missions.”

How very true! We have been blessed, through your giving to Faith Promise, to be able to share in the ministry of 16 families in difficult surroundings all over the world, men who are faithful to live and proclaim the fullness of God's Word, and to disciple others to do the same. They send us ministry newsletters every month and those letters are reproduced and available in a notebook on top of the missions credenza in the foyer. I encourage you to get to know these precious laborers, their victories and their burdens, and lift them up regularly before the Lord.

# 39 Treasure Chests

*from the desk of Pastor Paul*

The new year is a time when many of us consider tackling a new Scripture reading plan. As we set our 2020 reading goal, let's make sure we do not neglect a certain section of our Bible that frequently gets the back seat. What part am I talking about? The Old Testament. While we are often prone to gravitate to the New Testament because of its clearer relevance to us, we ought not ignore the prior 39 books. Though we do not live under the old covenant, the Old Testament still teaches us wondrous truths about God and His work of redemption and it strengthens our understanding of the New Testament.

The Psalmist proclaims, *"Oh how I love your law! It is my meditation all the day"* (Ps. 119:97).

God's Word is a treasure that stirs our delight in God. It is unlike any other writing in history. As Paul taught in 2 Timothy 3:16–17, Scripture comes from God Himself and is of the utmost profitability. No other book can carry such a description. It is amazing to consider that when Paul wrote this he was directly speaking of the Old Testament (though by implication and other references it applies to the New Testament as well).

When we read Genesis through Malachi, we see the foundations set that impact the rest of redemptive history. If we are going to understand the New Testament well, then we ought to be working towards understanding the Old Testament. Consider the book of Hebrews. How well can we interpret this marvelous letter without at least some knowledge of the old covenant, sacrifices, high priests, or even those listed in the "Hall of Faith" of Hebrews 11? However, Hebrews is not the only letter appealing to the Old Testament. In Galatians, Paul addressed

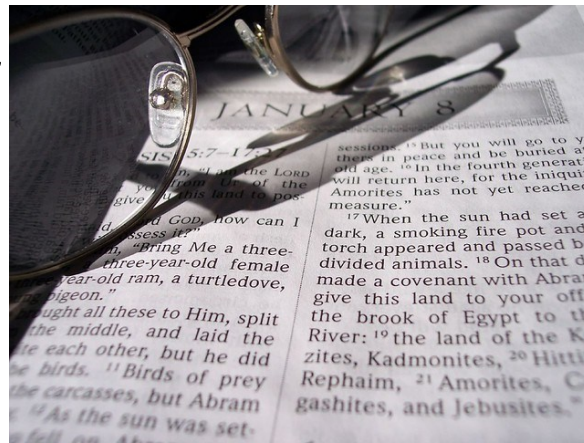
issues of the Law, the promise given to Abraham, and the curse (Deut. 21:23). The Gospels record Jesus' works and teachings as he interacts with the Jewish leaders. Jesus appealed to the Old Testament and showed how it pointed to Him (Luke 24:27; John 5:39). The writers of the New Testament knew their Bibles which, at the time, was the Old Testament.

What are some points we cherish from the first portion of the Bible? In Genesis, we read that God created all things and that He gave a promise that would remedy the problem of sin and death (Gen. 3:15; 12:1-3). In Exodus, we read of the Lord's power to redeem His people even from the most terrible of

circumstances. Leviticus teaches God's holiness. Numbers and Deuteronomy show God's faithfulness to His covenant. The Psalms bring expression to the various seasons of life as one walks with God. Proverbs teaches us godly wisdom. Isaiah points us to a coming redemption that

would be accomplished by the Suffering Servant (Isa. 53). Each of the 39 books contribute to our understanding of God and His saving mission.

We treasure all 66 books of the Bible and it is good for us to have a grasp on what they *all* teach. So, where can you begin when trying to comprehend what God has for us in the 39 Old Testament books? Start by evaluating what book of the Old Testament you are unfamiliar with and then devote time to studying it until you can identify the main point of the book, what it teaches about God, and how it applies to us in its proper context. Let's not neglect the Old Testament this year as we study the Scriptures. May the Lord grow our understanding and our love for Him and His Word.





# Great Marriages Don't Just Happen

## Weekend to Remember

The Weekend to Remember FamilyLife marriage conference is coming to Renton! Mark your calendar for April 3-5, 2020 and plan to attend this event at the Hyatt Regency Lake Washington. Watch for the **half-price promotion** beginning in January which will save you \$175/couple. When you register, use the group code KentWTR.

For more information, pick up a brochure on the counseling table in the church foyer or contact Bill or Cathy Mickelson at mickelsons5@msn.com (Bill) or camickelson@msn.com (Cathy).

We were blessed to have the Eastridge handbell choir perform in the foyer before both services on December 15. Hopefully you had a chance to hear them play! You can become part of this wonderful group when they begin rehearsals again on **January 14, 2020**. No experience is necessary. The handbell choir meets weekly on Tuesdays at 6:30pm in the main building classroom.

If you are interested in joining this group, please contact Emily Reed at emily.g.reed@gmail.com.



## Opportunities to Serve

Eastridge is looking for volunteers to serve in a variety of ministries:

### Greeters

Greeters welcome attendees on Sunday morning with a warm smile and a handshake. Typically volunteers sign up to greet for a month at a time. For more information, contact Pastor Samuel at 253-630-2327.

### Ushers

We are in need of ushers for both services to greet attendees, hand out bulletins and visitor packets, and help people find seats for the services. Ushers typically serve once or twice a month. For more information, please contact Tim Aitkins at drywalltim@comcast.net.

### Children's Ministry Workers

#### **Infant Nursery (0-under 2)**

- Need two people for **second service** for the **fifth Sunday** of the month (4 times in 2020)
- Need one person for **second service** on the **second Sunday** of each month.

#### **Children's Church**

Needs teachers and helpers (both services)

To volunteer in one of these areas, please contact Pastor Paul at paulc@eastridgebaptist.org or 253-630-2327.

# A Time for Everything: Hope in the Midst of Hardship

*from the desk of Pastor Samuel*

Many Christians struggle with the concept of God's providence. Some could see the state of the world around us and conclude that God must not care about His creation if it has declined in such a way. Others experience a personal tragedy and assume that God must be spiteful or He must hate them in order for something like this to happen. Some even use the hardships of this life to show that there is no ultimate meaning or that God doesn't exist.

However, the very fact that we search for meaning in hardships shows that there must be some meaning within it. In this way, we are able to find hope in a passage like Ecclesiastes 3:1—"For everything there is a season, and a time for every matter under heaven." Solomon expands on this later on in the chapter: "I have seen the business that God has given to the children of man to be busy with. He has made everything beautiful in its time. Also, he has put eternity into man's heart, yet so that he cannot find out what God has done from the beginning to the end" (vv. 10–11). Humans innately understand that there is a lasting meaning behind everything that happens in time and space, even if we cannot perceive what that meaning is. God has divinely ordained everything to happen at the appropriate time.

If God has ordained purpose within each moment of every person's life, and He has given each person even a small sense of His eternal purpose, then we can see that He is actively involved with and cares for His creation. God Himself breathes life into humanity (Genesis 2:7; Job 33:4). Our lives are safely held in God's hand (Psalm 31:15). Even difficult

things that seem to have no purpose are intended for our good and ultimately for His glory (Romans 8:28). God showed the ultimate expression of His love for us in the life, death, and resurrection of His Son Jesus, whose sacrifice has accomplished our salvation (Romans 5:8). Jesus even expressed His divine care for His people when He referred to Himself as the Good Shepherd (John 10). Jesus also said that His Father has not stopped working on behalf of His creation (John 5:17), and Jesus Himself works to uphold the universe by the word of His power (Hebrews 1:3). There is not one spare second of time, nor a square inch of earth, where God is not actively involved and caringly invested.

There may be times when it is hard to wrap our heads around this fact, but that does not make it

any less true. That is why so much of the Bible recounts the steadfast love of the Lord. Throughout our study of Scripture, we come face-to-face with God's care for His creation. We also find commands to bring our

cares and anxieties to God with the promise that He cares for the things we care about (Psalm 55:22; 1 Peter 5:7). It is through knowing and recounting these truths and promises that we can count sufferings and hardships as a joy (James 1:2–4).

In his book *Dark Clouds, Deep Mercy*, Mark Vroegop talks about lament as an opportunity to "reaffirm what we believe. We say to ourselves, 'God's mercy never ends,' 'waiting is not a waste,' 'the final word has not been spoken,' and 'God is always good'" (p. 119). If you are entering this year suffering some kind of hardship, don't be afraid to express it to God. As you cast your anxiety and care on Him, He will remind you of His loving care. We can have hope in the midst of hardship because we trust that God's steadfast love will sustain us in every circumstance we face.



# Kids' Corner

## AWANA IN JANUARY

**January 8th – Star Wars Night!** Storm trooper invasion. Light saber duels. And more! Be prepared for some exciting Jedi training during game time!

**January 15th – Giant Night.** Everything we do in game time tonight will be oversized!

**January 22nd – Glow!** Tonight we will focus on going from darkness to light in this “glowing” night at Awana.

**January 29th. Snow Ball.** Whether inside or outside, you’ll get a chance to toss snowballs around during game time.

### “STEP” INTO THE NEW YEAR

Make this craft to remember God's many blessings.

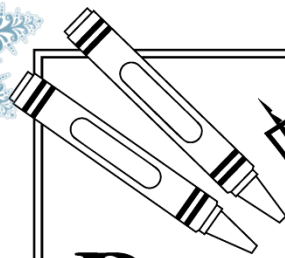


**What you need:**

- Small stones
- Permanent markers
- Foil pan and cooking spray
- Drop cloth
- Gloves
- Quick-set concrete (and adult help)
- Bucket and paint stirrer

**What you do:**

1. After reflecting on the past year, use markers to decorate stones with memorable words, dates and drawings.
2. Spray pan with cooking spray. Set pan outside on a drop cloth.
3. Wearing gloves, mix concrete in a bucket, according to instructions.
4. Pour concrete into pan. Smooth top with paint stirrer.
5. Press in stones, handprints and other decorations.
6. Let dry completely. Remove from pan.
7. Place the stepping-stone outside as a reminder of God's continued goodness.

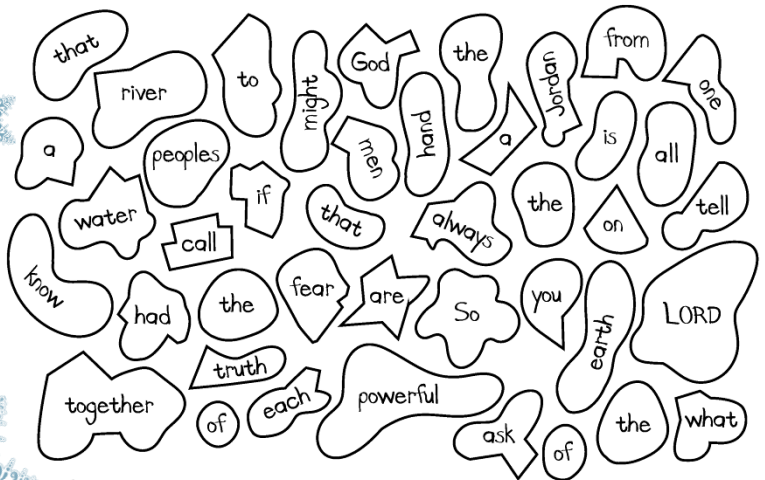


## PUZZLE

### Reminder rocks

When Joshua and the Israelites crossed the Jordan River, they set up stones for a special reason.

*Directions: Shade all the rocks that aren't completely rounded. Unscramble the remaining rocks to reveal a message from Joshua 4:24, NIV.*



So \_\_\_\_\_ the \_\_\_\_\_ the  
 \_\_\_\_\_ the  
 \_\_\_\_\_ the \_\_\_\_\_ .

JOSHUA 4:24, NIV

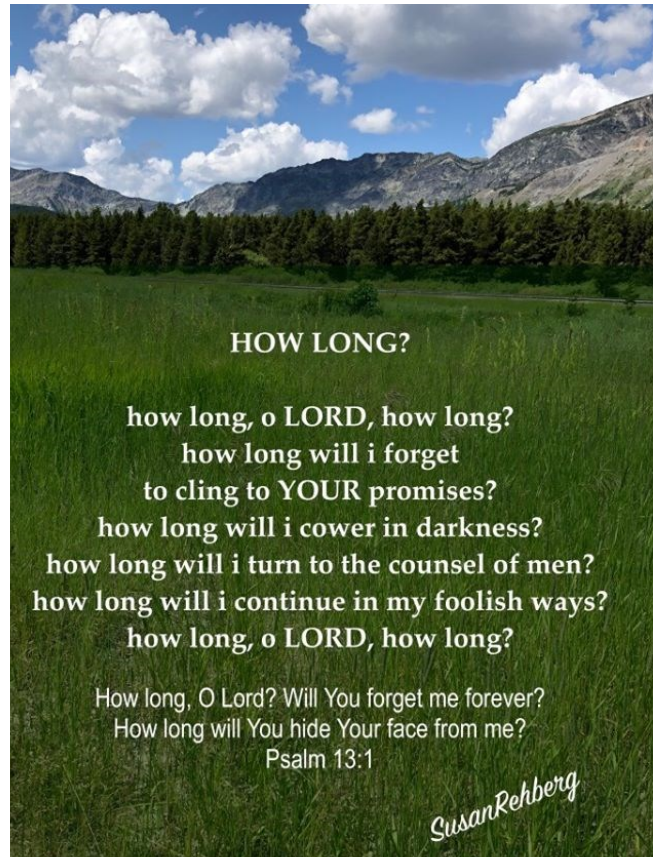
Answer: So that all the peoples of the earth might know that the hand of the LORD is powerful. Joshua 4:24, NIV



(See Genesis 3)

12-30-2013

REMEMBER THAT NEW YEAR RESOLUTION YOU MADE TO TRY NEW THINGS?



HOW LONG?

how long, o LORD, how long?  
how long will i forget  
to cling to YOUR promises?  
how long will i cower in darkness?  
how long will i turn to the counsel of men?  
how long will i continue in my foolish ways?  
how long, o LORD, how long?

How long, O Lord? Will You forget me forever?  
How long will You hide Your face from me?  
Psalm 13:1

*Susan Rehberg*

# January Birthdays & Anniversaries

- Lydia Kusack 1/1
- Asher Elliott 1/4
- Lynnette Morales 1/5
- Elliot Hansen 1/6
- Alanna Lopez 1/7
- Randy Mayes 1/7
- Lisa Horne 1/9
- Ron Heusser 1/10
- Samuel Watson 1/11
- Madelyn Yoder 1/11
- Carl Moore 1/12
- Michael Gailey 1/14
- Molly Small 1/15
- Aiden Carlton 1/16
- Isaiah Kearney 1/16
- Mike McCafferty 1/17

- Barbara Bonar 1/18
- Mia Kerr 1/18
- Kris Adams 1/20
- Paul Mickelson 1/21
- Jen Trzeciak 1/21
- Daniel Emme 1/21
- Jon Watson 1/22
- Heidi Guthrie 1/22
- Archie Tibbetts 1/23
- Ana Belén Emme 1/23
- Tony Teeler 1/24
- Benjamin Dipple 1/24
- Veronica Aitkins 1/28
- Benjamin McArdel 1/29
- Jon Knipp 1/30
- Reese Goheen 1/31


Anniversaries

- Mike and Amanda
- Miranda 1/4
- Andrew and Sara Hayward 1/9
- Jim and Alice Hunter 1/9
- Curtis and Anna Blake 1/12
- Johnathan and Michaela Rutherford 1/16
- Bill and Cherryl Boston 1/26



*Don't see your name in our birthday and anniversary list? We'd love to celebrate you! Simply contact the church office at 253-630-2327 or kim@eastridgebaptist.org and we'll include your special day in our newsletter!*



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 <b>New Year's Day</b>	2 7:00pm Worship Team Practice	3	4
5 <b>6:00pm Monthly Prayer Meeting</b>	6 2:00pm Ladies' Bible Study 7:00pm Men's Bible Study	7 5:00-8:30pm TaeKwonDo 6:30pm Handbell Choir Practice 7:00pm Young Marrieds Bible Study	8 6:30pm 128 Student Ministries 6:30pm Awana Clubs	9 9:30-11:30am Ladies' Bible Studies 5:00-6:45pm Youth Bible Quizzing 6:30pm Co-ed Adult Bible Study 7:00pm Worship Team Practice	10	11 7:00am Men of the Book
12	13 2:00pm Ladies' Bible Study 6:30pm Ladies' Bible Study 7:00pm Men's Bible Study	14 10:30am Missions Prayer Meeting 9:30am Ladies' Study @ Rehberg's 5:00pm-8:30pm TaeKwonDo 6:30pm Handbell Choir Practice 6:30pm Ladies' Bible Study 7:00pm Young Marrieds' Study	15 6:30pm 128 Student Ministries 6:30pm Awana Clubs	16 9:30-11:30am Ladies' Bible Studies 5:00-6:45pm Youth Bible Quizzing 6:30pm Co-ed Adult Bible Study 7:00pm Worship Team Practice	17	18 5:00-8:00pm Marriage Matters
19 <b>Baby/Child Dedications (both services)</b> 1:00pm College/ Career Ladies' Lunch & Study (@ Mickelson's)	20 2:00pm Ladies' Bible Study 6:30pm Ladies' Bible Study 7:00pm Men's Bible Study	21 9:30am Ladies' Study @ Rehberg's 5:00-8:30pm TaeKwonDo 6:30pm Handbell Choir Practice 7:00pm Young Marrieds Bible Study	22 6:30pm 128 Student Ministries 6:30pm Awana Clubs	23 9:30-11:30am Ladies' Bible Studies 5:00-6:45pm Youth Bible Quizzing 6:30pm Co-ed Adult Bible Study 7:00pm Worship Team Practice	24	25
26 <b>Communion</b>	27 2:00pm Ladies' Bible Study 6:30pm Ladies' Bible Study 7:00pm Men's Bible Study	28 9:30am Ladies' Study @ Rehberg's 5:00-8:30pm TaeKwonDo 6:30pm Handbell Choir Practice 6:30pm Ladies' Bible Study 7:00pm Young Marrieds Bible	29 6:30pm 128 Student Ministries 6:30pm Awana Clubs	30 9:30-11:30am Ladies' Bible Studies 5:00-6:45pm Youth Bible Quizzing 6:30pm Co-ed Adult Bible Study 7:00pm Worship Team Practice	31	

## February 2020

*Sunday, February 9	Monthly Prayer Meeting	6:00pm (Auditorium)
Tuesday, February 11	Missions Prayer Ministry	10:30am @ Alaire Irish's
Sunday, February 16– Tuesday, February 18	Youth Winter Camp	Double K Retreat

\* Note date change to second Sunday of the month.

## March 2020

Sunday, March 1	Monthly Prayer Meeting	6:00pm (Auditorium)
Tuesday, March 10	Missions Prayer Ministry	10:30am @ Alaire Irish's
Saturday, March 21	Joyful Noise Musical	6:00pm @ EBC
Sunday, March 22	Joyful Noise Musical	10:00am and 6:00pm @ EBC

## April 2020

Sunday, April 5	Monthly Prayer Meeting	6:00pm (Auditorium)
Sunday, April 12	Easter Sunday	Services at 8:30 & 10:30am (No Sunday School)
Tuesday, April 14	Missions Prayer Ministry	10:30am @ Alaire Irish's



# Using the Bible to Counsel Others

*from the desk of Pastor Ryan*

What is biblical counseling? This month begins a series of articles that will run through all of 2020 where we will look at the who, what, and how of this vital aspect of ministry.

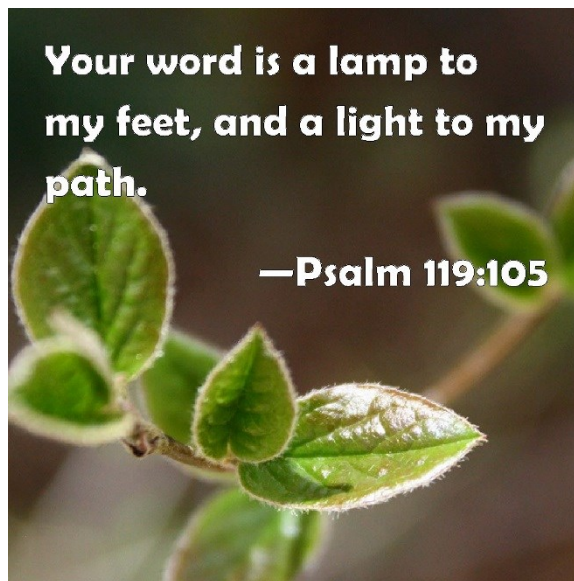
Most people, if they're honest, would not consider themselves a counselor. However, everyone is a counselor whether they realize it or not. After all, what is a counselor? The dictionary definition informs us that a counselor is someone who gives guidance, advice, or instruction directing the judgment or conduct of another. So from that perspective we are all counselors! We all give advice or share our opinions about the way things should be or what someone should do. Even if we say nothing, our silence can be considered as agreement with the thoughts of others.

So we all counsel, but for Christians, the question that we must answer is, "How biblical is our counsel?" Christians are to be engaged in pointing people to Christ and helping people follow Christ by looking to Him as He is presented in the Bible. In other words, every Christian is to counsel biblically. But now we need to ask the question, "What is biblical counseling?" Fundamentally, biblical counseling is helping real people with real problems by using the Bible.

***Biblical counseling seeks to help real people.*** It has been said that the Bible is not just for information but for transformation, and God has given His Word so that believers can speak the truth to one another, helping each other grow in Christ (Eph 4:15). The body of Christ is made up of individuals, and the goal

of biblical counseling is to impact individuals biblically, helping each person become more like Christ.

***Biblical counseling seeks to help real people with real problems.*** The church is filled with people who are struggling with sin or are suffering the results of living in a sin-cursed world. Every day, there are people who sit next to you in church who think, speak, and act in rebellion against God or are hurting because others have sinned against them. There are also those who are suffering as a result of sickness, financial loss, or some other tragedy that has impacted their lives. Biblical counseling aims to bring true hope and genuine help to those in need.



***Biblical counseling seeks to help real people with real problems by using the Bible.*** Those who are struggling because of sin or who are enduring suffering need real answers to their problems—the kind of answers that can only be found in the pages of the Bible. In 2 Timothy 3, Paul lists out a host of sins that people commit against each other. He then gives a charge to his young disciple, "But as for you, continue in what you have

learned" (3:14). In the face of the difficulties of this world and the sin people face on a daily basis, Paul points Timothy back to Scripture. Why? Because it comes from the very mouth of God and is perfectly suited to handle any problem that a person might face (3:16–17).

Biblical counseling is not something meant for super Christians; it is meant for normal Christians like you and me. All Christians have been called to be disciple-makers (Matt 28:19–20) and we have been equipped to do so (Rom 15:14). The way we accomplish this is by using our Bibles to help real people with real problems.

## It is Well With My Soul

When peace like a river attendeth my way,  
When sorrows like sea billows roll  
What ever my lot,  
Thou hast taught me to say,  
It is well, it is well with my soul.

It is well (it is well)  
With my soul (with my soul)  
It is well, it is well with my soul.  
My sin—O the bliss of this glorious thought  
My sin, not in part, but the whole,  
Is nailed to the cross, and I bear it no more:  
Praise the Lord, praise the Lord, O my soul!

It is well (it is well)  
With my soul (with my soul)  
It is well, it is well with my soul.

And, Lord, haste the day when my faith  
shall be sight,  
The clouds be rolled back as a scroll:  
The trump shall resound and the Lord shall  
descend  
“Even so” - it is well with my soul.

It is well (it is well)  
With my soul (with my soul)  
It is well, it is well with my soul.



**EASTRIDGE**  
BAPTIST CHURCH