The Power of God for Your Benefit

from the desk of Pastor John

The world's most powerful crane is China's Taishan crane. It is capable of lifting 44 million pounds! That is the equivalent of lifting fifty fully-loaded Boeing 747s! That is pretty amazing power; but it doesn't compare with the power that God has brought to bear on your behalf.

As Paul prayed for believers in

"Medical science has

discovered that it may be

possible to shock a recently

stopped heart into beating

Ephesians 1:18-23,

he prayed that they would know the surpassing greatness of the power of God toward us who

believe. Paul wants us to understand the power that God pos-

sesses so that we may have confidence to live out our faith in this sin-cursed world.

Paul could have chosen any number of examples to illustrate the power of God. He could have spoken of creation as an incredible display of God's power (Ps. 19:1)

or of both the massive and the minute nature of creation, from galaxies to sub-atomic particles. But Paul chooses four more important ways that God displayed His power. First, God showed us the surpassing greatness of His power when He raised Christ from the dead (Eph. 1:19-20a).

While the power of God is clearly displayed in the resurrection of Jesus Christ, we can become so familiar with the "story" that we

> stop being awed by the amazing act of power and authority that it was. The resurrection is not merely a part of the biography of Jesus, equal in significance to the

fact that He was visited by wise men from the east or that He grew up in Nazareth. Jesus was raised from the dead by God!

Only God can raise the dead. If man could raise the dead, we certainly would. Medical science has discovered that it may be possible

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to shock a recently stopped heart into beating again. But no amount of medical science can cause a three -day-old cadaver to come back to life. God showed His unlimited power by raising Jesus from the dead after He had been in the grave for three days. For that reason, Paul prays that he might know the power of God and the resurrection. In **Philippians 3:10–11** he states,

Growing in Christlikeness p. 11

"that I may know Him and the

Power of God continued from page 1

power of His resurrection and the fellowship of His sufferings, being conformed to His death; in order that I may attain to the resurrection from the dead."

The second display of God's power was when He seated Christ at His right hand in heavenly places (Eph. 1:20b). The right hand is placed upon a person to bless them; it is the hand used for support, victory, instruction, and protection (Gen. 48:14; Ps. 18:35; 20:6; 45:4; 138:7). Most often the right hand is considered the place of power and authority. Psalm 110:1 says, "The LORD says to my Lord: 'Sit at My right hand Until I make Your ene-

mies a footstool for Your feet." Jesus is said to be at the right hand of God more than 20 times in the New Testament. By seating Jesus at His right hand, God displays His own power to exalt Christ. While there, Jesus intercedes for us (Rom. 8:34) and guarantees our

future exaltation with Him (Eph. 2:6). Being at the right hand of God gives Jesus authority over every other form of power for all time. (Eph 1:21)

The third display of God's power is that **He put all things in subjection under** Christ's **feet** (v. 22). Adam had that role but lost it because of his sin (Gen 1:28): Jesus will assume the role. The authorit

(Gen 1:28); Jesus will assume the role. The authority to reign belongs to Christ. In the sovereign plan of God, this current age must reach its completion and then Christ will come and establish His reign for all times. The reign of Christ is not merely the plan, not merely our hope—it is the certainty of the future.

The fourth display of God's power was when He gave Christ **as head over all things to the church,**

which is His body, the fullness of Him who fills all in all (vv. 22-23).

Since we live in the church age and make up the church, this is a source of great comfort. The church has not been left on the earth to muddle through on its own. We have a head; we have a leader. As a head needs a body to display its glory, so too Christ needs the church to display His glory. John Calvin said, "This is the highest honor of the church that until He is united to us, the Son of God reckons Himself in some measure incomplete. What consolation it is for us to learn that not until we are in His presence does He possess all His parts, nor does He wish to be regarded as complete." In other words, Christ gives

the church all that is needed to be the fullness of Himself. It is somewhat akin to a dad who gives his child money in order to buy a Father's Day gift.

All of the power of God is displayed in

Christ and its display is to be a source of comfort and courage for us. God not only loved us enough to send His Son to die for us, He also loved us enough to raise His Son, to defeat sin, death, and the grave. He then seated Him in the position of power and put all things in subjection to Him in order for Him to have all the power and authority needed to fill His church with all it needs to complete Him. Then at the proper time He will receive His Bride without spot or blemish and He will be complete and will then reign over all things for all eternity.

Knowing that this great power of God is working and will accomplish His plan should give us the confidence to live out our faith in this world.



Meet Fiji Missionary Premend Choy

by Derek Iverson, Elder for Missions



l to r: Ashwin, Premend, Abigail, and Charlene Choy

Premend Choy was added to the group of missionaries supported by Faith Promise Missions of EBC in 2019. He is a well-trained discipler of pastors and is himself a pastor of Lovu Bible Church in Lautoka, Fiji. In Fiji the dominant religion is Hinduism. The islands have little industry and suffer from high unemployment. Premend is helping to shine the light of the Gospel of Jesus Christ there.

Premend was saved out of Hinduism at age 17. In his 2018 application to EBC for financial support, he stated, "As this adventure of my new faith began, I had a sweeter journey every day with my Lord and Savior. This sweet relationship contrasted radically with my idol worship. In 1994, the Lord brought me to join what had now become the College of Theology and Evangelism Fiji (CETF) as a member of the staff. I found my beautiful and loyal bride [Ashwin] there and we married in 1997. We are blessed with two daughters: Charlene [age 19] and Abigail [age 7]. Another miracle that brought great joy was witnessing the Lord save my mother and two sisters from the darkness of Hinduism. In fact, the Hindu temple in our village closed 32 years ago and some 20

Hindu families have professed faith in Christ since then.

Premend and his family spent five years in the States while he earned his Mdiv from The Master's Seminary; they returned to Fiji in 2012. Then, in 2018, he received his Master of Theology degree from The Master's Seminary. It was here that he met Pastor Andy Craig. That was the beginning of Premend's connection with EBC.

He sums up his philosophy of ministry this way: "Here at CTEF and among Bible Churches, our desire for everyone is that they may learn sooner how it is only when under the exclusive ownership of God, can we give our **Master unquestioning obedience**. Like a dispensing chemist who makes up a medical prescription prescribed by a doctor, the requirement is to do the job *as instructed*, and not to try to make self-devised "improvements" of one's own. Hence, does *man indisputably consider us as servants of Christ*?" May we all be so found by those who observe us.



Map of the Fijian Islands. Lautoka is circled in red.

Reflections on Winter Camp 2020

from the desk of Pastor Paul

Winter Camp 2020 was a blast! Our focus over three days was that Christ is above all. We studied through Colossians 1:13-23 seeing how Jesus is the exalted Lord over all the universe and over all our lives. It

drew us to consider that Jesus is worthy to be worshiped and followed. These times of chapel were followed by smaller group discussion, called Discipleship Groups. In this time, the leaders were able to help our students think through how the message impacts their lives. As is always our pursuit, we strive to "present everyone mature in Christ" (Col. 1:28). This includes not only knowing and understanding the Bible, but also striving to have our lives transformed as we walk in obedience to the Lord.

One of the biggest highlights of camp is worshiping the Lord in song during the chapels. Hearing the students sing loudly together brings much joy. I am thankful for the students' desire to sing wholeheartedly to the Lord. We were grateful that the Lord provided snow for us to enjoy. Originally, it seemed like most of the snow would be melted by the time we arrived at camp. However, there was much more than expected and it began snowing quite hard the second half of the first day. This made for a beautiful setting and fun games in the snow. The students were divided into

four teams for games and a points competition. The team themes revolved around automobiles. We had the Mustangs, Jeeps, Minivans, and F150s. Fittingly, the fastest car, the Mustang, ended up being the winning team.

Winter Camp 2020 was a great time, especially since there was hot water for the showers, unlimited hot chocolate, and delicious food. Spending extended time to-

gether helped grow friendships and provided me with a chance to get to know the youth better. While camp has come and gone, it is my prayer that the message—that Jesus is the exalted Lord who is worthy to be lived for—will not be forgotten.



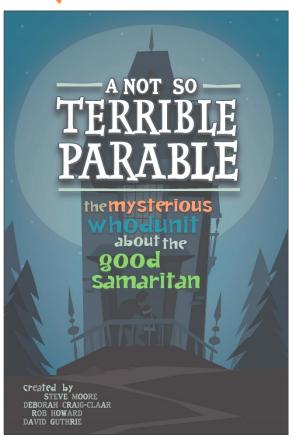


Saturday, March 7 8:00–11:00am Eastridge Baptist Church Please sign up in the foyer

For more information, contact Pastor Ryan at ryant@eastrdigebaptist.org



JOYFUL NOISE CHOIR PRESENTS...



It was a dark & stormy night . . .

A man lay injured by the side of the road. Two travelers passed him by. Mysteriously, he is delivered to the doorstep of the quaint Mountain Vista Inn, where the startled guests, the butler and the maid (of course!), and the famous detective must use their wits to sleuth out every clue to get to the bottom of this mystifying whodunit. Join host Alistair McAlister in this Master's Peace Theater re-creation of the parable that Jesus told about the Good Samaritan.

Three performances at Eastridge:
Saturday, March 21 @ 6:00pm
Sunday, March 22 @ 10:00am*
Sunday, March 22 @ 6:00pm
*no Sunday School on this day

Rid Me of Myself: The Heart of Confession from the desk of Pastor Samuel

Confession of sin is uncomfortable. As sinful humans, we understand that we do not live perfectly but have a hard time admitting when we are wrong. As followers of Christ, we recognize our sin even more vividly, but we can still struggle with confessing our faults. The shame of our sin causes us to try and hide it, just like our first ancestors Adam and Eve tried to hide from God in Eden.

Each person who has come to faith in Christ has done so by recognizing the seriousness of their sin

and their inability to adequately pay for it. This is what drives us to the cross, beholding the extent of God's love that He would send His only Son to pay the price for our sins. We then confess those sins to Him, place our trust in the finished work of Christ's sacrifice, and turn from our sin in

the power of the Holy Spirit now at work in us. In this way, confession of sin is a critically important part of the life of a Christian!

Sadly, we understand that we are not immediately made perfect once we confess our sins and trust in Christ. Though sin no longer has any power over us, it is still present in our lives. Elyse Fitzpatrick states this reality well in her book *Idols of the Heart*: "Even though believers have been given a new heart, so our thoughts and desires are changed, we still struggle with the remnants of our old nature. We must continually battle the competing loves in our heart. Every day we have to choose whom we will love the most: God or ourselves" (p. 100). Paul struggled mightily with his flesh that caused him to continue

doing the sin he hated to commit: "Wretched man that I am! Who will deliver me from this body of death?" (Romans 7:24).

Though we have confessed Christ as our Lord and Savior, our sinful flesh still tries to usurp Christ and take the throne in our hearts. The foundation of all sin is a prideful idolatry of self. As we continue in our Christian walk, we will continue to fight against that selfish idolatry. We need to confess to God how we have sinned and willfully turn from those sins. This is the work of sanctification, where the Spirit convicts us of our sin, encourages us with the reminder of our position in Christ, and uses the Word

to guide us in how we ought to turn from that sin and to God.

As we behold Christ more fully in His Word, the draw of sin's selfish idolatry becomes weaker. We care more about the glory of Christ and less about our own desires. In the song "Lead Me to the Cross,"

the chorus expresses a righteous desire to see more of Christ and less of ourselves: "Lead me to the cross where Your love poured out / Bring me to my knees; Lord, I lay me down / *Rid me of myself; I belong to You* / Oh lead me to the cross." This is the heart of confession: that our sinful selves would come to nothing, and that Christ would be made everything within us. True confession shares the heart of John the Baptist: "He must increase, but I must decrease."

Confession is a pattern in the present life of a believer. We will continue to fall into sin and need to seek forgiveness from God, but we can be confident that as we fight against the flesh, we are being made more like our Savior. We are ridding ourselves of ourselves, so that we may gain true life and freedom from sin by the power of God.



Kids' Corner

AWANA IN MARCH

March 4th- Beach Night. Even though it's not beach weather yet, you'll get a taste of summer during game time as you play lots of beach-themed games.

March 11th – Trauma Night. Always a favorite theme night! Come wearing your most creative trauma gear. We're looking for lots of bandages, slings, braces, scars, or any other "trauma wear" you can think of.

March 18th - Balloon Night. Bounce and pop your way through club night with lots of balloon games.

March 25th - Puzzled? Some of our games will be very puzzling. Can you figure them out?

A Clear Vision for Ministry by Kim Turnbull

A cardboard collection box sits on the counter outside the kitchen in the Eastridge foyer. Some of you may know its purpose and others may have never even noticed it. The box was put in the foyer by Eastridge member Diane Carlton as a way to collect used eyeglasses in support of Vista Missions, a non-profit Christian organization.

Vista Missions' goal is to demonstrate the love of Jesus Christ by providing vision and dental-based services to underserved communities, primarily in Latin America. The organization directly sponsors 2–3 short-term trips per year where they work with local foreign host churches to offer free vision exams, fit people with eye-glasses, and provide free dental care in the community.

For many years, Diane has volunteered with Vista



People seeking treatment at the vision clinic in Paraguay

Missions doing eyeglass clinic ministry in Mexico. Then, last year, she and her husband Mike were part of the July 2019 vision team who traveled to Paraguay. During the trip, over 1300 people attended the clinic and received much-needed vision care! Following the clinic, several families began attending the host church and others requested a home visit or a Bible study.

Vista Missions would not be able to operate their clinics without the donation of used eyeglasses from people like you. They collect, clean, and sort these glasses for upcoming mission trips. You can make a difference by donating your used eyeglasses—simply drop them in the donation box in



The life-changing gift of eyeglasses

the church foyer and they'll be used to provide lifealtering vision to a needy person. Even broken glasses are accepted!

Vista welcomes new volunteers, including optical and dental professionals and people with no experience. Everyone can have a place in this ministry if they are interested in serving on a mission team. The two or three annual trips are typically 1–2 weeks long and the team consists of 25 people.

For more information about VISTA Missions, contact Diane Carlton or visit their website at www.vistamissions.org.

Spring yardwork Days 9:00am to 2:00pm

Volunteer to help tidy the garden beds and the church property

MARK YOUR CALENDAR!

Saturday, April 4 (preparation for Easter) Saturday, May 2 Saturday, May 16

Sign-up sheets will be available in the foyer as the dates draw near

For more information, contact Cherryl Boston at crboston12@gmail.com

Invest in Your Marriage

The FamilyLife Weekend to Remember marriage conference is coming to the Hyatt Regency Lake Washington in Renton on April 3–5, 2020.

"Couples attend Weekend to Remember because they're ready to invest in their marriage and intentionally move towards oneness. We help you understand God's blueprint for marriage so you can create a legacy of greatness. Our attendees say their relationships improved on average from a 4/10 to an 8/10 after one weekend."

Save \$100 off the couple's registration price when you use the group code KentWTR. You can register online at **www.familylife.com/weekend-to-remember.** For more information, pick up a brochure on the counseling table or contact Bill or Cathy Mickelson.

March Birthdays & Anniversaries

Solomon Freeman 3/1
Jason McArdel 3/2
Jeff Benjamin 3/3
Amelia Mickelson 3/3
Valerie McCafferty 3/3
Jeannette Coppess 3/4
Jakob Burklund 3/5
Kristen Thompson 3/5
Jack Gaines 3/5
Cole Ausen 3/6
Nicole Elliott 3/6
Joshua Barrios 3/8
Angel Peltekian 3/10
George Kerr 3/10

Jane Allen 3/11

Yanan Gray 3/11

Paul Buehler 3/14

Rachel Wallace 3/14
Alex Peltekian 3/15
Chuck Stockton 3/15
Jennifer McInnis 3/16
Doug Thompson 3/17
Joel McCafferty 3/18
Tim Thomas 3/20
John Rehberg 3/21
Rose Jackson 3/22
Casey Starr 3/22
Regan Sheridan 3/22
Ken Lilly 3/23
Kari Groot 3/23
Brian Johnson 3/23

Paul Morales 3/23

Bette Rutherford 3/24

Travis Schrock 3/25
Andrew Hayward 3/26
Mike Carlton 3/26
Anna Blake 3/27
Hudson Hansen 3/28
Matthew McArdel 3/29
Hannah Young 3/29
Cathy Rossick 3/30
Lauren Stahlschmidt 3/31
Wim Hunter 3/31
Brooke Hammett 3/31

Anniversaries

Mike and Jo Aranowski

3/4

Shane and Yanan Gray 3/12



Paul and Chrissy

Mickelson 3/20
Al and Pat Haylor 3/22
Bryan and Anabel Elliott
3/23
Paul and Megan Cummings
3/23
Dale and Jeannette Coppess
3/24
Steve and Cindy Wentworth

3/26

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2:00–5:00pm Baby Shower for Belén Emme (Large Portable) 6:00pm Monthly Prayer Meeting	2 2:00pm Ladies' Bible Study 6:30pm Ladies' Bible Study 6:30pm Apologetics/ Evangelism Class 7:00pm Men's Bible Study	3 9:30am Ladies' Study @ Rehberg's 5:00–8:30pm TaeKwonDo 6:30pm Handbell Choir Practice 7:00pm Young Marrieds' Bible Study	6:30pm 128 Student Ministries 6:30pm Awana Clubs	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	6	7 8:00–11:00am Men's Breakfast & Morning of Prayer (Auditorium)
8	9 2:00pm Ladies' Bible Study 6:30pm Ladies' Bible Study 7:00pm Men's Bible Study	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	6:30pm 128 Student Ministries 6:30pm Awana Clubs	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	6:00–8:00pm Youth Fellowship Night (@ Pastor Paul's)	7:00am Men of the Book
1:00pm College/ Career Ladies' Lunch & Study (@ Mickelson's)	2:00pm Ladies' Bible Study 6:30pm Ladies' Bible Study 6:30pm Apologetics/ Evangelism Class 7:00pm Men's Bible Study	9:30am Ladies' Study @ Rehberg's 5:00–8:30pm TaeKwonDo 6:30pm Handbell Choir Practice 7:00pm Young Marrieds Study	6:30pm 128 Student Ministries 6:30pm Awana Clubs	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	5:00–8:00pm Joyful Noise Dress Rehearsal (Auditorium)	21 10:00-12:00pm Joyful Noise Dress Rehearsal (Auditorium) 5:00-8:00pm Marriage Matters (Youth Center) 6:00pm Joyful Noise Performance
22 10:00am Joyful Noise Performance (No Sunday School for any age) 6:00pm Joyful Noise Performance	2:00pm Ladies' Bible Study 6:30pm Ladies' Bible Study 6:30pm Apologetics/ Evangelism Class 7:00pm Men's Bible Study	9:30am Ladies' Study @ Rehberg's 5:00-8:30pm TaeKwonDo 6:30pm Ladies' Bible Study 6:30pm Handbell Choir Practice 7:00pm Young Marrieds Study	6:30pm 128 Student Ministries 6:30pm Awana Clubs	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	27	Baby shower for Michaela Rutherford (Time TBD) 9:00am- 12:00pm Women's Morning of Prayer
29 Communion	30 2:00pm Ladies' Bible Study 6:30pm Ladies' Bible Study 6:30pm Apologetics/ Evangelism Class 7:00pm Men's Bible Study	9:30am Ladies' Study @ Rehberg's 5:00-8:30pm TaeKwonDo 6:30pm Handbell Choir Practice 7:00pm Young Marrieds Study		8		larch

April 2020

Saturday, April 4	Church Work Day	9:00am-2:00pm
Sunday, April 5	Monthly Prayer Meeting	6:00pm (Auditorium)
Wednesday, April 8	No Awana (Spring Break)	
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
Friday, April 17	Youth Nerf Night	Time TBD (@ EBC)
Sunday, April 19	New Attenders' Luncheon	1:00pm (Auditorium)
Sunday, April 26	Eastridge 101	1:00–4:00pm (Auditorium)

May 2020

Saturday, May 2	Church Work Day	9:00am-2:00pm
Sunday, May 3	Awana Awards Night	6:00pm (Auditorium)
Sunday, May 10	Mother's Day	
Tuesday, May 12	Missions Prayer Ministry	10:30am @ Alaire Irish's
Saturday, May 16	Church Work Day	9:00am-2:00pm

There will be no monthly prayer meeting in May due to schedule conflicts.

June 2020

Sunday, June 7	Monthly Prayer Meeting	6:00pm (Auditorium)
Sunday, June 21	Father's Day	
Sunday, June 28	Graduation & Promotion Sunday	Both services, Sunday School



The Goal: Growing in Christlikeness

from the desk of Pastor Ryan

It has been said that it's good to have goals. Goals help us know where we are headed and give us a picture of what we hope to accomplish. You may have goals for your finances, education, and career. You may also have fitness goals and goals for your family. Our goals provide us with motivation for what we do. Likewise, biblical counseling has a goal, something

that it seeks to accomplish, a desired result at the end of the process. So what, then, is the goal of biblical counseling?

Back in January we began a series of articles that will seek to investigate the who, what, and how of biblical counseling. The first installment answered the question "What is biblical counseling?" To recap, the answer to that question is that biblical counseling endeavors to help real people with real

problems using the Bible. This month we ask the question, "What is the goal of biblical counseling?" The short answer to that question is *Christlikeness*.

For a more in-depth answer, we must go back to the beginning, to Genesis 1. Here we see how God created Adam and Eve "in his own image, in the image of God he created him; male and female he created them" (1:27). The bad news comes in Genesis 3 where we read about The Fall and how the image of God in man was marred by sin. Although humans are still considered as God's image bearers (James 3:9), our sin now condemns us to an eternity in Hell where we are destined to suffer the wrath of God as a result of our violation against His holiness (2 Thess 1:9).

The good news is described in Colossians 1 where

Paul tells us that Christ came to earth, clothed Himself in human flesh as the image of the invisible God for the purpose of rescuing and redeeming lost sinners (1:13-15). Paul goes on to say that those who have been rescued by Christ are being renewed after the image of their Creator, who is Christ (3:10). In short, those whom Christ saves are being renewed into the image of Christ, who is the image of God. This is the good news of the gospel—that those marred by sin, lost, and condemned to suffer the wrath of God have been gra-

ciously rescued by Christ and are being transformed into the image of Christ as the image of God is being restored in them. This is the greatest good (Rom 8:28) that anyone could ever receive! This is our hope, that those who have been predestined and called according to God's purpose are being conformed to the image of His Son (Rom 8:29).

ceive! This is our hope, that those who have been predestined and called according to God's purpose are being conformed to the image of His Son (Rom 8:29).

Coming back again to Colossians 1, Paul brings this full circle as he writes, "Him we proclaim, warning everyone and teaching everyone with all wisdom, that we may present everyone mature in Christ" (1:28). Paul's goal was to bring people to

about our Great Savior. And where do we find this truth? In the Scripture.

So, Paul's goal in ministry is also the goal of biblical counseling: to use the Word of God to teach the truth of Christ so that people would know Him in order to live for and be like Christ. Thus, biblical counseling seeks to help real people with real

maturity in Christ, to make them more like Him,

and Paul did so through teaching people the truth

problems to grow in Christlikeness using the Bible.



