



Spring Musical --- Don't miss a special morning of worship next Sunday, May 7 as the Frazer Music Ministry presents "Tried and True," a musical celebration of the faithfulness of God, featuring choir, orchestra, and contemporary band members. Services will be combined in the Sanctuary at 9:30 and 11 a.m. (no 8 a.m. service).

Israel Interest Meeting --- There will be an informational meeting Sunday, May 7 at 4 p.m. in Room 3105 for those interested in traveling to the Holy Land with Larry and Vicki Bryars and Charles Wise in February of 2018.

Emmaus Discovery Dinner --- Tuesday, May 2 at 6 p.m. in the Fellowship Hall. Explore the experience that has been renewing Frazer lives for decades at the "Walk to Emmaus". Complimentary dinner by reservation. Call Truman Hornsby at 334-399-9341 or e-mail emmaus@frazerumc.org by April 30. For childcare reservation email karen@frazerumc.org.

Parenting Session --- Please mark your calendars for the next parenting session on May 7 in the Fellowship Hall at 11 a.m. Kelley and Torey Herring will be teaching and sharing about Parenting From A Hard Place.

We Need Your Input --- In order to better care for our Frazer Family, we are in need of Data Entry volunteers who would input information from attendance pads. No experience required; you will be trained and it's an easy process! Please contact Teri at teri@frazerumc.org.

Blood Drive --- Give the gift of life by donating blood next Sunday, May 7. Stations will be open from 8 am to 1 pm in the Fellowship Hall.

Frazer Men's Summer Basketball League --- Games are played at Frazer on Tuesday evenings beginning June 13 and concluding August 1. Free of charge to Frazer members and only \$30 for non- members. Register in the Activity Center, weekdays; registration deadline is Friday, June 2.

Girl's Volleyball --- Frazer's volleyball league for girls entering 6th - 12th grade in the fall of 2017. Practices and games are Mondays and Thursdays from 4 pm-6 pm. The season begins June 12 and continues through July 27. Cost is \$25. Register in the Activity Center, weekdays; registration deadline is Friday, June 2.



SUNDAY, APRIL 30, 2017

SO THIS IS LOVE

Unlearning Bad Habits That Smash Relationships

Week 1-Start at the Right Place

Week 2-Stopping the Wrong Habits

Week 3-Keeping the Good Habits

Week 4-Finishing Well

So This Is Love...
Unlearning Bad Habits That Smash Relationships
Week 2-Stopping the Wrong Habits

“Since you have been raised to new life with Christ, set your sights on the realities of heaven, where Christ sits in the place of honor at God’s right hand. Think about the things of heaven, not the things of earth. For you died to this life, and your real life is hidden with Christ in God. And when Christ, who is your life, is revealed to the whole world, you will share in all his glory. So...” Colossians 3:1-5a (NLT)

Bad Habit #4-Giving into sexual temptation.

- **Love others faithfully.**

“...So put to death the sinful, earthly things lurking within you. Have nothing to do with sexual immorality, impurity, lust, and evil desires.” Colossians 3:5a (NLT)

“Run from sexual sin! No other sin so clearly affects the body as this one does. For sexual immorality is a sin against your own body. Don’t you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, for God bought you with a high price. So you must honor God with your body.” 1 Corinthians 6:18-20 (NLT)

How to R.U.N. from Temptation...

1. **Read God’s Word**
2. **Use God’s Power**
3. **Never Go Alone**

Bad Habit #5-Giving into selfish desires.

- **Put others first.**

“Don’t be greedy, for a greedy person is an idolater, worshipping the things of this world. Because of these sins, the anger of God is coming. You used to do these things when your life was still part of this world.” Colossians 3:5b-7 (NLT)

“Don’t be selfish; don’t try to impress others. Be humble, thinking of others as better than yourselves. Don’t look out only for your own interests, but take an interest in others, too.” Philippians 2:3-4 (NLT)

Bad Habit #6-Giving constant negativity and criticism.

- **Build others up.**

“But now is the time to get rid of anger, rage, malicious behavior, slander, and dirty language. Don’t lie to each other, for you have stripped off your old sinful nature and all its wicked deeds. Put on your new nature, and be renewed as you learn to know your Creator and become like him. In this new life, it doesn’t matter if you are a Jew or a Gentile, circumcised or uncircumcised, barbaric, uncivilized, slave, or free. Christ is all that matters, and he lives in all of us.” Colossians 3:8-11 (NLT)

“Let no evil talk come out of your mouths, but only what is useful for building up, as there is need, so that your words may give grace to those who hear.” Ephesians 4:29 (NRSV)

Go Deeper:

- What are some healthy boundaries you need to place in your life to protect you from sexual temptation?
- Read Philippians 2:3-4. What are some specific things you can do this week to “value others above yourselves?” Specifically, how can you apply this idea to someone you love?
- What are some practical ways you can “build up others” this next week?
- Pick your favorite verse from the outline and memorize it.

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