

# LBAC • Church Family Calendar & Events

## Sunday, July 3

10:00AM Worship Celebration

## Monday, July 4

INDEPENDENCE DAY, OFFICE CLOSED

## Tuesday, July 5

7:00PM JH & HS Youth Groups

## Thursday, July 7

6:00PM VBS Rehearsal

## Friday, July 8

9:00AM Perspectives Prayer

8:00PM Narcotics Anonymous

## Sunday, July 10

10:00AM Worship Celebration

12:00PM Deacon Meeting

4:00PM VBS Rehearsal

VBS NEXT WEEK!

July 11-15

Register Now!



### MISSIONS

<http://www.lbac.org/ministries/missions>

Join us for Perspectives & Serving the World!

### GROWTH GROUPS

<http://www.lbac.org/ministries/growth-groups>

Mid-week Bible Studies for all Adults

Meeting From September – June

### CHILDREN'S MINISTRIES

<http://www.lbac.org/ministries/childrens-ministries>

Summer Sunday Mornings @ 10:00AM

All-Kids VBS, 3<sup>rd</sup>-5<sup>th</sup> Grade Hume Lake!

### AWANA

<http://www.lbac.org/ministries/childrens-ministries/awana>

Meeting From September – June

Wednesday Nights For Kids Through High School

### YOUTH MINISTRIES

<http://www.lbac.org/ministries/student-ministries>

All-Youth Equipping Hour ~ September-June

All-Youth Mid-Week ~ Tuesday's @ 7:00PM

### WOMEN'S MINISTRIES

<http://www.lbac.org/ministries/womens-ministries>

Woman To Woman Mentoring

Contact: sherylynnelbac@gmail.com

Lydia House Meals Ministry

Contact: robbi@apabrandu.com

Women Connecting with Missions

3<sup>rd</sup> Tuesday of each month @ 7:00PM

Crafty Women

2<sup>nd</sup> Saturday of each month @ 10:00AM

### MEN'S MINISTRIES

<http://www.lbac.org/ministries/mens-ministries>

Contact: mensministry@lbac.org

Regular Ministry Schedule & Contacts

Weekly Schedule



THE ALLIANCE

## long beach alliance church offices

3331 palo verde avenue · long beach, ca · 90808-4113

phone: 562.420.1478 · office@lbac.org · www.lbac.org

www.facebook.com/longbeachalliancechurch

church office hours: tuesday-friday, 12NOON-5:00PM

### church staff team

michelle crammer, office manager  
maternity leave

jesse duckett, youth pastor  
ext. 1005 • jesse@lbac.org

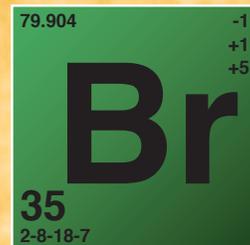
tina rand, treasurer  
ext. 1006 • tina@lbac.org

scott trickett, associate pastor  
ext. 1002 • scott@lbac.org

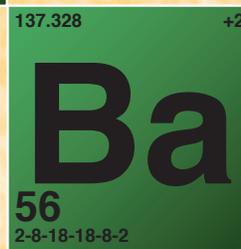
kelly douglas, international worker in training  
ext. 1000 • kelly@lbac.org

chris lankford, lead pastor  
ext. 1001 • chris@lbac.org

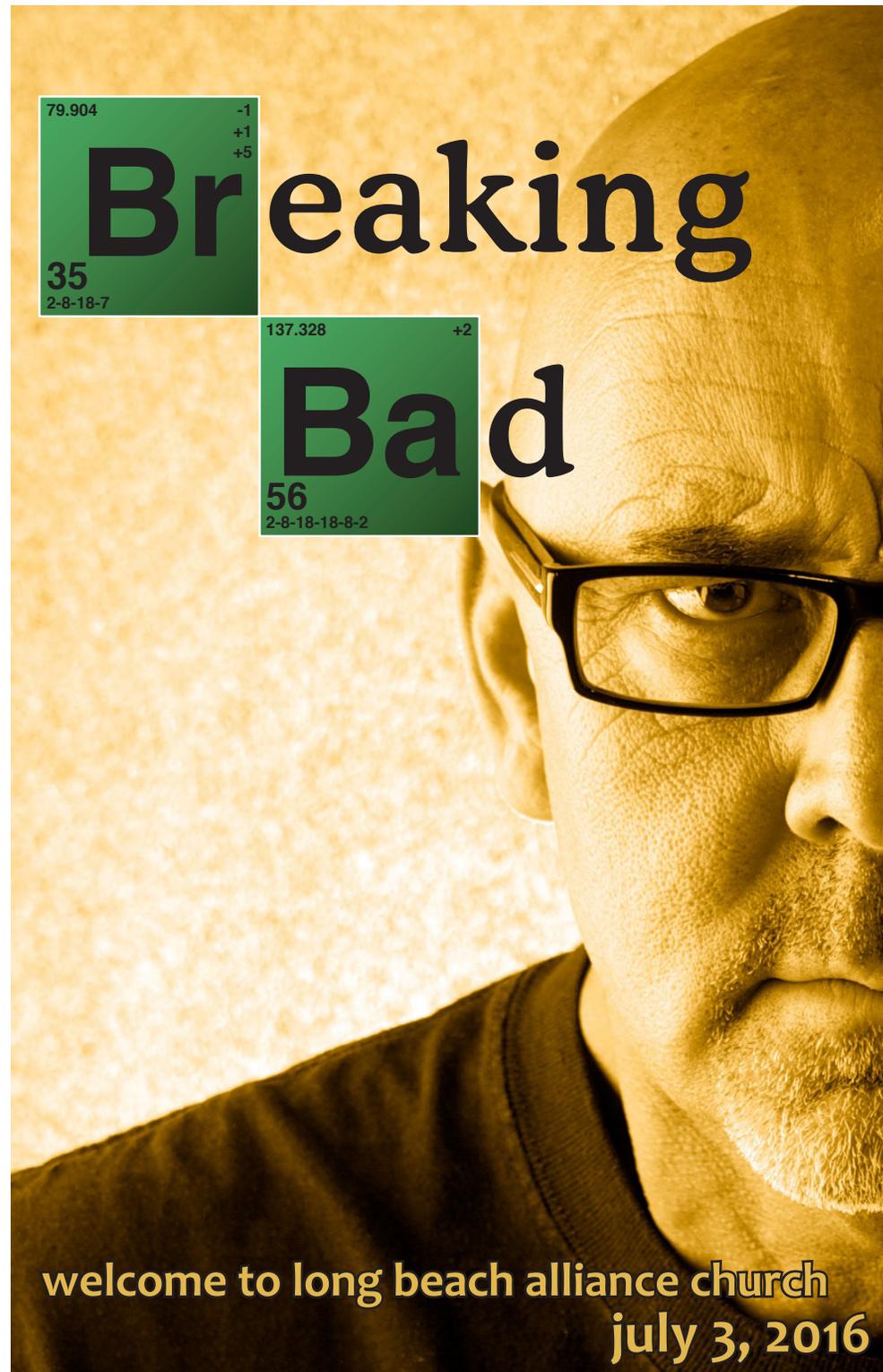
matt swaney, family ministry pastor  
ext. 1003 • matt@lbac.org



# Breaking



# Bad



welcome to long beach alliance church  
july 3, 2016

The **more empty** I am,  
the more room there is for my Master,

the **more I lack**,  
the more He will give me.

Charles H. Spurgeon

Q. What is most significant about Exodus 20:8-11?

Q. What does spiritual rest look like in your life?

## LBAC Year-to-Date Financial Report

Budget	Required	Received	% of Budget
Weekly:	\$11,766.37	\$8,818.53	74.9%
Month-to-Date:	\$47,065.48	\$51,558.13	109.5%
Year-to-Date:	\$517,720.28	\$505,939.31	97.7%
Disbursed YTD:	\$476,977.56	GOF Balance: \$28,961.75	

## The Next 50 Update

LBAC's Facility Renovation Fund

**\$75,000**

Next 50 Goal

**\$44,355 (59%)**

Current Progress Toward Goal

Visit <http://www.lbac.org/our-church/giving>  
for information about giving online, and  
for more detailed giving information!

**\$0**



# COMMUNION

## In Remembrance Of Me

As we prepare our hearts for communion today, please read and meditate on Romans 6:3-14 (below). Communion remembers the union of identity with Christ.

As you read, please reflect on Christ's sacrifice. Are you united in identity with Him?

Do you not know that all of us who have been baptized into Christ Jesus were baptized into his death?

*We were buried therefore with him by baptism into death, in order that, just as Christ was raised from the dead by the glory of the Father, we too might walk in newness of life.*

*For if we have been united with him in a death like his, we shall certainly be united with him in a resurrection like his.*

*We know that our old self was crucified with him in order that the body of sin might be brought to nothing, so that we would no longer be enslaved to sin.*

***For one who has died has been set free from sin.***

*Now if we have died with Christ, we believe that we will also live with him.*

*We know that Christ, being raised from the dead, will never die again; death no longer has dominion over him.*

*For the death he died he died to sin, once for all, but the life he lives he lives to God.*

*So you also must consider yourselves dead to sin and alive to God in Christ Jesus.*

*Let not sin therefore reign in your mortal body, to make you obey its passions.*

*Do not present your members to sin as instruments for unrighteousness, but present yourselves to God as those who have been brought from death to life, and your members to God as instruments for righteousness.*

*For sin will have no dominion over you, since you are not under law but under grace.*

Total identity with Christ. Nothing less. As we remember Christ together, is Jesus truly your everything?

*this is my body which is for you. do this in remembrance of me.*

*this cup is the new covenant in my blood.*

*do this, as often as you drink it, in remembrance of me.*

79.904  
-1  
+1  
+5  
**Br**eaking

35  
2-8-18-7

137.328  
+2  
**Bad**

56  
2-8-18-18-8-2

**“The Sabbath was made for man,  
not man for the Sabbath.  
So the Son of Man is lord even of the Sabbath.”**  
(Mark 2:27-28)

### 1) *Sabbatical Thanks*

- A) A “sabbatical” is an intentional time of rest, designed for reflection and renewal.
- B) Our church leadership sent Melinda and me out for sabbatical rest and renewal six months ago.
- C) As we return and transition back into ministry, we are deeply grateful for our sabbatical time.
- D) There are many highlights from sabbatical, which I am pleased to get to share with you in the years to come.

### 2) *Breaking Bad & Sabbatical Sin Confession*

- A) Like most of us, I want to follow Christ, but I find it difficult.  
I worked hard at defeating sin (1 John 5:3-4).  
I worked hard to obey as a disciple of Jesus (John 14:23-24).
- B) I worked hard to break away from all the bad stuff (sin) in my life.  
I was also working hard at doing as much good stuff as I could fit into my life.  
I was also burdened with accomplishing amazing things for God.
- C) Slowly (at first) family, ministry, and my best efforts lost balance.  
I found I was getting angry easily. Everything became urgent.  
I became a victim. I was frustrated with everyone.
- D) In my efforts to break up all the bad, workaholism and neglect became a justified habit in my life.  
I sinned against my church family, my closest friends, my wife and children, and worst of all – God.



**ALL BAD THINGS MUST COME TO AN END**



### 3) *Sabbatical Servanthood*

- A) Most of us are so busy doing things for everyone in our lives, we completely forget how to serve one another.
- B) Serving another means getting down on their level, or even getting down below another's level, in order to touch them with God's hands (John 13:1-20).
- C) It wasn't until I removed doing things from my life, and intentionally sought to spend time alone with God, that I began to see how I was busy doing much, but was missing a heart of serving Christ (Matthew 25:40).
- D) As odd as it might sound, doing less meant I could serve more.



### 4) *Sabbatical Blessing*

- A) In a similar manner, my life had become so busy, I was often speaking too many words, resulting in my words losing their actual meaning. The purpose and intention of my words lost their impact.
- B) The words we use are supposed to give life, they are meant to build up other people, the right word at just the right moment as though we speak God's words to each other (Ephesians 4:29).
- C) It wasn't until I removed human and electronic noise, and intentionally sought to listen to God, purposely imitating Christ in seeking loneliness from man in order to have better ears for God, that I could hear His blessing of me (Mark 1:35).
- D) I am most changed when I am most blessed. I am most able to bless others, when I am blessed by God. The words I speak carry life or death. God chose death which has given me life, and I choose blessing to freely give that blessing of abundant life to others.

