

LBAC's Family Calendar & Events

Sunday, July 28

Kids at Hume Lake this week

9:00AM Morning Coffee

9:30AM Worship & Celebration

Monday, July 29

6:00PM Compulsive Eaters Anonymous

7:00PM Pure Desire

7:00PM Survivors of Incest Anonymous

Tuesday, July 30

7:00PM Elder Board Meeting

Wednesday, July 31

7:00PM Alicia Breslin Sharing Evening

Friday, August 2

6:30AM Men's Bible Study on Campus

8:00PM Narcotics Anonymous

Saturday, August 3

9:00AM Compulsive Eaters Anonymous

10:00AM Crafty Women

Sunday, August 4

9:00AM Morning Coffee

9:30AM Worship & Celebration

11:30AM Nominating Committee

MISSIONS

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

GROWTH GROUPS

<http://www.lbac.org/gg>

Mid-week Adult Bible Studies (on break)

CHILDREN'S MINISTRIES

<http://www.lbac.org/children>

Sunday Mornings

Gospel Project @ 9:30AM

AWANA

<http://www.lbac.org/awana>

Wednesday Nights September through May

YOUTH MINISTRIES

<http://www.lbac.org/youth>

The Deep~ Tuesdays @ 7:00PM

Summer Youth Group ~ Thursdays @ 6:30PM

WOMEN'S MINISTRIES

<http://www.lbac.org/women>

Woman To Woman Mentoring

Contact: sherylnnelbac@gmail.com

Lydia House Meals Ministry

Contact: mcoliver789@msn.com

Women Connecting with Missions

3rd Tuesday of each month @ 7:00PM

Crafty Women

2nd Saturday of each month @ 10:00AM

MEN'S MINISTRIES

<http://www.lbac.org/men>

Contact: mensministry@lbac.org

long beach alliance church offices

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

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

church office hours: tuesday-thursday, 10:00AM-5:00PM

www.facebook.com/longbeachalliancechurch

church staff team

meghan brearley, children's director
562.708.9261 • megan@lbac.org

jesse duckett, youth pastor
562.454.7122 • jesse@lbac.org

tina rand, receptionist & treasurer
562.420.1478 • tina@lbac.org

scott trickett, associate pastor
562.972.5306 • scott@lbac.org

michelle crammer, office manager
917.288.3424 • michelle@lbac.org

chris lankford, lead pastor
562.685.4132 • chris@lbac.org

kyle rand, facility needs
562.900.0921 • kyle@lbac.org

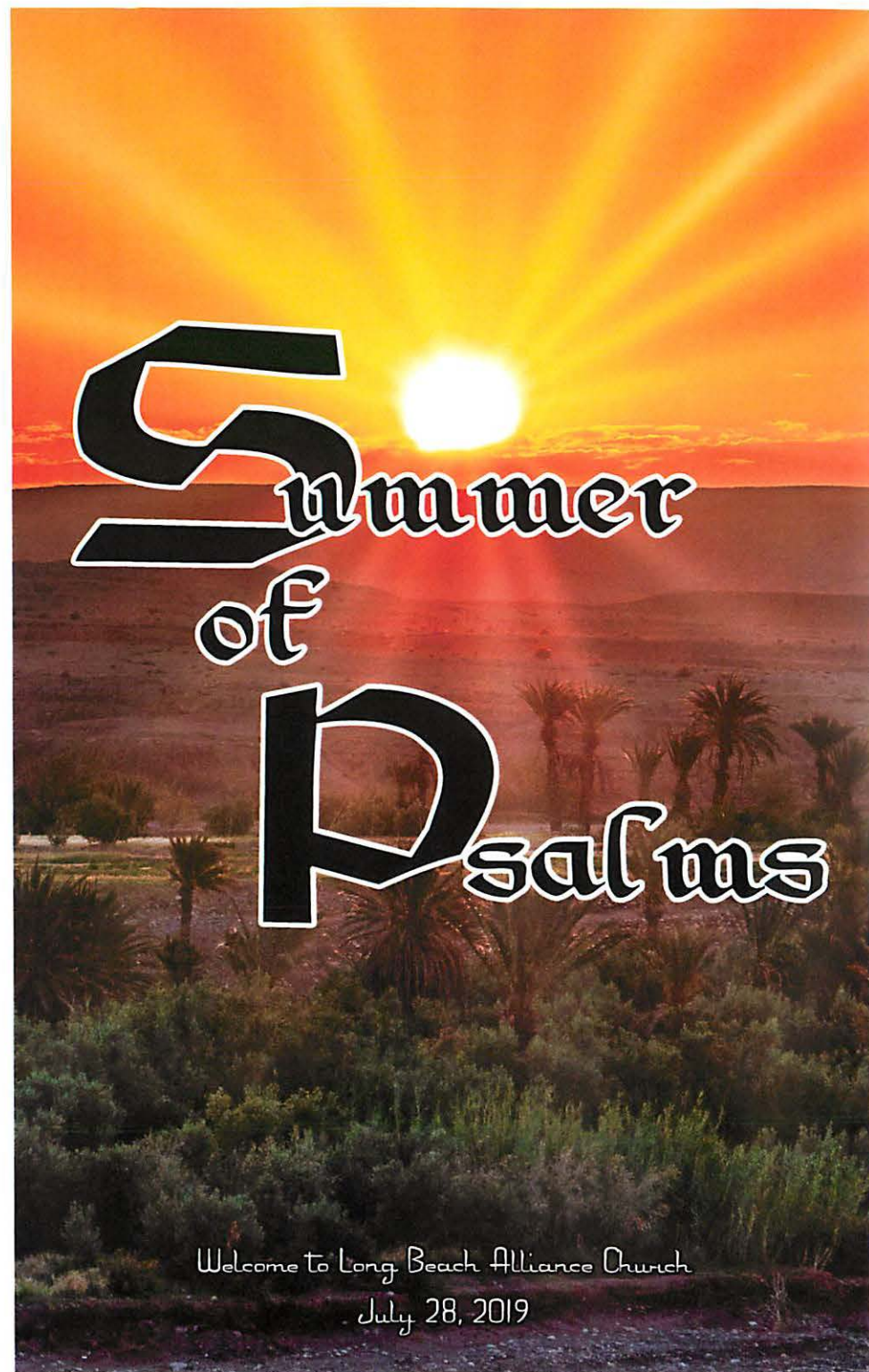
ben shaw, worship & celebration intern
562.420.1478 • ben@lbac.org



THE
ALLIANCE

Weekly Schedule

Regular Ministry Schedule & Contacts





MEN'S BREAKFAST
SATURDAY, AUGUST 10
8:00 AM LBAC GYM

GOT QUESTIONS? VISIT THE MEN'S COURTYARD TABLE
OR CALL GREG COLES @ 310.293.9518



Please join us...
Crafty Women
Saturday, August 3
10AM-4PM - Room 102

Questions? Contact Donna Neel
Text: 562.335.9088 Email: donna@neel.com

Save the Date!

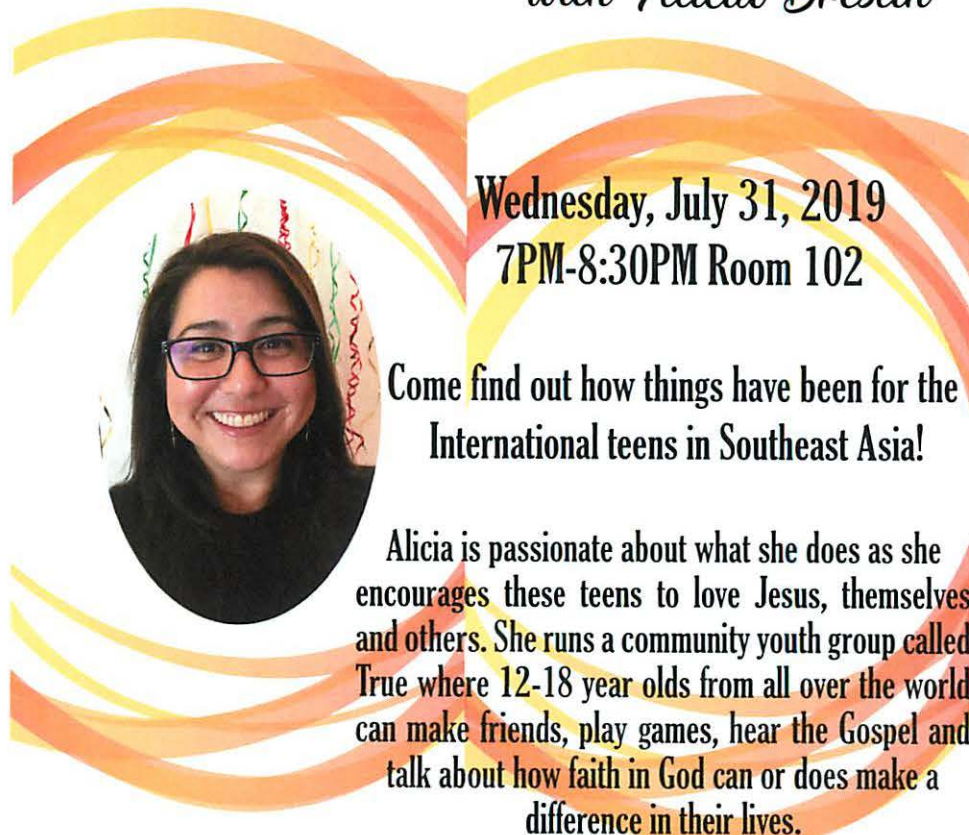
**END OF SUMMER
BAY DAY**
Sunday, August 11
11:30AM-3PM

Bring a picnic lunch and meet us at the Long Beach Peninsula (Between 64th and 65th Place) on the bay side for a day of fun in the sun as we end summer and move into the fall!

Questions??? Contact Meghan at meghan@lbac.org or 562.708.9261

Evening of Sharing

with Alicia Breslin



Wednesday, July 31, 2019
7PM-8:30PM Room 102

Come find out how things have been for the International teens in Southeast Asia!

Alicia is passionate about what she does as she encourages these teens to love Jesus, themselves and others. She runs a community youth group called True where 12-18 year olds from all over the world can make friends, play games, hear the Gospel and talk about how faith in God can or does make a difference in their lives.

Questions? Contact the office: office@lbac.org or 562.420.1478

LBAC Year-to-Date Financial Report

	<u>Budget</u>	<u>Received</u>	<u>Budget %</u>
Weekly:	\$11,977.03	\$5,786.24	48.3%
Month-to-Date:	\$35,931.09	\$28,912.23	80.5%
Year-to-Date:	\$562,920.41	\$579,575.24	103.0%
Disbursed YTD:	\$578,166.67	GOF Balance: \$1,408.57	

Five Reasons You Can Trust God No Matter What You Are Going Through

July 21, 2019 Jack Littlefield

Psalm 31

- I. Because of who God is**
 - A. Because He is a rock of strength, 31:2-3
 - B. Because He is fortress, 31:2-3
 - C. Because He is your strength, 31:4
 - D. Because He is the perfect deliverer, 31:5, 15
 - E. Because He is true and reliable, 31:6
 - F. Because He is trustworthy, 31:6, 14
 - G. Because He is characterized by loving kindness, 31:7, 16, 21
 - H. Because He knows you and everything that you are going through, 31:7
 - I. Because He is especially amazing in all He is and does, 31:2, 8, 19, 21, 23
- II. Because nothing you are going through is too much for Him**
 - A. Not distress and grief, 31:9
 - B. Not extreme physical affliction, 31:9-10
 - C. Not abandonment by your acquaintances, 31:11-12
 - D. Not slander, 31:13
 - E. Not conspiracy by your enemies to kill you, 31:13, 4, 20
 - F. Not a seemingly hopeless situation, 31:21-22
- III. Because He wants to bring glory to His name, Psalm 31:3, 17, 19; Romans 5:8-10 “ashamed,” Psalm 31:1, 17, 17; Isaiah 28:16; Psalm 25:1-4**
- IV. Because of what He has done in the past, Psalm 31:2cd, compare 31:3a; 31:5b; 31:19. Is the speaker in 31:19 the same person as the speaker in 31:9, 10a, 12a, 13b?**
- V. Because of what Jesus has already done, Psalm 31:5; Luke 23:46; Isaiah 59:2; Romans 5:8; 1 Peter 2:6**
 - A. Distress and grief, Mark 14:33-34; Isaiah 53:3
 - B. Extreme physical affliction, Mark 15:15-37; Psalm 22:1-2, 6-8, 11-18
 - C. Abandonment by acquaintances, Mark 14:18-20, 27-30, 50
 - D. Victim of slander, Mark 14:55-59
 - E. Conspiracy by His enemies to kill Him, Mark 14:1, 10-11, 55
 - F. A seemingly hopeless situation, Mark 15:22-25, 37

The Structure of Psalm 31

(Note how it varies from the basic “Lament Structure” on the other side)

31:1-2	Address and Summary
31:3-8	Confession of Trust, Part One
31:9-13	Complaint
31:14-18	Petition
31:19-22	Confession of Trust, Part Two
31:23-24	Exhortation to Praise

THE LAMENTS: God's Songs of Sorrow

Individual Laments: "I" – the psalmist speaks on behalf of himself

3	22	41	61	89
4	25	42-43	64	109
5	26	52	69	120
7	27	54	70 (see 40)	139
9-10	28	55	71	140
13	31	56	77	141
14 & 53	35	57	86	142
17	39	59	88	Lam 3

The "Penitential Psalms": individual laments that express a deep sense of sin: 6, 32, 38, 51, 102, 130, 143.

The "Imprecatory Psalms": laments asking God to judge enemies: 7, 35, 55, 58, 69, 79, 109, 137, 139.

Community Laments: "we" – the psalmist speaks on behalf of Israel

12	74	85	126
44	79	90	129
58	80	94	137
60	83	123	Lamentations 5

LAMENT STRUCTURE

The Laments employ this basic pattern, usually with some variation.

- I. Address to God ("O God . . .")
- II. Complaint ("For . . .")
- III. Confession of Trust
- IV. Petition
- V. Words of Assurance, or Exhortation to Praise, or Vow of Praise

When you study a Lament, it is helpful to identify which of the above sections are present, or absent, and in what order.

Jesus' References to Scripture During the Last 24 Hours of His Life

John 13:18 (Psalm 41:9)	Matthew 26:28 (Jer 31:31-34)	Luke 23:30 (Hosea 10:8)
Luke 22:37 (Isaiah 53:12)	Matthew 26:31 (Zech 13:7)	Matthew 27:46 (Psalm 22:1)
John 15:25 (Psalm 35:19; 69:4)	John 17:12 (Psalm 69:25; 109:8)	John 19:28
Matthew 26:24	Matthew 26:54, 56	Luke 23:46 (Psalm 31:5)

Psalm 31: Wordplay

The author is fond of using a word in the first part of the psalm, then repeating it later, often in a very different context. In doing so, he is inviting the reader to compare how the significance of the word changes in the two (or three) contexts in which it appears.

"take refuge," 31:1, 19	"hand," 31:5, 8, 15
"be ashamed," 31:1, 17, 17	"trust," 31:6, 14
"rescue"/ "deliver," 31:2, 15	"lovingkindness," 31:7, 16, 21
"save," 31:2, 16	

Jack Littlefield teaches English in a public school in Santa Ana. A graduate of Talbot Theological Seminary, he served as a pastor for 20 years, including four years as the senior pastor of Long Beach Alliance, and as a missionary in West Africa for three. You can contact Jack by email (littlefieldjack@yahoo.com), or you can find him on Facebook.