

PSALM 103:1-5

Complaining is something we, as God's creation, have been _____ for generations.

Numbers 10-13

Complaining is _____

Numbers 11:11-12

We need to learn from David's example.

We need to _____ our patterns of negativity. *Psalm 103:1-2*

Praise Him for His _____

"Bless the Lord who _____ all your iniquity." Psalm 103:1

David's Story: *2 Samuel 11-12*

1 John 1:9; Matthew 12:32

Our pardon hinges upon yielding to His _____ *Acts 2:38 & 22:16*

The only sins He will not forgive are those _____ refuse to acknowledge and give to Him.

The next thing that David gives thanks for is _____

"Bless the Lord who _____ all your diseases." Psalm 103:2

Hebrews 9:27; Philippians 1:23; 1 Thessalonians 4:14, 16

The next benefit David gives thanks for is _____

"Bless the Lord, who redeems your life from the _____" Psalm 103:3

David blessed God for his _____

"Bless the Lord who _____ you with steadfast love and mercy." Psalm 103:4

Psalm 103:10-14; Luke 7:47

The last benefit David praises God for is _____

"Bless the Lord...who _____ you will good so that your youth is renewed like the eagle's." Psalm 103:5

Philippians 4:11-13

Contentment is not _____. **It's** _____



W E L C O M E T O
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WHERE WORD AND SPIRIT MEET LIFE

WE WANT TO HELP YOU GET CONNECTED!

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WORSHIP VENUES



Modern Worship | Live Teaching
Sat 5:30P; Sun 9:15A, 11:00A
Located in the Worship Center



Edgy Environment | HD Video
Sunday 9:15A, 11:00A
Located in the Student Center



Acoustically Driven | HD Video
Sunday 9:15A, 11:00A
Located in the River Room

CONNECTION CARD

Name(s) _____

Address _____

City _____

State/Zip _____

Phone _____

E-mail _____

What venue did you attend?

Live

Amped

or go to 2RC.tv/Connect & complete online

Blend

ANNOUNCEMENTS

Elder led prayer is available after all services in the West Prayer Chapel.

ALL CHURCH

Realm: Did you know you can change your email settings? Log in to Realm on your computer & click the email settings from the drop down menu on your name or by using the settings in the Connect app. More info & detailed instructions for specific devices are at 2RC.tv/Realm.

Reading Plan: Join together in reading through a Psalm a week for the duration of the Summer Playlist sermon series. Find the Summer Playlist reading plan at 2RC.tv/ReadingPlan.

CARE

COAP: Children Of Aging Parents is here to care for you while you care for them. There are informational seminars designed to keep you informed on topics that children helping with aging parents face along the journey. The next seminar, covering programs & services for aging parents, will be on July 28 @ 9:00A in the River Room @ the Knoxville Campus. There will also be a Group this fall to support & encourage those walking this path. Sign up & find the seminar schedule & topics at 2RC.tv/COAP.

FAMILY

Child Dedication: Dedicate your child at the next Child Dedication Service on August 11 in the River Room @ the Knoxville Campus. If you have never attended one as a family, there will be a Pre-Dedication Class on July 28 at 5:30P in the Fireside Room @ the Knoxville Campus. Sign up & get details at 2RC.tv/ChildDedication.

STUDENTS

Fuel & The Mix: Just a reminder that our high school & middle school student ministries are continuing to meet over the summer. So, come this Wednesday @ 6:30P to Fuel & The Mix!

Lake Bash: High schoolers, it is time for Fuel's annual Lake Bash! Join us for food, games & fun on the lake on **July 25 from 6:30-9:00P** @ the White's house, 6050 Lakeview Rd, Lenoir City, TN 37772. We'll see you there!

PRAYER REQUESTS

I PRAYED TO RECEIVE CHRIST TODAY!

MID-WEEK TIMES

MSM (6-8 Grade)
Wednesday 6:30-8:00P
[River Splash | 2RC.tv/MSM](http://2RC.tv/MSM)

FUEL (9-12 Grade)
Wednesday 6:30-8:00P
[Student Center | 2RC.tv/FUEL](http://2RC.tv/FUEL)

The Well (Prayer & Worship)
No Well in July | Resumes August 1
[River Room | 2RC.tv/WELL](http://2RC.tv/WELL)

1829 (18-29 years old)
1st Thursday 7:00-8:30P
[The Shed | 2RC.tv/1829](http://2RC.tv/1829)

NEXT STEPS

Learn more about these opportunities to explore, connect & engage at 2RC.tv/NextSteps

EXPLORE

- ▶ Find a worship venue
- ▶ Complete a connection card
- ▶ Attend a Taste of Two Rivers

CONNECT

- ▶ Visit Staff at Get Connected
- ▶ Join The City
- ▶ Register for Wade In

ENGAGE

- ▶ Join a Group
- ▶ Find a place to serve
- ▶ Share your story
- ▶ Partner with us

LIVE IT OUT

Putting The Bible Into Practice:

Training Protocol: Each day read Psalm 103, use the questions below to reflect on what God has done for you, and audibly GIVE HIM THANKS & PRAISE! Bonus: keep a 'thankfulness' journal each day.

Day 1 What are some things God has pardoned you for? What impact has that had?

Day 2 How has God brought you healing (emotional, physical, spiritual, or relational)?

Day 3 What are some things you look forward to God healing in eternity?

Day 4 When & how has God intervened in your life to deliver you from a trap or 'the pit'?

Day 5 Make a list of some things God has provided that bring you deep satisfaction & joy.

GIVE SOMETHING. CONSISTENTLY. ONLINE. 2RC.tv/GIVE