

# Hillcrest CHURCH

## Today's Gathering

February 15<sup>th</sup>, 2015

## View from the Hill

Tarina Stroh

## Singing

Jesse VanderWeide



## Doing What I Don't Want to Do

Doug Bartel

## For the Kids

From 9:00 AM – 11:30 AM

*Parents can go to the Children's Welcome Center to find out about our Sunday morning options and check their children in. The Children's Welcome Center is located on the east side of the main foyer.*

*See page 5 of the bulletin for more information about opportunities for Children and Students.*

# Welcome to Hillcrest

## New to Hillcrest?

If you are new to Hillcrest, we'd like to say "Welcome!" We're glad you're here this morning. Please stop by the Welcome Center, following the worship service to meet one of our pastors and receive a **free gift**.

## Ready to Take the Next Step?

Hillcrest provides many opportunities to get involved with others in the church and the community. If you would like to find out more about classes, Bible studies, and small groups that are offered, stop by the Welcome Center, check out the Ministries section on our web site at [www.siouxfallschurch.com](http://www.siouxfallschurch.com), or call the church office at 371-0546.

## Our Weekly Bulletin and Devotional

Hillcrest provides this weekly bulletin/devotional to help you connect, serve others and study the Bible throughout the week.

On pages 3-4, you will discover connecting and serving opportunities as well as information regarding Children's and Student's Ministries.

On pages 5-6, you have a place to take notes from the message. Also on page 6 is a memory verse, selected each week by Hillcrest leaders.

On pages 7-12, you will find a short devotional for each day. You will read a new text, some commentary and consider some questions to further your growth, as well as a challenge to help you take what you have studied and start to live it!

On page 13, you will find a Prayer Page, where you can keep track of your daily prayers. On page 14, you will find staff contact info.

Our prayer is that God will speak to you as you study His Word and as a result, it will impact the people in your life.

Want information on even more events happening at Hillcrest? Sign up for our weekly e-mail by marking your connection card and turning it in. Don't forget to include your e-mail address!

## Connect

### Hillcrest Camping Trip

This year, our annual camping trip at Newton Hills State Park will be held June 5<sup>th</sup>-7<sup>th</sup>, the weekend after VBS. On Saturday evening, June 6<sup>th</sup>, we will also have a picnic for everyone, even if you are not camping. Sign up at the Welcome Center by March 6<sup>th</sup> to reserve your spot!

### Chocolate & Canvas

On Thursday, February 26<sup>th</sup> from 6:30-8:30pm, Meriah VanderWeide will walk us through making the attached painting much like you would in a Wine & Canvas experience. Come for 2 hours of painting, chocolate, and fun, and go home with a beautiful 16"x20" painting! The cost is \$15 per person, which helps provide all supplies. Sign up at the Welcome Center if you are interested in participating.

### Craft Night

Procraftinators will get together on February 20<sup>th</sup>. We'll meet in the Family Life Center at 7pm and work until 11pm. Bring your unfinished crafts, sewing, scrapbooking, etc. to work on, as well as a drink and snack for yourself. Feel free to invite your friends! Contact Marti Lusk at 605-261-7753 to RSVP or for information.

### Membership

Interested in joining Hillcrest as a member? Membership at Hillcrest is simply a commitment to one another as we seek to love God and love others. For more information, please check the box on the connection card on the back of the program or talk with Pastor Doug or Pastor Brian.

## Serve

### February Mission Focus – Restoration Generation

The mission focus for February will be Restoration Generation. Restoration Generation is about one thing: Relationships. Students today are living in a world where the majority of them have known nothing but broken relationships – with family, friends and themselves. Restoration Generation exists to partner with schools, organizations and communities to help Restore a Generation of Relationships.

# Children's Ministry

*All children should stop at the Children's Check-In, located on the north side of the front foyer, before going to their classroom.*

## 9 AM Children's Program

Building Blocks: Infants and 1 year olds  
Bird House: 2-4 year olds

## 10:30 AM Children's Program

Building Blocks: Infants & 1 year olds  
Bird House: 2 year olds  
Tree House: 3 year olds  
Dog House: 4 year olds  
Club House: K-5<sup>th</sup> Grade

## Partnering with Parents: Love Languages

On Sunday, February 8th, after 2nd service, families of children of all ages are invited to attend this free Love Languages class. Learn how to love everyone in your life, according to their unique style. Lunch and child care will be provided. Please sign up in the back foyer if you are interested in attending.

## Music & Movement Play Date

Sunday, February 22nd from 6-7pm. Children, infant thru pre-school, are invited to join Tarina for a fun-filled hour of listening to music, singing, and dancing. Please sign up in the back foyer if your child will be attending.

# Student Ministry

## 180 Sunday Classes

Middle School and High School students are invited to meet in the Youth Room during the 10:30am service. Students will then break into small groups.

## 180 Wednesday Nights

Middle School students meet from 6-7:30pm and High School students meet from 7:30-9pm. Includes lesson, small group time, snack, and games!

## 180 Events

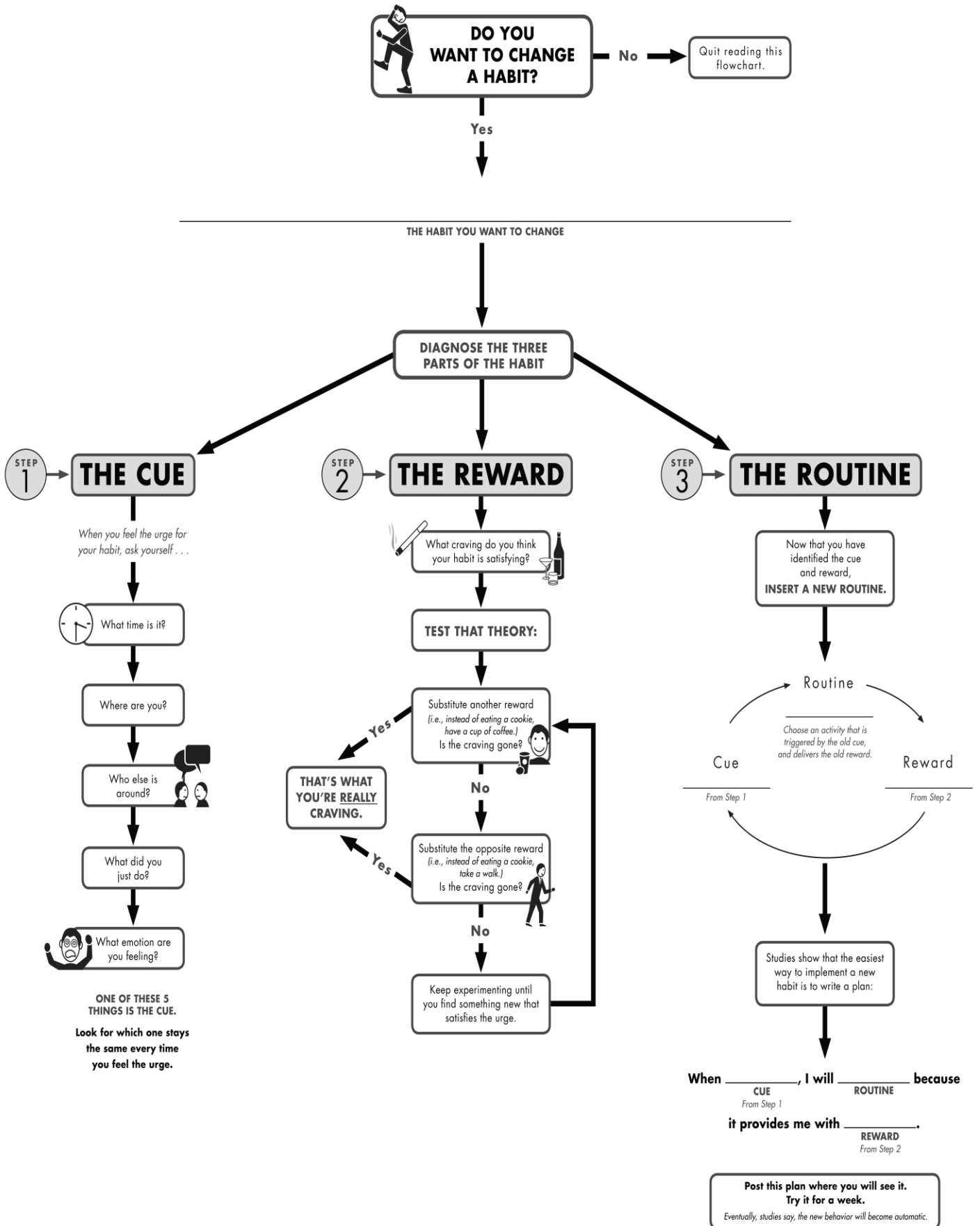
Meriah is looking for some help planning a "Thrift Store Formal" for March. Please email her if you are interested in volunteering.

# Message Notes:

Title: Doing What I Don't Want to Do

Scripture: 1 Corinthians 10:13

## HOW TO CHANGE A HABIT



# HOW TO CREATE A HABIT

DO YOU WANT TO CREATE A HABIT?

Yes

WHAT BEHAVIOR DO YOU WANT TO CREATE?

YOUR NEW HABIT

**STEP 1** → **THE CUE**

Every habit has a trigger...

- What time will this habit occur?
- Where will you be?
- Who else will be around?
- What will you have just finished?
- What emotion do you think you will be feeling?

You don't need all of these to create a habit. ONLY ONE OF THEM IS NEEDED TO BECOME A CUE. But the more you test out, the faster the habit takes hold.

**STEP 2** → **THE REWARD**

What reward will you give yourself at the end of the behavior?

After a few days, ask yourself: Do you crave this reward when you are exposed to the cue?

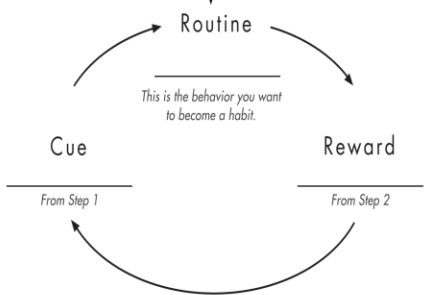
Do you actually enjoy this reward?

After two weeks, ask yourself: do you crave the intrinsic reward of the habit (how it makes you feel) more than the extrinsic reward (what you give yourself as a treat)?

YOU'VE GOT A POWERFUL HABIT!

**STEP 3** → **THE ROUTINE**

NOW PUT IT ALL TOGETHER.



Studies show that the easiest way to implement a new habit is to write a plan:

When            CUE           , I will            ROUTINE            because it provides me with            REWARD           .

Post this plan where you will see it. Try it for a week. Eventually, studies say, the new behavior will become automatic.

# Monday

Subject: Bad Habits

Scripture: Romans 3: 21-26

## Commentary:

We all have fallen short of the path that God wants us to follow. We all are sinners. For each of us there are certain sins that reoccur more often than others. We know they are not in our best interest, but we still commit them. After we commit them we feel guilty, ashamed, and wonder why we keep following that same pattern. The good news is that we can be close to God and still have worship with him, thanks to his gift of Jesus. This week we will focus on breaking this pattern and moving on to a new pattern, one that is healthier and that makes God happy.

## Questions for further thought:

1. What are the top 2 or 3 "pattern sins" that you seem to keep falling into?
2. What have you done in the past to try and break that pattern?

## Challenge:

Focus for the night on the "pattern sins" that you identified in Question 1. Take them to God and pray for forgiveness of them. Ask him to give you strength and courage to overcome them. Also spend some time praising God for giving us Jesus which allows us to still be close to him.

# Tuesday

Subject: You have the Power

Scripture: Matthew 17: 14-20; 21: 21-22

## Commentary:

When we get into a pattern of sin that is tough to break, it can sometimes overwhelm us. The sin can make us feel powerless against it and it feels easier to just give in and do it. We need to take heart in the fact that if we truly bring it to God and ask him to rid us of the sin in complete faith, he will show us a way out. It is usually a long and difficult process, but with the right attitude and faith in God there is hope and strength. With God anything is possible, we just need to believe in him.

## Questions for further thought:

1. What are a few times you have gone to God in faith about something?
2. How did God answer your prayers?

## Challenge:

Spend some time this evening writing down those times in life that you brought struggles, stresses, hardships, or trials to God. Reflect on and write down how he answered those particular struggles. Post them in a place that you will see them multiple times a day. When you are in the midst of your current struggle look back at this and gain hope and strength that God will get you through it.



# Wednesday

Subject: Pick one

Scripture: Acts 3:17-26

## Commentary:

With the official start to the season of Lent coming this week, we are going to focus on officially changing the pattern of sin to one that is much more pleasing to God. We need to tell God specifically about the sin and ask his forgiveness; then we need to follow through. The follow through is the hard part. It is not only difficult, but is also the most important part. If we can successfully follow through, it is also the most rewarding part. Take the day to find the pattern that is the most difficult for you to overcome and make it the focus of the Lent season to change that behavior. Give it to God and ask Him to help you receive the awesome rewards that come with change.

## Questions for further thought:

1. What is your one sin that you will focus on throughout this Lent season?
2. What do you need to do for this pattern to change permanently?

## Challenge:

As stated above, find your focus sin for Lent and take time to pray to God about it. Then make a plan to change things for good. If you want to write it down and post it somewhere go ahead and do it. Give yourself some kind of daily reminder each day that will help accomplish the goal.

# Thursday

Subject: It's for your own good

Scripture: Luke 15:11-32

## Commentary:

So many times we fail when trying to change a bad habit or recurring sin. One of the problems is our reason for wanting to change. If we are doing it, because it is the right thing to do, or because we know that is what God wants, but aren't personally invested in it, we are almost certain to fail. We need to remember that when we change a detrimental behavior, we are benefiting ourselves and others. It may not seem like it at first, but once we free ourselves from that sin, there will be a noticeable difference in us. We are able to focus our energy on other things and not just on stopping the sin. We feel a weight lifted off of us as well. Remember, this isn't just a change in a pattern, but is actually a change in ourselves as a whole.

## Questions for further thought:

1. What are your reasons for wanting to change your bad habit?
2. How will changing your habit be a benefit to you specifically? And to others?

## Challenge:

Write down the benefits of changing your bad habit. Spend some time reflecting with God about these benefits and ask Him to help them to become visible to you in bits and pieces as you continue on your journey to change.

# Friday

Subject: Phone a friend

Scripture: 1 Samuel 18:1-4, 19:1-7

## Commentary:

King David had a strong bond with Saul's son, Jonathan. Throughout David's trials and tribulations, Jonathan was always there to give him strength. Jonathan had David's back, even when his own father wanted to kill David. As we try to change ourselves, we need to have someone that we can count on, someone that we can trust and ask for help when we need it. If we have that person, it makes our struggles that much easier to handle because we don't have to face it alone.

## Questions for further thought:

1. Do you have a Jonathan in your life? If so who is it and why?
2. How can your Jonathan help you in your current struggle?

## Challenge:

If you already have someone like Jonathan in your life make contact (phone, email, text) with that person and set up a meeting to fill them in on the habit you are trying to change in your life. Ask them to hold you accountable. If you don't have a Jonathan, ask God to place someone on your heart that can take that place. If you have that person on your heart already, take this chance to share everything with them.

# Saturday

(Looking to Sunday)

Message Series: Pastor's Choice  
Message Title: Two-Faced God  
Scripture: Ex 20, 34:6-7, Num 14:18-19, Deut 28,  
Mic 7, Mat 5:17-20, Col 3, 1 Pet 2  
Speaker: Meriah VanderWeide

What do these passages say to you?

**For those going deeper:**

This week's memory verse

*Philippians 4:13 (NLT) For I can do everything through Christ, who gives me strength.*

## Prayer Page:

Write down the prayer concerns and praises you want to remember throughout the week. Pray every day!

If you would like to receive the email prayer chain, check the box on the Connection Card. You can also submit prayer requests through the church web site or by calling the church office.

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James 5:16

Therefore, confess your sins to one another, and pray for one another, so that you may be healed. The effective prayer of a righteous man can accomplish much.

# Staff Contact Information



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# Connection Card

Please fill out, tear at perforation and place in collection plate or drop off at Welcome Center as you leave.

**PRAYER REQUESTS**     **Keep confidential (Pastoral staff) or**     **Put on the Prayer Chain**

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**I would like to sign up for Hillcrest's upcoming event. (Please specify.)**

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My next step today is to:

- Read and study the scriptures and devotionals, provided on pages 6-12.
- Attend the Chocolate & Canvas women's event on February 23<sup>rd</sup>.

Additional Comments:

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605-371-0546

[www.sioxfordfallschurch.com](http://www.sioxfordfallschurch.com)

### Connection Card

Please fill out and tear at perforation and place in collection plate or drop off at Welcome Center as you leave.

Name \_\_\_\_\_ Address \_\_\_\_\_

E-Mail \_\_\_\_\_ City/State \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_

Check all that apply:

- 1<sup>st</sup> Visit --- How did you hear about Hilcrest?
- 2<sup>nd</sup> Visit
- Returning Guest
- Regular Attender
- Members

**I am interested in:**

beginning a relationship with Jesus     being baptized

receiving the Hilcrest Informational E-mail.

joining a small group     becoming a member of Hilcrest

volunteering     praying for my Hilcrest family (received via e-mail)

*One of the pastors will contact you with information on these subjects.*

(web site, newspaper, radio, name of person who invited you, etc.)

**Your Age Group:**

18-24     25-35

36-45     46-55

56-65     over 65

Single     Married

Divorced

Widowed

Other: \_\_\_\_\_

**Names & Birthdays of members of your household**

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