

*Who is he, this King of glory?
The **LORD** Almighty -
he is the King of glory.*

Psalm 24:10



GRACE BIBLE CHURCH

222 Boulder Drive, Gallup, NM 87301

Sunday School - 9:00 AM

Youth Group - 6:00 PM

Prayer Time - 6:00 PM

Worship Service - 10:15 AM

Edge - 6:00 PM

John W. Luginbuhl, Pastor

Steve Yoder, Youth Pastor

Church Office: (505) 722-5114

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Youth Pastor's E-mail: forevertrustinghim@yahoo.com

www.gracebiblegallup.org

Grace Bible Church
~ The Lord's Day ~
September 13, 2015
PRAISE & CELEBRATION SERVICE!

WELCOME

9:00 AM
10:15 AM

Sunday School for all ages
Worship Service

Welcome/Announcements

Psalm 100

"Be Thankful to Him!" (Ps. 100:4)

Steve Yoder

Praise & Worship

"To Him be Glory!" (2 Peter 3:18)

Mark Yoder

Testimonies

"I Want to Praise the Lord for..."

"O For a Thousand Tongues to Sing"

Men's Choir

Prayer

Offering

Special Music

Praise & Worship

"For Me to Live is Christ" (Phil. 1:21)

Steve Knox

Praise Offering (Operation Heal Our Patriots)

"He Who Calls You is Faithful" (1 Thess. 5:24) John Luginbuhl

Prayer

THERE WILL BE NO CHILDREN'S CHURCH THIS MORNING

SERVING IN THE NURSERY TODAY:

Crawlers: Phyllis Herlocker & Liz Helf

Walkers: Felicity Yazzie & Sam Yale

SERVING IN THE NURSERY NEXT SUNDAY:

Crawlers: Sefina & Star Garcia

Walkers: Carrie Ruthven & Savannah Payton

LATER TODAY...

Please join us after service for our Praise & Celebration potluck!

6:00 PM [No Prayer Time tonight]

6:00 PM Youth Group (grades 6-12) meets

6:00 PM Edge Group (age18-25) meets

WELCOME TO OUR SPECIAL
"PRAISE & CELEBRATION" SERVICE!

A special welcome to all of our visitors!
May your experience of worship and fellowship with us
refresh and ready you for the week ahead.

The mission of our church is to prayerfully
prepare believers for worshiping God, serving
Christ, loving one another, and
reaching out to others!

2015 YEAR VERSE:

"In God is my salvation and my glory. The
rock of my strength, and my refuge, is in God."

- Psalm 62:7



OUR THANKS to all the staff at Broken Arrow Bible
Ranch for helping to make our Annual Labor Day
Picnic a wonderful success! There were approximately
150 of us in attendance, and it was a great day of fellowship! Photos
of the Picnic are on the board next to Pastor John's office.



WE PRAISE GOD for answered prayer, as AWANA
got off to a GREAT start this past Wednesday! 87
children came to the first night! Keep praying!

Adults: If you can help on any Wednesday night, just "show up" at
6:30 PM - we'll put you to work!

Are you in your 20's or 30's, single or married? Then, you are invited
to a social get-together at Pastor John and Linda's home at 303
Cactus Road, on September 19, from 4 PM to 8 PM (includes
dinner). Sorry ... babysitting is "on your own". If you are interested
in coming, there is a sign-up sheet at the table in the foyer.



A list of September birthdays and anniversaries of regular-
attenders of Grace Bible is on the kitchen door. Please make
(legible) corrections/additions right on the list. Thank you!

This Week in Church History...

On September 19, 1853, Baptist missionary pioneer J. Hudson Taylor set sail from England for China at age 21, sent by the Chinese Evangelization Society. The inefficiency of the mission society caused Taylor to sever connections with them a short while later. In 1865, Taylor founded the interdenominational China Inland Mission, which is today known as the Overseas Missionary Fellowship.

THOUGHT FOR THE WEEK...

"What or whom we worship determines our behavior."

~ John Murray

This Week at Grace Bible...

(Here at the church unless otherwise noted.)

Monday, September 14

[No Life Group at the Luginbuhls';
Resumes 9/21]

Tuesday, September 15

9:30 AM	Ladies' Bible Study; nursery provided
5:15 PM	Deacons' Meeting
5:20 PM	Ladies' Aerobics
6:30 PM	Faith Bible Institute Class

Wednesday, September 16

6:30 PM	AWANA
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Thursday, September 17

5:20 PM	Ladies' Aerobics
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Saturday, September 19

4 PM - 8 PM	Social for 20's & 30's at Luginbuhls' (see announcement)
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COMING SOON:

September 22	Elders' Meeting
October 3	Men's Breakfast



Bulletin

SEPTEMBER
2015

A PUBLICATION OF FOCUS ON THE FAMILY™

School's in Session!

Fostering a Resilient Attitude in Your Child

BY VICKI CARUANA

HELPING YOUR CHILD BUILD RESILIENCY IS THE BEST WAY YOU can help equip her to combat many of the concerns she may have about returning to school. You may not be able to deal specifically with every circumstance, but you can foster a more resilient attitude in your child:

Maintain a daily routine. Children crave structure and feel safer with routine. A home that has less structure may cause anxiety for children as they struggle with the more rigid environment at school. Routine at home can also foster more positive and effective homework habits.

Teach your child self-care. Kids don't inherently know how to add balance to their lives, so a parent modeling self-care is essential. Look for opportunities to model balance in recreation, responsibilities and personal pursuits.

Nurture a positive self-view. Sometimes it's hard to recall and focus on previous successes when we are struggling with a sense of failure. Remind your child of previous times in her life when she made good decisions, when she handled a difficult situation or person with grace or when she mastered something difficult. Help her learn to laugh at herself, reminding her that a positive attitude helps create a positive home and school environment.



TOUGH QUESTIONS FROM KIDS

Why won't
the teacher
let me sit next
to my friend?



Homework Time

When 7-year-old Josh arrives home from school, he gets 30 minutes of free time. He sets the timer, then has a snack and plays with his toys. When the timer goes off, he knows it's time to do homework. After he shows his finished homework to his parents, he's rewarded with more free time. Using a timer has helped him learn to take responsibility for completing his homework.

—*Renae Brumbaugh*



Easing Into the School Schedule

Here are four ways I've helped my child ease into the new school year's schedule:

Picture calendar. My son and I create a calendar that helps him visually understand when he will go to school and when he will stay home. One picture is pasted on home days and another on school days. The vagueness of going to school *sometimes* is replaced by a concrete way to understand his schedule.

Mini-missions. As my child goes off to school, I send him with a "mission." For example, I might ask him to tell a friend one kind thing today ("Thank you for playing with me at recess.") or invite someone who doesn't have many friends to sit with him at lunch. These mini-missions help my child focus on others and encourage them.

Prayer. By teaching my frightened child to pray, "God, I will choose to trust You even when I am feeling afraid," I'm helping him develop a life skill that he can apply to other difficult times.

Goodbye ritual. When I drop off my son at school, I want to give him a focused perspective about who God calls him to be. So I have taught him that integrity means doing what is right, even when no one is watching. Then I ask, "How will you return to me?" when I drop him off. He responds, "With integrity, Mom!" Our goodbye ritual is the same every day. By emphasizing this character quality each day, I'm giving my son insight into his purpose to help him connect who he is at school with who he is at home.

—*Lauren Osborne*

Thrive During the Back-to-School Season

The last kindergarten-orientation meeting we attended was especially hard for my wife, Erin. The principal asked if any parents had examples of how they read with their kids at home. I said, “I read with my kids all the time; I turn on the closed captioning when we’re watching TV.”

You could hear crickets chirping. The awkwardness finally ended as Erin gave me that half-smile that meant I was in big trouble.

The stress and anxiety of preparing kids to go back to school can create unique challenges for couples. Increased conflict is common during this time of transition. The best way to de-escalate some of this tension is to recognize what is going on for you emotionally. Talk to your spouse and try putting into words how you’re feeling—

“I’m overwhelmed trying to gather all of the back-to-school supplies,” or “I’m worried that our daughter won’t make any friends at her new school.” When you express how you’re feeling, it can calm you down.

Another challenge for couples is deciding how to divide

responsibilities. Although one spouse may not have time to participate in all the back-to-school activities, it doesn’t mean that he or she cannot be a part of this changing season in family life. If all the preparation falls solely on one spouse’s shoulders, the other spouse can offer support in other practical ways.

It’s best to discuss these responsibilities as teammates. Make a list of all the tasks that are needed to get your kids back in school. Then discuss how to divide them. If some of the chores start to create a tug-of-war, make it your goal to out-serve your spouse. I made the decision to get up an hour earlier so I can unload the dishwasher and cook breakfast for the kids. I may hate unloading the dishes, but I know that Erin likes to leave the house with a clean sink and an empty dishwasher. This is one way I can serve my wife.

Yes, your marriage can thrive during the back-to-school season when you take time to care for each other and pursue unity.

—Dr. Greg Smalley



Family Matters

Answers to your questions . . .

As a couple, when should we agree to disagree?

Answer: Some couples think every difference of opinion in a marriage has to be settled. They fear disaster when spouses don't agree on everything.

Many couples, especially Christians, assume that if they're truly compatible and in love they'll agree on practically everything. They may think that disagreement is a sign of drifting apart—or that agreeing to disagree means settling for second best. That's a faulty judgment based on an unrealistic expectation.

Differences are usually what attract partners to one another. Sharing all opinions and preferences isn't going to happen, and you wouldn't want it to. Agreeing to disagree, when it's appropriate, is realistic—and can help each of you appreciate the other's uniqueness.

If you have children, agreeing to disagree also can set a good example for them. Watching you gives them a broader perspective. Children aren't usually confused or upset by parents disagreeing, but may feel threatened by the behavior they observe when there's no resolution of a conflict.

There are certain decisions—such as having children, setting life goals, and choosing where to live—that may require outside help to negotiate if you can't agree. Other cases—whether to have pets, where to go on vacation, how much to spend on dining out, who cleans the bathrooms—may be easier to work out on your own. The key seems to be your willingness to not get defensive nor to insist on “winning.”

When a disagreement can't be resolved and either of you harbors resentments that

interferes with your relationship, agreeing to disagree may only be “stuffing” feelings. If that happens, get help so that the resentment can be released.

Here are some key principles to keep in mind when it comes to dealing with disagreement.

1. Don't expect to agree on everything.
2. Convey your desire without anger and without having to be “right.”
3. Ask yourself if you're being selfish.
4. Remember that your relationship, not the issue, is most important.
5. Try not to take things too personally.
6. Remember that building a relationship takes time.
7. Forgive, forgive, forgive.
8. Keep a sense of humor.

(Adapted from *The First Five Years of Marriage*, general editors Phillip J. Swihart and Wilford Wooten)

TOUGH QUESTIONS FROM KIDS

Answer:

Sometimes when friends sit next to each other, they talk or pass notes instead of paying attention. The purpose of school is to learn, and teachers want their students to learn without distractions. You can still play with your friends at recess or sit with them at lunch.

For more information on any of the topics in this bulletin, go to FocusOnTheFamily.com or call 800-A-FAMILY (232-6459). To reach Customer Service regarding your subscription, please call 800-692-9912. To check out more church resources and read the editor's thoughts, please visit us at www.tyndaleperiodicals.com.

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