

EVERY SUNDAY
Prayer Meeting 9:00 a.m.
Sunday School 9:45 a.m.
Worship 11:00 a.m.
Prayer Meeting 5:30 p.m.



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“IBC exists to invite people into community with God and His people, equipping them to follow and serve Christ.”

PASTOR’S MESSAGE

As I am growing older and hopefully wiser, I am realizing how important discipline is in everyone’s life, especially in the life of a Christ follower. Discipline in our life isn’t easy and that is why few people take a disciplined approach to life. Also, discipline in our lives is a painful process but a process that builds us into people pleasing to God. The writer of Hebrews puts it like this, “For the moment all discipline seems painful rather than pleasant, but later it yields the peaceful fruit of righteousness to those who have been trained by it” (Hebrews 12:11).

Because the default mode of our fallen flesh is sin and rebellion towards God, it takes discipline in the life of a Christian to bear the fruit of righteousness in our lives. If God is a God of order and we are being sanctified to be more like Him, then discipline is a critically important part of our sanctification.

I have counselled with many people suffering with fear, depression, and anxiety. In fact, I am confident that fear, depression, and anxiety are more prevalent today than ever before. More fear, more depression, more anxiety in a time in human history that is more prosperous and safer than ever before.

How can this be? Short answer- we need Jesus. However, even Christians suffer from the same ailments. So, I think that many people are anxious, depressed and fearful because their lives are in disarray and devoid of any shadow of discipline or structure. Many of the same people that are depressed or anxious live in homes that are a mess, have finances that are a mess, work is a mess, and their relationships are a mess.

So, here many of us living in a storm of disorder and confusion but rather than adding order to our lives we seek to numb ourselves through pills from the pharmacy or cocktails of our own making. But this approach only compounds the problems and we are left more anxious and depressed than when we began. What if, rather than medication to calm ourselves, we attacked a root of the issue? What if we started adding discipline and order to our lives?

Imagine how you would feel, right now, if you had financial freedom. How would you feel if your home was well kept, clean and organized? How would you feel if you had routine and order in your home, your job, and your relationships? I’ll bet most of us would be less depressed, less fearful, and less anxious. Being disciplined can be painful and difficult but life without discipline is much more painful and difficult.

Life without discipline works against us and causes us to be anxious. But life with discipline will add joy and purpose to our lives. A life with discipline will draw us closer to God. A life with discipline will produce the fruit of peaceful righteousness for those of us who are willing to be trained by it.

Your brother-

Pastor Lucas

NEW SERMON SERIES

What is true wisdom and what is it to be wise? As we seek to answer these questions and many more, we have started a new sermon series through the **Proverbs**. This series will be filled with Biblical and practical truths for living a life pleasing to God and beneficial for us. Please come and join us for this series and invite a friend!

PLEASE BE CONSIDERATE:

For the sake of our seniors and babies, please stay home & get well when you or your children are sick.

A SCRIPTURE TO PONDER

“And he [Jesus] said to him, ‘You shall love the LORD your God with all your heart and with all your soul and with all your mind. This is the great and first commandment. And a second is like it: you shall love your neighbor as yourself.’” (Matthew 22:37-39)

SUNDAY MORNING PRAYER MEETING

The normal time of our Sunday morning prayer meeting is 9:00 a.m. We hope this starting time will enable more of you to join us as we pray for God to work in and through our Sunday School hour and weekly worship service. We also pray for the lost and for God's work in the life of our church family throughout the week!

SUNDAY EVENING PRAYER MEETING & MEAL

We have combined our prodigal prayer meeting and our missionary prayer meeting with our evening prayer meeting. We will no longer have prodigal or missionary prayer following service, but we will pray for prodigals and missionaries during the evening prayer time, 5:30-7:30PM at the Henderson home. Evening prayer will normally meet every Sunday evening unless otherwise specified. Please commit to attending evening prayer as often as you can.

ADULT SUNDAY SCHOOL CLASS (9:45 A.M.)

Join us every Sunday from 9:45-10:45 a.m. We will begin a new study through the book of **1 John**: Come and explore John's call for us to be rooted in true doctrine, genuine in obedient living, and fervent in our devotion to God. This will be an exciting study, so come and bring a friend!

KIDS OF INTEGRITY

IBC Kids of Integrity Club meets **Thursday Nights 6:30pm-8:00pm at the Church**. This year we are focusing on teaching and instilling godly character traits through scripture memorization, Bible lessons, and real life application. This club is for children ages two years old through sixth grade.

MEN'S GROUP

Come and Join the men of the church as we gather together to grow in our relationship with one another and with our God. We normally meet on Saturday mornings **on the second and fourth Saturday** from 7:30-9AM at the church. We will either be studying God's Word, taking part in a service project, or spending time in fellowship & prayer. Please contact Pastor Lucas with any questions.

ANOTHER SCRIPTURE TO PONDER

“A new commandment I give to you, that you love one another: just as I have loved you, you also are to love one another. By this all people will know that you are my disciples, if you have love for one another.” (John 13:34-35)

NEW LADIES MONDAY EVENING BIBLE STUDY

"How to Make Choices You Won't Regret" by Kay Arthur. Led by Heather Stone and Judy Evertsen. Have you ever made a decision that you now regret having made? We all have to make decisions every day. Some are small, but some can affect our lives in dramatic ways--both good and bad! This study gives us Biblical truths to help us make decisions we won't regret. This is a 40-minute, no-homework, 6-week study. **Begins Monday, January 27, 6:30-8:00 p.m.** Cost: \$8.00. Free childcare.

NEW WOMEN'S MORNING PRECEPT BIBLE STUDY

This bible study meets on Monday mornings at 9:30 a.m. to 11:30 a.m. at the church. We will be starting a new study on the Book of **First Corinthians** on February 3, 2020. If you would like additional information or have questions, please contact Marilyn Bickley.

THURSDAY LADIES BREAKFAST BUNCH, 8:30 A.M.

Ladies Breakfast Bunch normally meets on the 2nd Thursday of each month. All over 16 years old are welcome to fellowship with us; and we'd love to have you join us! If interested in carpooling or have questions, contact Sherrie. **In February we'll meet on the 13th at 8:30 a. m. at Village Inn located in The District.** In March we'll meet on the 12th at Kneaders in Jordan Landing.

LADIES CRAFT DAY

Normally, 1st Wednesdays at church. 9am till were finished. Bring your hobbies to work on, or observe and learn, share ideas. Would like to make items to donate for an ongoing service project. **Note: In February we'll meet on the 5th at 9 a.m.**

ADULT HOME FELLOWSHIP

The “Adult Home Fellowship” Small Group normally meets on Wednesday's at 6:30 p.m., has a potluck the 1st Wednesday of each month, and meets at the Evertsen's home. We are currently studying Matthew.

GENERATION SELFLESS (YOUTH GROUP, THURSDAYS)

The youth group of Intermountain Baptist—more commonly known as Generation: Selfless—**meets Thursday Nights from 6:30 to 8:00 p.m.** This small group is geared toward middle school and high school students (grades 7th-12th) and focuses on Jesus, the

Word of God, and learning what it means to daily live for His Kingdom call. Please come and join us as we learn what it means to be a committed follower of Jesus Christ. We are currently studying "Catechism" via The Gospel Coalition's *New City Catechism* curriculum. For more information on our studies and upcoming events, please see the "Generation Selfless Bulletin Board" located in the church Fellowship Hall. If you have any questions, please contact Youth Director, Melanie Henderson at.

NOTE: Group will NOT meet Thursday, February 13th due to Valentine's Day weekend festivities.

GENERATION SELFLESS (THE MARK, SUNDAYS)

The Generation: Selfless youth group also meets **Sunday mornings from 9:45 to 10:45 a.m.** or Bible study and fellowship. This class—known by the youth as THE MARK—is for all 7th-12th graders and meets in the youth room, located in the church office building. We are currently studying "Expository Apologetics" via the Awana Advocates program. For more information on THE MARK studies and upcoming activities, please see the "Generation Selfless Bulletin Board." If you have any questions, please contact Melanie. **NOTE: The "Coffee with Mel Fellowship" will not take place this month.**

GENERATION: SELFLESS "STUDY NIGHT FRIDAY NIGHT" FELLOWSHIP

"Study Right Friday Night" occurs once a month from 4:00 to 8:00 p.m., and is open to all 7th-12th graders. The purpose of this night is to receive homework aid, learn study skills, prepare for upcoming tests, and to exercise and improve students' reading ability! Following a two hour block of study and tutoring, students will also help prepare dinner and expand their culinary expertise. The evening is generally rounded out with an epic game of trivia (ladies vs. gents) or another type of fellowship activity. Unlike other youth group events, this activity takes place at the Melanie's home from 4 to 8 p.m. **Note: Generation Selfless "Study Right Friday Night" will not meet this month.**

GENERATION: SELFLESS "SELFLESS SATURDAY"

"Selfless Saturday" is a service activity for all youth groupers (grades 7th-12th) and their families; this activity takes place on Saturday mornings, normally between the hours of 9:00 a.m. and noon. During this time the youth groupers commit to cleaning the Main building and Office building of IBC. Dependent on student/family schedules, a small fellowship activity will be planned after service has concluded.

Note: "Selfless Saturday" will not meet this month.

PRAYER TEAM

Intermountain has a prayer team that wants to pray for you. Please use the Registration Book to write down your requests. Members of our prayer team will receive them no later than the following Monday. If you would like to be part of that prayer group, please let us know in the registration book (or by calling the church phone) and leave your name and email address.

CHILDREN'S SUNDAY SCHOOL

Children's Sunday School for children 4yrs-12yrs of age meets every Sunday from 9:45-10:45 a.m. in Room 1. We encourage you to take advantage of this opportunity for your children to grow in their knowledge of God's word.

CHILDREN'S CHURCH

Children's Church is offered in the church office building to the north of the church, **for children ages 4 through 4th grade** during the sermon time each Sunday. It is a time of prayer and learning God's Word in a way they can understand. There is still a need for additional teachers and teacher's assistants to help with this class. Lesson plans will be provided. Some preparation time for teachers is involved.

NURSERY MINISTRY

Every Sunday we offer a Nursery during the worship service for children from birth-3 years old. This is an incredibly important ministry which we take very seriously. An efficient, fully staffed nursery is vital to help draw young families into the life of the church. For the safety of our children, **all volunteers** (leaders and helpers) **15+ years old** involved in ministry to children and youth (i.e., under the age of 18) **must complete a background check. This ministry is vital to the health and growth of Intermountain Baptist Church. If you are willing to serve Christ in this way once every 4-6 weeks, please see Robin Manning.**

BACKGROUND CHECKS

For the protection of our children, all volunteers (15+ years old) involved in ministry to children and youth need to complete a background check. Go to www.intermountainbaptist.org, and fill out the form you'll find under the "Involvement at IBC" tab. You'll need your Driver's License and Social Security numbers. It only takes about five minutes! You will not be allowed to participate in ministry involving minors (younger than 18) until you have completed a background check. Thanks for your cooperation

GOOD NEWS CLUB

We have returned to Vista Elementary to teach God's word, and God is answering prayer in amazing ways. He has given the Vista staff a positive heart towards this ministry & volunteers. There is an excitement among the kids and parents that we are back in their school. Keep praying that God would use this ministry to bring many kids and their families into His Kingdom! **Note: In February GNC will not meet on the 13th (early dismissal day).**

PRAYER REQUESTS

If you have a prayer request for the prayer chain or would like to sign up to be on the prayer chain contact Tina Terry for information at (801) 250-5810 or E-Mail at ricktterry2009@q.com any time 24 hours a day 7 days per week.

SUNDAY SERMONS AND LOTS OF INFORMATION

Have you missed being with us on a particular Sunday, and wish you could have listened to the message being preached - or, perhaps you found yourself wondering if there was something new that was announced that week (and in the bulletin) that you don't know about because you weren't here? Well, have you visited our website lately? **Sunday Sermons PLUS our latest Newsletter and Sunday Bulletin – and photos and other information about our church** - are available at **www.intermountainbaptist.org**. Visit often to see what's new - and encourage your friends who may be looking for a church home to check us out on our website! Note: To find media-related info go to our web site and click on the Media tab on the bar along the top. Then click on Current Media (or This Week's Sermon) to find a copy of our most recent Bulletin and Sermon; or click on Newsletter to pull up a copy of our most recent Newsletter; or click on Sermon Video to find video (and audio only) copies of the messages that have been preached over the last few months.

ANOTHER SCRIPTURE TO PONDER

"For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life." (John 3:16)

FOOD PANTRY

You may not have known but we, (IBC) have a food pantry!! This has been a great resource in helping people in need. We are always looking for donations. Please consider donating any extra cans of vegetables, soups, meats, and boxed goods, etc. Please talk to Mr. Patrick if you'd like to take advantage of this resource or have any questions.

BENEVOLENT FUND OFFERING

Each month (on communion Sundays) we receive our benevolent fund offering. Our benevolent fund supports members of our church family who are struggling financially. If you would like to contribute, please write "benevolent" on the memo line of your check and drop it in the offering plate. Thanks.

CHURCH LEADERSHIP TEAM STAFF

Lucas Manning, Sr. Pastor*

Melanie Henderson, Youth Director

ELDERS & DEACONS/DEACONESSES:

ELDERS: Patrick Hanagarne*, Terry Henderson*, Palmer Pattison*

DEACONS: Richard Hart*, Roger Tschanz*

DEACONESSES: Tammy Hart*, Valori Henderson*

Joan Manning

*Denotes Board member

BOARD MEETING

The Board normally conducts its meetings on the third Wednesday of the month at 6:30pm... and at other times on an as-needed basis. In February the Board meeting is on **the 19th**.

FRIENDLY REMINDER

Please do not use the Intermountain Directory for the purpose of solicitation or give out phone numbers to those outside of the church without permission.