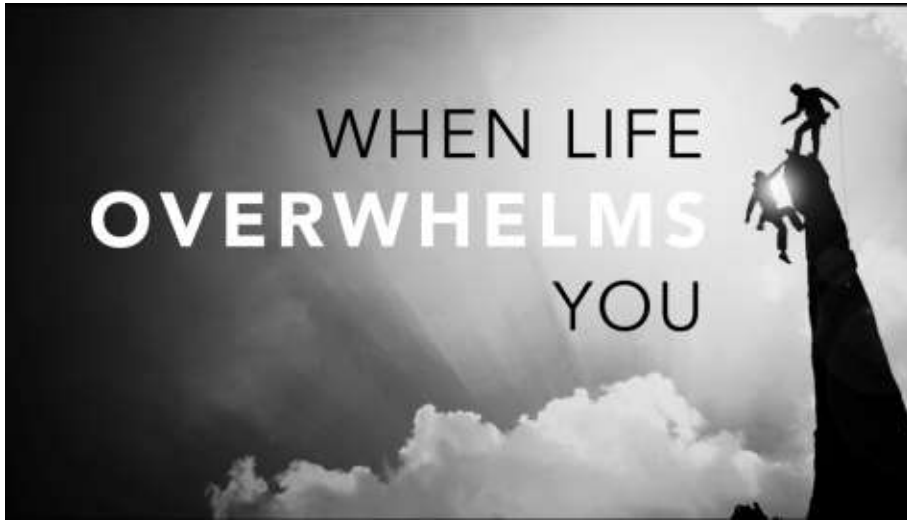


TODAY AT PARKVIEW



North Campus Guest Speaker: Pastor Rick Boyes
South Campus: Pastor Curtis Moore
Part 3: When Life Overwhelms You
Emotional Health: How to Deal with How You Feel
Mark 12:29-30

PASTOR RICK'S MESSAGE WILL BE AVAILABLE TO WATCH ONLINE
AS SOON AS MONDAY AFTERNOON.

PRAYER

If you have a prayer request, please contact the church office at 519-822-7602 or info@parkviewchurch.ca.

WE LOVE BABIES!

When your baby is overly vocal or fussy, please feel free to use our staffed Nursery, foyer or Mom's Nursing Room (Moms and babies only please). Thanks!

STUDENT BOARDING NEEDED

If you are interested in boarding a young adult student, please contact the church office.

GOOD FRIDAY COMMUNION SERVICE

Friday, March 30 | 10:00 am Joint Service at the North Campus
Special Guest Speaker: Rev. Bill Morrow
There will be a kids program provided and a self-serve nursery open.

EVENTS/SERVE OPPORTUNITIES

WEEKLY MINISTRIES

Tuesday | 9:30 am Treehouse
Tuesday | 6:30 pm Parkview Student Movement Jr. High
Tuesday | 7:00 pm Encounter Young Adults

Wednesday | 7:00 pm Parkview Student Movement Sr. High

Thursday | 9:30 am Treehouse

Please see the calendar on our website (www.parkviewchurch.ca) for more information. Some ministries are promoted regularly with promo cards (on the back tables in the North Campus Auditorium or in the Hub), on our website and social media (www.facebook.com/parkviewnews, www.twitter.com/parkviewguelph and Instagram.com/parkviewguelph).

PRIME TIME (60+) | Wednesday, March 21, 11:45 am

Join us for lunch and fellowship with special guest speaker, Pastor Ron Baker, of the PAOC district office. Lunch will be served in Room 128. Invite a friend!

MEMBERSHIP CLASS | Wednesday March 28, 6:30 pm

To learn more about membership, please join Pastor Jeff in the Board Room. You'll be able to participate in discussion and find out what it means to partner with Parkview Church as a member. Sign up in the Hub/foyer or email at info@parkviewchurch.ca.

WATER BAPTISM CLASS | Wednesday March 28, 6:30 pm

Take this next step in your faith by publically declaring what God has done in your life, through baptism. Come to our water baptism class, in the foyer, where you can find out more information with Pastor Curtis. Sign up in the Hub/foyer or email at info@parkviewchurch.ca.

EASTER OUTREACH

Free family movie at the Galaxy Cinemas Pergola Commons, Saturday, March 31 at 10:15 am. To serve at this outreach or reserve tickets for your family, please email info@parkviewchurch.ca.

PARKVIEW KIDS DAY CAMPS | Monday, July 23 – Friday, July 27 Save the dates!

AUDITIONS FOR WORSHIP TEAM

We are looking for musicians. If you are interested in joining the Worship Team, please fill out a Connection Card at the Next Step banner in the foyer to find out more details about this ministry and/or to set up an audition.

LIFE GROUPS

See this link on our website for a list of groups meeting around the city: www.parkviewchurch.ca/life-groups. For more information, contact Pastor Jeff at jtuffour@parkviewchurch.ca.

WELCOME TO PARKVIEW CHURCH!

We're so glad you are here...we really mean that. It's our hope that you feel welcomed and at home. If you're here with us for the first time we would love the opportunity to meet you and give you a welcome gift in the foyer following the service.

OUR MISSION

CONNECT people to Christ, integrating them into community, so that they can GROW into Christ-like maturity, and impact others through their SERVICE.

AT PARKVIEW, WE LOVE KIDS

PARKVIEW KIDS wants to invite your children to encounter God in a fun and action-filled morning where trained staff will teach and care for your kids in a safe and loving environment. Stop by the Parkview Kids Check In for more information, and to sign in your child for church!

NURSERY | Infants to 24 months

PRESCHOOL & KINDERGARTEN | 2 – 5 years old

KIDS CHURCH | Grades 1 – 5 (5 – 10 years old)

PARKVIEW CHURCH STAFF

If you're looking to connect with a Pastor or a specific ministry, contact one of the staff members. Contact information is available at the Next Step banner in the foyer.

Dave Slater – Lead Pastor

Curtis Moore – Associate/Campus Pastor

Jeffrey Tuffour – Assistant Pastor: Life Groups, Pastoral Care, Assimilation & Seniors

Benton Gibbons – Assistant Pastor: Youth

Maria Buruma – Assistant Pastor: Children

Leo deVries – Volunteer Assistant Pastor

Wendy Jacobson – Office Administrator

Amber Moore – Part Time Office Assistant

Francine Allaire – Part Time Office Assistant

Mark Ricketts – Custodian & Maintenance Coordinator

Wi-Fi Network: Parkview_guest

Thank you for silencing **cell phones** during the service.



parkview
C H U R C H

ONE CHURCH – TWO LOCATIONS

Sunday March 18, 2018

North Campus: 9:15 am and 11:00 am

South Campus: 10:00 am



Parkview Church | Helping People Grow

North Campus 89 Speedvale Ave. E, N1E1M3

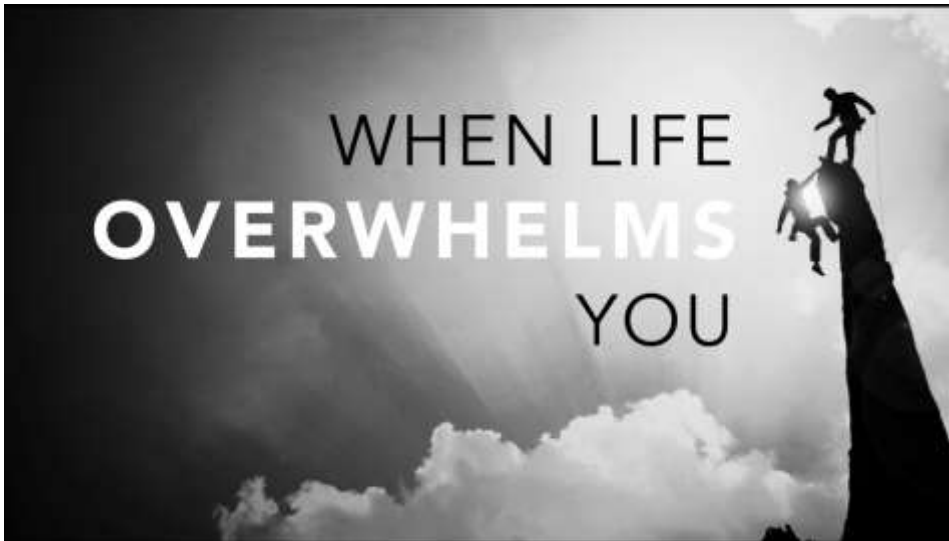
South Campus, Sundays at Cineplex Pergola Commons, Clair Road

www.parkviewchurch.ca

519.822.7602

Parkview Church | Helping People Grow

www.parkviewchurch.ca



PART 3: WHEN LIFE OVERWHELMS YOU
Emotional Health – How to Deal with How You Feel
Mark 12:29–30
Parkview North Guest Speaker: Pastor Rick Boyes
Parkview South: Pastor Curtis Moore

“The most important commandment is this: You must love the Lord your God with ALL YOUR HEART, all your SOUL, all your MIND, and all your STRENGTH.” Mark 12:29a, 30 (NLT)

Understanding My Emotions:

1. GOD HAS _____.

How often they rebelled against him in the wilderness and **grieved** him in the wasteland!
 Psalm 78:40

2. MY ABILITY TO _____ IS A _____ FROM GOD.

Why Should I Learn to Manage My Emotions?

1. MY _____ ARE _____.

There is a way that SEEMS right to a man, but in the end, it leads to death.
 Proverbs 14:12 (WEB)

2. I DON'T WANT TO BE _____.

Like an open city with no defenses is the man with no check on his feelings.
 Proverbs 25:28 (NAB)

3. BECAUSE I WANT TO _____ GOD.

To be controlled by human nature results in death; to be controlled by the Spirit results in life and peace...those who obey their human nature cannot please God.
 Romans 8:6-8 (GNT)

4. IT IS THE _____ TO MY _____ IN LIFE.

From now on, then, you must live the rest of your earthly lives controlled by God's will and not by human desires. 1 Peter 4:2 (GNT)

How do I manage unwanted feelings?

1. _____ it

2. _____ it

3. _____ it

4. _____ it

How do I move forward in emotional wholeness?

1. Let God _____ my _____.

My guilt has overwhelmed me like a burden too heavy to bear... I am bowed down and brought very low; all day long I go about mourning. Psalm 38:4,6

2. Let God _____ my _____.

Lord, have mercy, because I am in misery. My eyes are weak from so much crying, and my whole being is tired from grief. Psalm 31:9 (NCV)

3. Let God _____ my _____.

You are only hurting yourself with your anger. Job 18:4a (GNT)
 Dear friends, never avenge yourselves. Leave that to God, for He has said that He will repay those who deserve it. Romans 12:19 (TLB)

4. Let God _____ my _____.

To all who mourn...he will give: beauty for ashes; joy instead of mourning; praise instead of heaviness. Isaiah 61:3a (TLB)

All Scripture is from the NIV Bible unless otherwise noted.

Watch or recommend this weekend's message online by going to:

www.parkviewchurch.ca/watch

March 18, 2018