

COMING UP AT ISLAND ECC

TODAY New Classes

- Prayer, Fasting and Meditation (3 week class) — 9.30am, 10/F Classroom
- Parenting Teens (3 week class) — 11.30am, 7/F Classroom
- OT Big Pic Part 2: The Kingdom and the Prophets (7 week class) — 11.30am, Room A, 8/F

TODAY CDF Mentorship Program Info Session

Join us for the info session for Hope of the City's Child Development Fund mentorship program. 1.15pm, Room B, 8/F. Light lunch will be provided.

APR 29 FUSE — Young Adults Fellowship

FUSE is a fellowship for young adults/young professionals (age: 20s to early 30s) who would like to connect with God and other young adults. We will meet this Wednesday at 7.30pm, The Studio (321 Java Rd, 1/F). There will be food, teaching, discussion and time to hang out!

APR 30-MAY 2 The Justice Conference

For the third year, The Justice Conference, Hong Kong is focused on the specific social justice needs in Asia. Island ECC is one of the sponsors so purchase tickets today at special discounted rates at the 1/F Connect Counter (cash only). Venue: The Vine. For full information go to www.thejusticeconferenceasia.com.

MAY 3 Newcomers Lunch

If you're new to Island ECC and want to know more about the church, please join us for a Newcomers Lunch at 1.30pm, 10/F. There is no cost for this lunch, but you do need a ticket to get in, so please pick one up today at the Connect Counter on your floor.

MAY 3 New Class: The Rise of Radical Islam: Are You Ready?

ISIS, Al-Qaeda, Boko Haram . . . After all these years, many people are still clueless about Islam and unprepared for what lies ahead. This class answers two questions — Why get ready and how? Instructor: Lincoln Loo. 2-4pm, 10/F Classroom. For details and to register, go to www.islandecc.hk/classes/.

MAY 17 New Class: Living A Life Of True Worship

This 7 week study is led by Derek Chan, an experienced Precept Bible Study leader. You will learn a systematic method of studying the Bible, and also the true meaning of worship and how it relates to your daily life. Material costs \$70. Visit <https://www.islandecc.hk/classes/> for registration.

MAY 17 Kids Club Graduation - Red Sea Sr. (Year 6/Grade 5)

For parents of Year 6/Grade 5 children. Look out for invitations for this special graduation celebration during the 9.30 & 11.30 services, for your children moving up to Youth/Middle School in August.

MAY 22-23 Women's Conference: 2 Sundays Left For Early Bird Price!

Sisters - the places are going fast so get your tickets today. Early bird price is available today and next Sunday only and if you are travelling for the long May holiday weekend, there's only one Sunday to take action. We have planned so much fun for you: goodie bag, cool workshop, amazing teaching. See you at the conference!

Upcoming Mission Trips

Taiwan (Jul 4-11) - Application deadline May 3
Uganda (Aug 28-Sept 8) - Application deadline April 27
For more information email go@islandecc.hk

www.islandecc.hk



On The City

Staff Vacancy on the Marketplace

- Senior Coordinator of Ministry Support — This is a full-time position providing a high level of administrative support for the operating functions of the church.

Upcoming Hope Of The City Service Opportunities

- May 7 Door-to-Door Visits in North Point — recruiting Cantonese-speaking volunteers.
- May 9 IDEAL Mother's Day Walkathon — recruiting volunteers to prepare for the Walkathon held by Intellectually Disabled Education and Advocacy League.
- May 10 Reading Buddy Programme — partnering with Kids4Kids to share the love of reading to underprivileged children.

Email volunteer@hopeofthecity.com for more information.

NEW TO ISLAND ECC?

1

MEET US AT THE CONNECT COUNTER

We are so glad that you're here today and would love to get to know you! The Connect Counters are located on the 1/F, 2/F and 10/F. Volunteers are there to answer any questions you might have about Island ECC and its different ministries and events.

2

JOIN THE CITY

The City is the online connection point for Island ECC. It's limited to the people who attend our church and over 3,000 people are already using this fantastic tool. By creating an account and logging in, you'll have access to weekly devotionals, updates on events and the chance to connect with others. Sign up now at the Connect Counter.

3

CHECK OUR WEBSITE

By visiting www.islandecc.hk, you'll have access to information about all our ministries, as well as a broad spectrum of resources - including video podcasts of sermons.

WHAT IT MEANS TO BECOME A CHRISTIAN

HE LOVES

God loves you because he chooses to. "God wasn't attracted to you and didn't choose you because you were big and important... He did it out of sheer love..." (Deut. 7:7-8). He loves you so much that...

HE GAVE

He gave Jesus, His one and only Son. While we do wrong things daily, Jesus is sinless. Though sinless, Jesus took our sin. He died on the cross in our place. Our response to this great gift is simple...

WE BELIEVE

We trust Jesus to do what we can't. We don't trust our own efforts to save us. We can't save ourselves. We don't place our trust in other people to save us. We believe in Him.

WE LIVE

God gives us brand-new life. We have joy because of his Spirit living within us. Little by little his Spirit changes us to be more like Jesus. No guilt in life, no fear of death, He gives life, now ... and for eternity.

You can tell God you accept Him now.

"Father, I believe you love me. You gave your one and only Son so I can live forever with you. Apart from you, I die. With you, I live. I choose life. I choose you."

Children's Ministries' Rock n' Roll Easter Picnic at the Peak



April 26, 2015

Passion And Control

Passion And Control: Boundaries And Tripwires

"Above all guard your heart, for it is the wellspring of life."

Proverbs 4:23

Boundaries keep us _____ and guard what is _____

God-given boundaries are the key _____:

We're strongest when we know _____

Your statutes are my delight; they are my counsellors.

Psalms 119:24

A tripwire is an _____ to alert us before we break the boundary.

⁶For at the window of my house I have looked out through my lattice, ⁷and I have seen among the simple, I have perceived among the youths, a young man lacking sense, ⁸passing along the street near her corner, taking the road to her house ⁹in the twilight, in the evening, at the time of night and darkness. ¹⁰And behold, the woman meets him, dressed as a prostitute, wily of heart. ¹¹She seizes him and kisses him, and with bold face she says to him.

¹⁸Come, let us take our fill of love till morning; let us delight ourselves with love.

¹⁹For my husband is not at home; he has gone on a long journey; ²¹With much seductive speech she persuades him; with her smooth talk she compels him. ²²All at once he follows her, as an ox goes to the slaughter, ²³... he does not know that it will cost him his life.

Proverbs 7:6-11,18-23

"I worked on my emotional relationship with eating. I went to therapy and journaled when I felt myself slipping into old patterns. It was a slow process, but I was beginning to unpack and work through the reasons I had struggled with my weight all my life. And getting to the root of those — and recommitting every day to being aware of my triggers to eat emotionally — is what allows me to live a full and balanced life now, 10 years later."

"There will always be those days — the late afternoons or evenings — when I feel a nostalgic and insatiable hunger creeping up. The way it feels when it hits me is so familiar now that I can recognize it as emotional, and not physical. It's always hard in those moments to dissect what's really going on that has led me to want to eat. Am I anxious? Am I stressed? Am I bored or lonely? Do I want to procrastinate this project or task? It's hard to choose to work through those feelings, rather than feed myself to cover them over. But I do, because ultimately, I'm aware that eating to cope with all of life's challenges — big and small — led me to morbid obesity. And that's not a place I want to find myself ever again."

— Andie Mitchell

What are lethal behaviours or beliefs that threaten your wellspring?

What tripwires can you identify to help warn you of danger?