



Walk ^{the} Talk

Make Peace

Asbury
United Methodist Church

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www.asburytulsa.org | 918.492.1771

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Keeping the Peace

We all get angry at times. It's a part of life. So how can we cope with these inflamed emotions without doing something we will later regret? Here are some positive ways to deal with anger:

Understand the difference between “righteous anger” and “sinful anger.” An example of righteous anger is when you have a holy indignation concerning your own transgressions. Another example would be the outrage you feel when learning that a child has been abused. Sinful anger, on the other hand, takes place when we allow our anger to lead us to say something or do something contrary to God's will. Holding a grudge is natural, but that doesn't make it right. A grudge is actually one of the most toxic sins you can commit.

Recognize that sinful anger often stems from other sin that has become rooted in your soul. Anger is one of those things that often stems from some other sin we are committing. The roots of that sin begin to produce the fruit of anger in our life.

Ask the Lord to uproot any bitterness in your soul as you confess your sin to Christ and repent of it. God is more than able to dig deep into our soul and uproot the sin which is causing us so many headaches. But it is up to us to confess our sins to the Lord and also to turn away from doing them. As we confess and repent, the root of our problem gets addressed. We can ask Jesus to forgive us, and He is glad to do it. After all, He died for our sins on the cross so we could be free forever.

Sincerely pray for any person you are holding a grudge against, and for anyone who feels like “a thorn in your side.” By praying for the person you are having a hard time forgiving, the pressure begins to lift from your heart and mind. It is a terrible feeling to stay angry at someone, and yet we have all been guilty of it. God works many miracles in answer to the prayers of His people, and one of the greatest miracles is when someone gets delivered from the ugly feelings of sinful anger and grudges.

Rely upon God to wash away all the anger in your heart with His living water. Anger has a way of just sitting in the heart and making life miserable for its owner. Some people stay angry for decades without any idea how to have it washed away. God's living water is what man needs to have a clean heart. By asking the Lord to cleanse your heart, you are relying upon the only One who can make all things new.

Think about things that are wholesome, noble and pleasing to the Lord. Our thought life plays a huge role when dealing with anger. If we stew over things, we only get worked up and angrier. But if we choose instead to fill our mind with God's Word and good thoughts, we start to experience God's peace which surpasses human understanding.



Today we celebrate 216 couples with 50 or more years of marriage, for a total of 12,313 years. Congratulations to all of our couples! What a great accomplishment!

As you know, God made marriage as one of the highest forms of worship, and one of the great institutions there is here on Earth. He even uses the bride and groom as an analogy for His love of the church and for His coming return as well. That alone tells us how special the marriage bond is to Him.

Not all couples in America make it to their 50th anniversary anymore. Statistics tell us that almost one-half of couples are divorced before they reach 25 years of marriage. Thank goodness God has blessed your efforts to honor Him through your marriage as you have set an excellent example for others also.

Enjoy this special milestone together and know that God is honored by your commitment to each other, to the institution of marriage and most of all to Him.

Announcements

A full list of announcements is available at www.asburytulsa.org/announcements.



Asbury VBS 2015 DIGGIN' IT

**June 9–12,
9:00 am–12:30 pm**

Time to roll up our sleeves and dig into God's Word! We're planting the seeds so that our kids will know that God's love keeps us rooted and growing strong.

Register online at www.asburytulsa.org.

All registrations made on or before May 17 will be guaranteed a t-shirt.

myAsburytulsa.org

Have you not been receiving ministry communication?

Do you feel like you are out of the loop regarding events happening at Asbury?

Do you wish you were more involved?

If you answered "yes" to any of these questions, you should sign up to receive the latest Asbury communication on ministry events and updates.

It's easy; just go to myasburytulsa.org to register.



Why Are You Here Today?

God knows. And He has a message just for you. We invite you to join in worship and to open your heart to His Word. You might leave encouraged...refreshed... or even a changed person. Whatever it is you need, God can provide—and he wants to. That's why he brought you here today. And we hope He brings you back time and time again. Because we would love for you to become part of the family here at Asbury!

Worship *with us*
on **Sunday**

8:00 am—Traditional Service In Mason Chapel

9:15 am—Traditional Service in Sanctuary

11:00 am—Modern Service in Sanctuary

Order of Worship | April 19, 2015

8:00 AM

WELCOME

Rev. Charlie Ryser

PRELUDE

CONGREGATIONAL HYMNS *Crown Him With Many Crowns*
Hymn #327

Dr. Pat Calhoun

He Lives
Hymn #310

CREED / GREETING / NEW MEMBERS

SPECIAL MUSIC

CONGREGATIONAL HYMNS *The Easter Song*

In the Garden
Hymn #314

PASTORAL PRAYER

Dr. Tom Harrison

DOXOLOGY

OFFERTORY

SCRIPTURE

Matthew 5:21–26

MESSAGE

Make Peace
Dr. Tom Harrison

SERVICE OF WORD AND TABLE

Rev. Charlie Ryser

POSTLUDE

Daily scripture readings for the upcoming week:

April 20: 2 Corinthians 2:5–11

April 21: Genesis 50:15–21

April 22: Matthew 5:27–32

April 23: 1 Corinthians 6:12–20

April 24: 1 Thessalonians 4:1–8

April 25: Matthew 19:1–12

*Next Week: **Walk the Talk: Love Your Neighbor, but Not Like That***

Order of Worship | April 19, 2015

9:15 AM

PRELUDE

CALL TO WORSHIP

Sean Groombridge

WELCOME

Rev. Gloria McGee-Denton

CONGREGATIONAL HYMNS *I Worship You, Almighty God*

It Is Well With My Soul
Hymn #377

ANTHEM

Beatitudes

PASTORAL PRAYER

Dr. Tom Harrison

MILESTONE ANNIVERSARY RECOGNITION

DOXOLOGY

OFFERTORY

Hallelujah

SCRIPTURE

Matthew 5:21–26

MESSAGE

Make Peace
Dr. Tom Harrison

RESPONSE SONG

There Is A Hope So Sure

BENEDICTION

Dr. Tom Harrison

POSTLUDE

Rosanna Corrales

Connect with our pastor:

Rev. Gloria McGee-Denton | gmcgee-denton@asburytulsa.org
twitter.com/runthehumanrace

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Order of Worship | April 19, 2015

11:00 AM

SCRIPTURE

Matthew 5:21–26

MESSAGE

Make Peace

Todd Craig

SONGS HEARD TODAY

Alive
Here & Now
Doxology
Sinking Deep

Worship Pastor: Jon Odom

Worship Leader: Chris Cleveland

Connect with our pastors:

Todd Craig | tcraig@asburytulsa.org | twitter.com/tcraig135

Jon Odom | jodom@asburytulsa.org | twitter.com/jonodom

Dick Read | rdread@asburytulsa.org

Notes:

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