



The JCC Summer Challenge is an opportunity to encourage each individual of Jubilee Christian Centre to go beyond their comfort zone. We are asking you to pray one prayer a day, commit one act of kindness a week and make one new friend this summer.



# Summer IS A NEW SEASON...

1. Change your environment.
2. Strive to be your best.
3. Change your patterns.
4. Shift your priorities.
5. Invest in personal growth.
6. Surround yourself with can-do people.
7. Find a way to serve others.



**JULY 4**  
**INDEPENDENCE**  
**DAY** Enjoy your holiday!

## ✦ WHAT HE'S DONE... ✦

This summer, keep a record of the breakthroughs, blessings and increases God brings your way—He will amaze you!

# MELTDOWN

## EPIC MELTDOWNS OF THE BIBLE

Jul 09 » Moses in the Desert  
Jul 16 » Elijah Runs Away from Jezebel  
Jul 23 » Peter Denies Jesus  
Jul 30 » Nebuchadnezzar Humbled  
After His Breakdown

# Prayer REQUESTS

## ▶ SALVATION

- Walter Miner III    Gearen Family    Tom M.    Stein Family  
 Ryan K.    Tyler M.    Mandy W.    Dave. O

## ▶ HEALTH ISSUES

- |   |  |
|---|--|
| <input type="checkbox"/> Art B. » Health Issues       | <input type="checkbox"/> Bob A. Healing/Kidney         |
| <input type="checkbox"/> Armando » Back Issues        | <input type="checkbox"/> Camilia S. » Cancer/Leg       |
| <input type="checkbox"/> Jean G. » Health Issues      | <input type="checkbox"/> Mike P. » Health Issues       |
| <input type="checkbox"/> Karla D. » Cancer Recovery   | <input type="checkbox"/> Mickey N. » Stroke            |
| <input type="checkbox"/> Mandy W. » Cancer            | <input type="checkbox"/> Robert G. » Health Issues     |
| <input type="checkbox"/> Maggie B. » Chemotherapy     | <input type="checkbox"/> Kevin K. » Health Issues      |
| <input type="checkbox"/> Merle » Health Issues        | <input type="checkbox"/> Angela A. » Health Issues     |
| <input type="checkbox"/> Carlos V. » Health Issues    | <input type="checkbox"/> Michelle H. » Leukemia        |
| <input type="checkbox"/> Angie & Family » Life Issues | <input type="checkbox"/> Kathy S. » Back Injury        |
| <input type="checkbox"/> Samantha B. » Health Issues  | <input type="checkbox"/> Walter M. » Cardiac procedure |
| <input type="checkbox"/> Christine P. » Bone Cancer   |  |
| <input type="checkbox"/> Howard P. » Cancer           |  |

## METRICS THAT MATTER (06/25/23)

ATTENDANCE ▶ 32   GIVING ▶ \$1,130   GUESTS ▶ 0  
VOLUNTEERS ▶ 15   DECISIONS FOR CHRIST ▶ 0

# THE LORD IS THE STRENGTH OF MY LIFE

## Stand-alone message



*I lift up my eyes to the hills. From where does my help come? My help comes from the Lord, who made heaven and earth. Psalm 121:1-2*

## 1 Storms are inevitable in our lives

*The way of the Lord is in the whirlwind and in the storm.*

**Nahum 1:3 (Berkeley Version)**

*Beloved, do not be surprised at the fiery trial when it comes upon you to test you, as though something strange were happening to you. But rejoice insofar as you share Christ's sufferings, that you may also rejoice and be glad when his glory is revealed. 1 Peter 4:12-13*

*When the righteous cry for help, the Lord hears and delivers them out of all their troubles. The Lord is near to the brokenhearted and saves the crushed in spirit. Many are the afflictions of the righteous, but the Lord delivers him out of them all. He keeps all his bones; not one of them is broken. Psalm 34:17-20*

## 2 The Possibilities for help

### A. We can look around for help

*I lift up my eyes to the hills. From where does my help come? Psalm 121:1*

*For you shall go out in joy and be led forth in peace; the mountains and the hills before you shall break forth into singing, and all the trees of the field shall clap their hands. Isaiah 55:12*

*Those who trust in the Lord are like Mount Zion, which cannot be moved, but abides forever. As the mountains surround Jerusalem, so the Lord surrounds his people, from this time forth and forevermore. **Psalm 125:1-2***

## B. We can look within for help

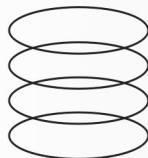
*Some trust in chariots and some in horses, but we trust in the name of the Lord our God. **Psalm 20:7***

*Then Elisha prayed and said, "O Lord, please open his eyes that he may see." So the Lord opened the eyes of the young man, and he saw, and behold, the mountain was full of horses and chariots of fire all around Elisha. **2 Kings 6:17***

## C. We can look above for help

*My help comes from the Lord, who made heaven and earth. **Psalm 121:2***

**God who created  
the universe is my  
POWER SOURCE!**



He made **heaven** and **earth**  
He made me and **cares** for me!  
He is **omnipotent** in power  
He is **omnipresent**  
He is **omniscient** in knowledge

**Psalm 146:5-6 / Exodus 15:2**  
**Habakkuk 3:19 / Isaiah 12:2**  
**Psalm 46:1**