

August 6, 2023



The ARC Ministry Staff

Lead Pastor – Kevin Van Wyk

Equipping Youth Director – Jessa Wedel

Equipping Children & Families Director – Lynnae Loomans

Office Administrator – Megan Vande Zande

N3697 County Road EE

Waupun, WI 53963

920.346.5505

office@altoreformedchurch.org

www.altoreformedchurch.org

We Approach God

Welcome & Announcements

Praise Singing

“Raise a Hallelujah”

“Lord, I Need You”

“Make Room”

Congregational Prayer

We Hear God’s Word

Children’s Message – Jackie Tenpas

Message – Facing the Dark Night of the Soul (Key #7)

Scripture – Luke 11:4

We Respond to God

Prayer

Special Music – Jessa Wedel & Ashlan Bruins

“Fighting for Me”

Benediction

If you are newer to Alto Reformed Church, we invite you to fill out a Connection Card, located at the entrance to the sanctuary, and turn it in at the Fellowship Kitchen for a small gift.

Summer of Seeking

A Practical Look into the Lord's Prayer

Facing the Dark Night of the Soul (Key #7)

Luke 11:4

THE HEIDELBERG CATECHISM: Lord's Day 52

127 Q. What is the sixth petition?

A. And lead us not into temptation,

but deliver us from the evil one.

That is: In ourselves we are so weak that we cannot stand even for a moment. 1 Moreover, our sworn enemies – the devil, 2 the world, 3 and our own flesh 4 – do not cease to attack us. Will you, therefore, uphold and strengthen us by the power of your Holy Spirit, so that in this spiritual war 5 we may not go down to defeat, but always firmly resist our enemies, until we finally obtain the complete victory. 6

1. Ps 103:14-16; Jn 15:1-5.

2. 2 Cor 11:14; Eph 6:10-13; 1 Pet 5:8.

3. Jn 15:18-21.

4. Rom 7:23; Gal 5:17.

5. Mt 10:19, 20; 26:41; Mk 13:33; Rom 5:3-5.

6. 1 Cor 10:13; 1 Thess 3:13; 5:23.

<https://www.heidelberg-catechism.com/en/lords-days/52.html>

1. Who's the problem? Satan, world, or _____ ?

_____. But you are responsible for you.

You can't _____ Satan (Gen. 3), God (James 1:12-16), or others (Gen. 3) for your choices (Rom. 6:12-14, 23; 7).

2. Should we think of temptation or trial or _____ regarding this prayer?

_____.

πειρασμός (peirasmos). n. masc. sing. **test, trial, temptation, enticement to sin**. *Describes a trial or temptation, as well as the act of testing God.*

The noun *peirasmos* is related to the verb *πειράζω (peirazō, "to test")*. It can be used to describe the trial of a person's integrity (1 Pet 1:6; 4:12) or the testing of God by humans (Heb 3:8). It can also denote the occurrence of a trial or temptation that can be an occasion to sin, whether arising from internal desires or outward forces (e.g., Matt 6:13; Mark 14:38; 1 Cor 10:13; Jas 1:12; Rev 3:10).

Sun Hee Kim, "[Testing](#)," ed. Douglas Mangum et al., *Lexham Theological Wordbook*, Lexham Bible Reference Series (Bellingham, WA: Lexham Press, 2014).

3. Is this a prayer to avoid temptation/trials or to avoid _____?

_____.

Avoid temptations/trials (Luke 11:4 ESV, NIV... See Matthew 26:39,42)

Avoid _____/falling (Luke 11:4 NLT & NIRV; See Matthew 26:41; Luke 22:40; James 1:12–16)

4. Is there any _____ of overcoming temptation and habitual sin?

_____, we have Jesus' **example** of overcoming temptation (Luke 4; Heb. 4:14-16), **promise** to give an escape (1 Cor. 10:13), and **prayers** to deliver (Heb. 7:25).

APPLICATION: Face Your dark night

Key 7: The next key to “maintaining a life of prayer” is to have enough humility and courage to face the dark night of the soul by Seeing your _____, Standing on the _____, and Seeking _____.

See Your _____

Neil T. Anderson, in [*The Steps to Freedom in Christ*](#), gives a list of sins to examine yourself with. Ask the Spirit to soften your heart to his conviction and acknowledge which sins you are vulnerable to. (Generational sin may be impacting you as well, so consider sin in your family tree too.) Then, pray the prayer of confession below.

- Stealing
- Quarreling/fighting
- Jealousy/envy
- Complaining/criticism
- Sarcasm
- Gossip/slander
- Swearing
- Apathy/laziness
- Lying
- Hatred
- Anger
- Drunkenness
- Cheating
- Avoiding responsibility/Procrastination
- Greed/materialism
- Sexual sins/Lustful thoughts or actions
- Divorce
- Eating disorders
- Substance abuse
- Abortion
- Suicidal tendencies
- Perfectionism
- Other _____ (see Mark 7:20–23; Galatians 5:19–21; Ephesians 4:25–31)

Lord, I confess that I have committed the sin of (name the sin). Thank You for Your forgiveness and cleansing. I now turn away from this sin and turn to You, Lord. Strengthen me by Your Holy Spirit to obey You. In Jesus' name, amen.

Neil T. Anderson, [*The Steps to Freedom in Christ*](#), ed. Pam Weston and Patti Pennington Virtue, Revised. (Gospel Light, 2001 & 2017 version), 28–29.

Stand on the _____

Neil T. Anderson also gives several “Statements of Truth” to help us concur recurring sins. Pray these, memorize these, and study these that you may stand against temptation.

3. I believe that God demonstrated His own love for me in that while I was still a sinner, Christ died for me. I believe that He has delivered me from the domain of darkness and transferred me to His kingdom, and in Him I have redemption and the forgiveness of sins (see Romans 5:8; Colossians 1:13, 14)....

8. I choose to present my body to God as a living and holy sacrifice, and the members of my body as instruments of righteousness. I choose to renew my mind by the living Word of God in order that I may prove that the will of God is good, acceptable and perfect. I put off the old self with its evil practices and put on the new self. I declare myself to be a new creation in Christ (see Romans 6:13; 12:1, 2; 2 Corinthians 5:17; Colossians 3:9, 10, *NIV*).

9. By faith, I choose to be [welcome being] filled with the Spirit so that I can be guided into all truth. I choose to walk by the Spirit so that I will not carry out the desires of the flesh (see John 16:13; Galatians 5:16; Ephesians 5:18).

Neil T. Anderson, [*The Steps to Freedom in Christ*](#), ed. Pam Weston and Patti Pennington Virtue, Revised. (Gospel Light, 2001), 17–18.

Seek _____

Sign up for “The Steps to Freedom in Christ” workshop which Kevin and Stephanie will host on Sept. 1. It will give you practical tools and biblical principles for you and your children to overcome negative thoughts, irrational feelings, habitual sins, and spiritual struggles.

Sign up today at the Information Center or text Kevin at 319-464-4673.

When: 6:30-9:30PM on Friday, Sept. 1

Where: Alto's Youth Room

What's the format: Kevin and Steph will share their experience with the materials; we'll watch short video segments for each of the seven steps; and we'll spend time in personal reflection and prayer on each step. It will be a safe place for you to face your chains and break them.

What's the cost: It's free to be free :-). The workbook (which you will certainly want) is just \$6. You can help the church cover this expense by placing a donation in the white offering boxes or giving online.

What about kids: Teenagers, dealing with spiritual struggles, may be ready for this material, but it is designed for adults to personally reflect. If you need help with childcare, please contact Kevin.

Upcoming Events

- Aug 6** 8:30am – Prayer Meeting
9:30am – Pastor Kevin, Special Music – Ashlan Bruins & Jessa Wedel
7:00pm – Executive Team Meeting
- Aug 8** 8:00am – Prayer Meeting
4:45pm – Middle School Youth Serve Meal to Carnival Workers
- Aug 9** Office Closed – Alto Fair
Pastor Kevin at Alliance Gathering
- Aug 10** Office Closed – Alto Fair
Pastor Kevin at Alliance Gathering
- Aug 11** Pastor Kevin at Alliance Gathering
- Aug 13** 9:00am – Prayer Meeting
10:00am – Outdoor Worship, Pulpit Supply – Ian Van Wyk
11:30am – Church Picnic

To view the church calendar, go to www.altoreformedchurch.org

Youth News

The Alto Fair is coming up this week and we've got a lot going on!

Middle school students – If you haven't replied about helping with the carnival workers' dinner on Tuesday night, please do that today!

All Students – We still have spots to fill at the cotton Candy and iced coffee booths! Please use the link from the email/text that was sent and sign up today! Thanks!

August 14 will be our final summer event of 2023! The calendar that went out has events for the last week of August, but that's the first week of school so those will be canceled. On August 14th we'll celebrate the end of summer with a pool party at Andy and Jenny Glewen's. 6-7:30 for middle schoolers and 7:30-9 for high school.

Soda & Water Donations for youth group: Now through the school year we'll be taking soda and water bottle donations – if you see it on sale and are willing to donate just drop it off on the youth room counter. Thank you!

Opportunities to Get Involved

Alto Fair Booth – We are looking for volunteers to sit at our church's booth at the Alto Fair (Aug 9-10). This is a great way to catch a break in the shade and chat with a bunch of people as they walk through the booths. If you're able to help with this, please sign-up at the Information Center.

CCCD Mission Trip – Marty Huizenga is organizing a mission trip to the Caribbean Christian Center for the Deaf in Jamaica January 16-23, 2024. Cost is \$720/person + flight (\$100 off for married couples). If you are interested in attending, please contact Marty or sign up at the Information Center by August 13th so Marty can begin reserving plane tickets.

Women's Ministry – The Women's Ministry Team is meeting Wednesday, August 16th in the prayer room at 6:30pm. Any ladies interested in seeing what we do and or would like to consider joining the team is very welcome to come.

Mission Circle & Golden Lifers Outing – Join us for lunch and bingo at Go Dutch Solutions on Tuesday, August 22nd at noon. Cost is \$12/person. Sign up at the Information Center by August 13th.

Bulletin Board News

Offering may be placed in one of the three white offering boxes located in the lobby, may be given online, or through autopay. For more info or to set up autopay, please contact Megan. Upcoming benevolent schedule: 8/6 REACH Waupun, 8/13 Union, 8/20 Missionary Salary, 8/27 Regular Benevolence. If you feel led to give specifically towards the ceiling project, please put your check in a separate marked envelope in one of the offering boxes. The deacons are keeping track separately of what has been contributed towards the project, which will be shown on the monthly financial reports. Thank you.

Congrats to Willy & Carol Jansma as they celebrate their 59th wedding anniversary on Aug 7th.

Outdoor Worship & Church Picnic – Join us Sunday, August 13th at 10am on the church hill for outdoor worship followed by the church picnic at 11:30am. The church will provide the sandwiches, chips, drinks, and tableware.

Please bring lawn chairs/blankets to sit on as well as:

Last name A-G: 2 dozen bars/cookies

Last name H-R: fruit/jello salad to serve 10+ people

Last name S-Z: veggie/lettuce/pasta salad to serve 10+ people

YFC Colorado Peach Sale – Youth for Christ Peach Sale is back... Pre-order your delicious Colorado peaches today! Peaches expected Aug 24th. All proceeds help YFC share the Gospel with teens throughout the area. For more info or to place your order, visit www.badgerlandyfc.org or call 920-923-1416.

Israel Trip – You are invited to join Alto Reformed Church to discover the beauty and splendor of our Christian roots as Pastor Doug Shotsky, Pastor Wayne Skaff and guide, Jane BenAri share in a life-changing experience as the word of God comes alive while we walk through the land of the Bible October 23-November 2, 2024. This will be Wayne's 56th trip to Israel. We will be visiting many new places and discoveries, and this will be trip of a lifetime and a "Bible comes alive" experience. The entire cost for the 11-day trip is \$5,399. The tour includes round trip airfare from Milwaukee, 4-Star hotels with double occupancy, breakfast and dinner daily, a deluxe tour bus, entrance fees and Israeli tour guide Jane Ben Ari. A \$500 deposit is due ASAP. Final payment is due June 15, 2024. All payments are 100% refundable until May 1, 2024. There is a brochure at the Information Center with more info and if you have more questions, please feel free to reach out to Pastor Doug at (740) 604-0476 or email jesusbuild@yahoo.com.

P - praise R - repent A - ask Y – yield

The Lord's Prayer

(an easy to understand translation of Mat. 6:9-13, compiled from the NIRV, NET, NLT, & ERV)

*Our Father in heaven, may your name be honored. May your kingdom come. May what you want to happen be done on earth as it is done in heaven. Give us the food we need for today. Forgive our sins, just as we have forgiven those who did wrong to us. **Keep us from sinning when we are tempted.** Save us from the evil one. For the kingdom and all power and all glory are yours forever. Amen.*

Father God, I am so thankful that You promised that no temptation, no matter how strong, has the power to overtake me because You Yourself have provided a way of escape. Holy Spirit, search my heart. Show me where I am most often tempted. Help me as I consider Scriptures and worship songs that I can put in my arsenal to defeat the enemy. I praise You, Lord Jesus, that You are continually interceding on my behalf before the Father. I thank You that in You, I can experience victory day by day. (Based on 1 Cor. 10:13; Ps. 139:23; Heb. 7:25.)

Becky Harling, [Our Father: A Study of the Lord's Prayer \(A 6-Week Bible Study\)](#) (Chicago, IL: Moody Publishers, 2023).

Healing: Friends and family with cancer, undergoing treatment, hospitalized, recovering from surgery/illness, etc.: Betty Daane, Cal Flegner, Barbara Gordon, Alvin Harmsen, Kevin Harmsen, John Hoekstra, Faye Janey, Isabel Kastein, Jim Parrish, Dave Rumley, Jean Stelsel, Jodi Vande Berg, Carl VanderKooi, Ron Vande Zande, Harold VanRuiswyk, and Silas Willey.

Military Personnel: Aaron Zeatlow, stationed in Las Vegas; Sebastian Hoenisch, stationed in San Diego, grandson of Larry & Gloria Mulder;

Shut-ins: Members in assisted living, nursing homes or those confined to their home: **Barrett House:** Lowell Glewen
Charleston House: Brian Hemp
Beaver Dam Memory Care: Cora Hemp
Christian Home: Sharon Harmsen, Dayton TerBeest, Junice Vande Zande, Kay Vande Zande
Home: Margaret Hoekstra, Julie Medema, Marion Tolsma, Marilyn Westerveld
Christian Homestead: Betty Bruins
Harbor Haven: Don Vande Zande
Marvin's Manor: Eleanor Loomans
Prairie Ridge: Annice Hopp

Missionaries: Bob Abel – Remember Nhu, Steve & Amanda Bialy – Converge, Chris Briggs – CCCD, Andy Lickel – InterVarsity, Jersey & Preston Sheldon – Overland Missions, Randy & Wanda Potratz – SIM, Scott Ritzema – Youth for Christ