

## WEDNESDAY

700-  
815pm ▶ **THF STUDENTS-Worship & Small Groups**  
Youth Cafe' opens at 6pm

## THURSDAY

630-  
730am ▶ **MEN'S FELLOWSHIP**  
Meets in the THF Mall

Is this your 1<sup>st</sup> time visiting us?  
We are so glad you are here!  
Fill out your Connection Card and take  
it to the Welcome Center.  
We have a gift for you!

## UPCOMING

**MAY 19**  
**Next Generation Sunday**  
A special Sunday Service  
that you won't want to miss

**MAY 19**  
**CentriKid Camp Meeting**  
12:30pm  
Xtreme Kids Room

**MAY 19 & MAY 22**  
**Life Group**  
**Spring Session Ends**

**MAY 26**  
**One Service at 9:30am**

**MAY 27**  
**Office Closed**

**Are you looking for a place to plug in & serve at THF?**

**Our Sunday Morning Welcome Team  
might be the place for you.**

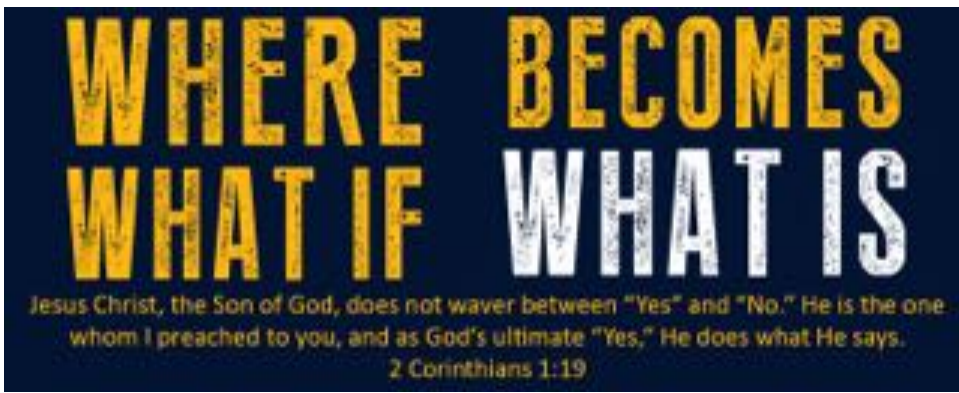
If you are interested, mark your Connection Card or visit with  
Kim Bengoa before or after the services at the Welcome Center.  
Together, we will see if this is the perfect fit for you.



**"God's power has given us everything we need to lead a godly life."  
2 Peter 1:3a (NIV)**

Visit the THF Kids' page, click the Vacation Bible School link for more  
information and to register your kids & register to volunteer!

Free wifi: THFGuest No password needed.



### WHAT IF I LEFT CHURCH WITH MORE HOPE THAN GUILT?

Our word **guilt** comes from the Old English word *gylt* meaning an offense or crime. It is defined as a feeling of responsibility or remorse for some offense, crime, wrong, etc., whether real or imagined.

Studies show that people experience **5 HOURS** a week of guilty feelings!

**ILLUS: ARTHUR CONAN DOYLE PRANK**

3 *When I kept silent, my bones wasted away through my groaning all day long.*  
4 *For day and night your hand was heavy upon me; my strength was sapped as in the heat of summer.* Psalm 32:3-4 niv

*Dr. Karl Menninger, the famed psychiatrist, once said that if he "could convince the patients in psychiatric hospitals that their sins were forgiven, 75 percent of them could walk out the next day."*

### WAYS WE TRY TO HANDLE GUILT

We try to **AVOID** it

We try to **EXCUSE** it

We try to **ESCAPE** it

We try to **COVER** it

**ADAM AND EVE COVERED WITH FIGS, TREES, AND BLAME**

The problem with man's 'covering' is that it is always incomplete!

*How much more, then, will the blood of Christ, who through the eternal Spirit offered himself unblemished to God, **CLEANSE OUR CONSCIENCES** from acts that lead to death, so that we may serve the living God!* Hebrews 9:14 niv

Notes from The Heights

Series: Where What If Becomes What Is...

### HOW TO HANDLE GUILT - ZECHARIAH 3

Run Into God's **PRESENCE** v1

Rely on God's **WORD** v2

Rest in God's **CHOICE** v2

Receive God's **FORGIVENESS** vv3-4

Rejoice in God's **LIFE** v5

Remain in the **SAVIOR** vv6-10

### HERE IS THE HOPE...

*There is therefore now no condemnation to those who are in Christ Jesus, who do not walk according to the flesh, but according to the Spirit.* Romans 8:1 nkj

Am I IN Christ Jesus - have I trusted Jesus alone to forgive me, take my guilt away, and put His new life in me?

Am I carrying false guilt today? Am I listening to Satan's accusations or God's acceptance?

Notes from The Heights

Series: Where What If Becomes What Is...

**THF LIFE**Notes  
**Week of May 12**

**Quick Review**

Looking back at this week's message, "**Where What If Becomes What Is: What If I Left Church with More Hope Than Guilt?**" What stood out to you? What inspired you to change? What new information will you retain?

**Getting To Know You**

HAPPY MOTHER'S DAY!

Share a favorite memory from Mother's Days past.

**Digging Deeper**

Mike listed four ways we try to handle guilt:

- We try to avoid it
- We try to excuse it
- We try to escape it
- We try to cover it

Which of these four is your "go to" in trying to handle guilt?  
Why?

Discuss with your group the difference between "harmful guilt" and "helpful guilt." Give examples of each. Use John 16:8 as a resource.

God has the right, power, desire, and ability to forgive. Using the following passages as a basis for discussion, examine with your group how forgiveness should play an important role in dealing with guilt.

Isaiah 38:17; Isaiah 43:25; Jeremiah 31:34; Micah 7:19-20; Romans 8:1; I John 6:9-11




One of the ways Mike listed concerning the handling of guilt was to "Rely on God's Word." Share with your group how you are presently implementing that instruction. What is your current routine of spending time in God's Word? What "nugget" from God's Word has encouraged or challenged you recently? Share with your group.

**Prayer Needs:**

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**Wednesday, May 15th  
6:30pm  
Xtreme Kids' Room**

-  THF Release & Student Life Release Due
-  Notary will be present
-  Final Payment Due



**Mandatory  
CentriKid Camp  
Parent Meeting  
Sunday, May 19th  
12:30pm  
Xtreme Kids' Room**

-  Childcare will not be provided during the meeting
-  Notary will be present
-  Camp extras will be available for purchase
-  Final Payment Due