



I don't have a problem with anger unless I am driving, or I get in the wrong check out line at Walmart, or someone at work fails to do what they are supposed to, or some member wants to know why I didn't respond to their group text that I didn't ask to be put in, or the 2 year old battery in my truck won't turn over or ... goodness maybe I do have a problem with anger. It's a good thing I came to church this morning. Pastor Paul is preaching and he will show us how to handle anger. Eric Beasley, professional counselor, will conduct a workshop over in the Student Center at 9 AM & 10:30 AM. Listen up; no one likes living at the base of an active volcano.

Time for a face-lift... tummy tuck, botox ☺. We are in the process of re-carpeting the sanctuary, moving things around on the platform, adding outdoor signage to the campus and we are repairing and fixing up our modulars. We are getting things ready for the fall... new look for new opportunities.

Ralph Schneck, Lead Pastor Follow me on Twitter...
 ralph@fblex.org | ext. 103 @RalphSchneck

9:00 AM Celebration Service
 10:30 AM Contemporary Service

Please help us create an atmosphere for worship...

- Take a moment to silence your mobile devices.
- We have a safe and loving environment for your children where they can learn about God. Take advantage of our Preschool & Children's Ministry.
- For security purposes, no backpacks or large diaper bags in the Sanctuary.

New to FBLEX?

How to become a Member

Before joining FBLEX, we ask that you attend our "Discovery Class." In this class you will become familiar with our history, beliefs and different ministries.

Today, July 15th in the Fellowship Hall, Rooms 211-212. One day class from 9:00 - 11:45 AM. Sign up at fblex.org. Next class - September 6.

Small Groups - Join One Today

This summer for 6 weeks we will be offering large group sessions located in the Student Center from our very own counseling staff. These sessions will be an in-depth look at our sermon series, "The Monsters Within Us." This week is "The Rash of Anger" taught by Eric Beasley.

Life/Home Group leaders please schedule a time to meet with Pastor Reynold about the upcoming year. You can email jamee@fblex.org to schedule.

See A Red Shirt? Stop by and meet with our friendly staff at **Connection Point** in the Lobby. We can also be reached at (803) 957-0686 Ext. 115 or Reynold@fblex.org

Wednesday Nights at FBLEX

Parenting by Personality will be from 6:30 - 8 PM in Room 208

We will take a break on Wednesday from morning Bible study and Wednesday evenings during July. Bible study and activities will resume August 1. Wednesday dinner will resume August 22.

MONSTERS INSIDE OF ME



"THE RASH OF ANGER"

9 & 10:30 AM in the Student Center



Eric Beasley, MA, LPCI, CSATC

Is the rash of anger spreading in your life? Are there people, places, or events that trigger an outbreak? If you've tried counting to 10 or just ignoring it and it hasn't worked, this class is for you. Come get the prescription to cure irritation, frustration, and anger.



NEXT WEEK: "A CASE OF THE TUDES...ATTITUDE"
COUNSELOR: LISA WALLACE, MA, LPC/I, NCC, CCMHC

HEY YOU!
 See the tear out and find out how you can help our choir grow!

CHOIR CONSTRUCTION

JOIN THE CHOIR WEDNESDAY AT 6:30 PM

COMING AUGUST 1ST



SQUEAL on a SINGER!

If you hear someone beside you that can sing, "squeal" on them and drop it in the offering plate

Choir Prospect NAME

Choir Prospect PHONE

HOW DO YOU KNOW THEM?



Can You Help Us Today?

Looking for some able bodied people to help move chairs, pull up and haul carpet in the Worship Center. We will be meeting right after the 10:30 AM service. Lunch will be provided!

Pardon Our Progress

Let the remodeling begin! We are in the process of re-carpeting the sanctuary, moving things around on the platform, adding outdoor signage to the campus and we are assessing the structural integrity of our Modulars. We are getting things ready for the fall... new look and new opportunities.



What's Up With MAN CAVE?

MAN Cave - It's not too late for you to jump in and be a part. Come tomorrow night at 7 PM in Modular 5. Bring your sword (Bible). Tony Evans is taking us through John 1, 2, and 3.

MAN UP Weekend - May 17-18, 2019 at Hickory Knob State Park. Save the dates. Details to come.

This week Spotters read: 2 Kings 19-23



Grief Share

Grief Share will be starting on July 22 for a 13 week series. (Modular 2 from 5 - 7 PM) This is for anyone who has lost a loved one and is dealing with grief. Childcare will be provided upon request. For more information contact Lewis Matthews at lewistennisnut@sc.rr.com



Celebrate Recovery

Come join us as we work on life's hurts, hand-ups, or habits. We offer a Christ centered 12 step program every Tuesday night. Dinner will be served at 6 PM and large group will begin at 6:45 PM. Don't Struggle Alone!

Please visit our Celebrate Recovery table in the Lobby for more information on our program.



Cafe' Wednesday

Wednesday Bible Study 10:30 AM (Student Center) and 6:30 PM (Fellowship Hall)

Enjoy the summer with your families Wednesday Bible study will resume on August 1st.



MAN UP Breakfast

MAN UP Breakfast - Join us on Saturday, August 18 at 8 AM to hear Corey Miller, WACH Fox sports anchor and former Gamecock and NFL player. We'll pass the helmet for Corey being with us. \$5.00 for breakfast. Kids and grand kids eat free!

Pew Cards

Let us know what God is doing in your life (see decision card). If you have a prayer request; fill out the prayer card (reverse side of decision card) and place it on the altar or drop it off at connection point.

Online Giving

As you take family vacations this summer and will be away, remember we have online giving available on our website and through Realm. Thank you for being faithful stewards.

Prayer Need?

If you have a pressing prayer need, fill out a prayer card (pew pocket) and place it on the altar at the invitation. The prayer team will lift your request to the Lord. If you would like to be a part of the prayer team, email Noel Fields (fun4fields@aol.com).

Connect Card

Please complete this form and place it in the offering plate or bring it to Connection Point to receive a gift of chocolate covered pecans.

I/We attended worship at:

9:00 AM 10:30 AM

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Sub-division: _____

Phone (home): _____

His: Date of Birth: _____

Cell Phone: _____

Email: _____

Hers: Date of Birth: _____

Cell Phone: _____

Email: _____

Children's Information:

Name: _____

Date of Birth: _____

Grade: _____

Name: _____

Date of Birth: _____

Grade: _____

Name: _____

Date of Birth: _____

Grade: _____

Name: _____

Date of Birth: _____

Grade: _____

Did your children attend with you today?

Yes No

Please check all that apply:

First-time Guest Returning Guest

Regular Attender FBC Member

Visiting Family/Friends

New to the Community

Looking for a New Church Home

Married Single College

How did you hear about us?

I would like information about:

Beginning a relationship with Christ

Baptism

Membership at FBC/Discovery Class

Life/Home Groups



FBLex Ladies Retreat

Join us at our "Seaside Escape" ladies retreat at the St. Christopher Camp & Conference Center in Seabrook Island, SC on Thursday, September 27 (7 PM program start) through Saturday, September 29 (ending after lunch). Registration will continue to be available online via Realm as long as spaces remain. Complete the registration in 2 steps: 1) register under events and 2) pay through online giving by selecting "women's ministry event." Cost is \$200 for double occupancy (full size beds only). A minimum of \$50 is due at sign up if you choose not to pay in full at this time. There is limited space availability. If spaces remain, registration will be offered again in the lobby in late August. For any questions, please email us at women@fblex.org.

Operation Bedroll

FBLex homeschoolers are collecting plastic grocery bags, empty your cabinets and recycle weekly to help us serve the community with Operation Bedroll. Collection bin will be behind Security Desk in Worship Center. For more information contact Traci at traci@fblex.org

Missionary

Deb Runge, our recovery missionary in Haiti will be with us next Sunday and will be speaking at Celebrate Recovery on July 24.

Summer Series

"Monster's Inside of Me" - Sundays at 9 and 10:30 AM

- July 15** - *Rash of Anger* (Paul Bishop)
- July 22** - *A Case of the Tudes... Attitude* (Ralph Schneck)
- July 29** - *Stretch Marks... Stress* (Reynold Williams)
- August 05** - *Eaten up with Anxiety* (Brooks Anderson)

Weekly Update

Last Week's Attendance:

Worship AM.....813
 First Time Guests.....4
 Life/Home Groups.....422

Last Week's Giving:

General Fund \$43,543.29
 Budget Goal to date..... \$918,000.00
 Giving to date \$942,378.16
Missions \$3,841.50
 Missions Budget Goal to date..... \$109,000.00
 Missions Budget Given to date \$113,244.20

Message Series: "Monsters Inside of Me"
Today's Sermon: "Rash of Anger"

Today we look at a ferocious monster. It has been around a long time and you will see a couple of individuals in Scripture who were almost destroyed by it. With God's help, we will see some tools to identify and conquer the anger within.

Ephesians 4:29-32

Moses: Anger fueled by unresolved issues (Numbers 20:1-12)

- _____ grief over loss. (Numbers 20:1)
- _____ expectations of others. (Numbers 20:3-5)
- _____ waters. (Numbers 20:8)
- _____ conflicts from past. (Numbers 20:10)

Jonah: Anger fed by unmet expectations (Jonah 4)

- His anger _____ inward and toward suicidal ideation. (Jonah 4:1-3)
- His anger _____ to unmet dreams (ungodly as they were).
- His anger _____ to obsessing over what he could not control. (Jonah 4:5)
- His anger became _____. (Jonah 4:9-10)
- His anger _____ irrational beliefs. (Jonah 4:10-11)

Paul: Anger freed by Godly instructions. (Ephesians 4:25-32)

- _____ to honestly address it. (Ephesians 4:25)
- _____ that anger makes you vulnerable to sin. (Ephesians 4:26a-27) (Proverbs 29:22)
- Resolve conflict in a _____ manner. (Ephesians 4:26b)
- _____ and _____ negative characteristics of anger. (Ephesians 4:31)
- _____ to overcome uncontrolled anger. (Ephesians 4:32)

Next Week: Monsters Inside of Me, Case of the Tudes. Do you ever get a bad attitude? Is the glass half empty or half full? Are you hard to live with or be around? Have you wondered why everyone around you has it a lot easier than you? Do people constantly get on your nerves? Well then... you may have a "Case of the Tudes." What should you do... quit your job, move to an island, avoid people? Send me an email (ralph@fblex.org) telling me how you get out of the 'tudes... but hurry, I don't have all week!

(Lisa Wallace will be doing the counselor session in the Student Center at 9 and 10:30 AM, focusing on overcoming a bad attitude).

Listen to sermons online at fblex.org/resources

OUR PURPOSE
LOVING AND LIVING FOR GOD

