

THE STORY WE'RE LIVING

We *inspire* & *equip* people to follow Jesus *wholeheartedly*, because we believe that following Jesus makes *life better* and makes you better at life...and brings glory to God in the process. Join us!

THE PATTERN WE'RE FOLLOWING

Jesus lived a pattern of life marked by prayer, healing, and teaching. As Jesus' followers, we aim to follow his pattern, which we shorthand with know (our faith is relational), go (our faith is active), and grow (our faith is transformational).

THE PEOPLE WE'RE BECOMING

Jesus' followers are to be marked by love, take the initiative, and pursue excellence.

We are others-centered. Jesus said, "There is no greater love than to lay down one's life for one's friends." (John 15:13 NLT) Following Jesus means putting aside our comfort and preferences to serve others. We aim to express selfless concern through practical actions with sensitivity, kindness, and humility.

We are proactive. In the Scriptures we see repeatedly that those described as good and wise are the ones who see a need and then do what it takes to meet it. When we see a need, we don't make excuses or wait for an invitation, we leverage our resources for the benefit of others. We have a can-do, whatever-it-takes mentality.

We exceed expectations. We believe that excellence honors God and inspires people. Excellence is not perfectionism but simply doing the best you can with what you have. Our attitude is a reflection of Colossians 3:23a, "Whatever you do, work at it with all your heart, as working for the Lord." (NIV) So we are always aiming to do more than what is required, take it up a notch, go above and beyond, and exceed expectations.

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CORNERSTONE COMMUNITY CHURCH

Mail: PO Box 1011, Concord, NH 03302-1011

Voice or Text: 603-225-2550

Email: CONTACTUS@CORNERSTONENH.ORG



YOUR NAME: _____

YOUR GROWTH GUIDE FOR

[CORNERSTONE ON SITE](#) FOR SUNDAY, JUNE 26, 2022

[CORNERSTONE ONLINE](#) FOR SUNDAY, JULY 3, 2022

“How do I navigate the ups & downs of life in light of God's sovereignty?”

CONNECT AT CORNERSTONE

We want to encourage, inform, and connect with you!

Go to [CORNERSTONENH.ORG/NEW](https://cornerstonenh.org/new).

You can also text NEW to 603-225-2550.

TODAY'S MESSAGE

PRAYER & PRAISE

PERMISSION TO BE REAL PART ONE

THE SOUNDTRACK OF LIFE IN THE BOOK OF PSALMS

TODAY: EMOTION • PSALM 30

THE BOTTOM LINE

EVERY _____ IS AN
INVITATION TO RECOGNIZE GOD'S

Sing to the Lord, all you godly ones! Praise his holy name.
Hear me, Lord, and have mercy on me. Help me, O Lord.

— Psalm 30: 4,10 NLT



2. What the Bible _____ is true
is _____.

THE PSALMS ARE TRUE TO

Listen to The Bible Project Paradigm Podcast

Google, search in your podcast app, or go to
<https://bibleproject.com/podcast/series/paradigm/>



The psalm shows how prayer and praise can together become a rubric for holding the experiences of life in relation to God. It makes a simple direct reading of experience in terms of the context of the LORD's sovereign reality.

— James L. Mays

*Psalms (Interpretation: A Bible Commentary for Teaching and Preaching) (p. 141).
Presbyterian Publishing Corporation. Kindle Edition.*

I will exalt you, Lord, for you rescued me.

You refused to let my enemies triumph over me.

O Lord my God, I cried to you for help,
and you restored my health.

You brought me up from the grave, O Lord.

You kept me from falling into the pit of death.

— Psalm 30:1-3 NLT

WITH THE LORD, THE GOOD DAYS

_____ THE BAD

Sing to the Lord, all you godly ones!
Praise his holy name.

For his anger lasts only a moment,
but his favor lasts a lifetime!

Weeping may last through the night,
but joy comes with the morning.

— Psalm 30:4-5 NLT

THE UPS AND DOWNS OF LIFE REMIND ME OF YOUR

When I was prosperous, I said,
"Nothing can stop me now!"

Your favor, O Lord, made me as secure as a mountain.

Then you turned away from me, and I was shattered.

— Psalm 30:6-7 NLT

PART OF MY _____ IS

_____ YOUR PRAISES

"What will you gain if I die,
if I sink into the grave?

Can my dust praise you?

Can it tell of your faithfulness?

Hear me, Lord, and have mercy on me.

Help me, O Lord."

— Psalm 30:9-10 NLT

You have turned my mourning into joyful dancing.

You have taken away my clothes of mourning and clothed me
with joy,

that I might sing praises to you and not be silent.

O Lord my God, I will give you thanks forever!

— Psalm 30:11-12 NLT

"I commit my life to Jesus."

Saying "YES" to Jesus?

Text **YES** to **603-225-2550**

Let us celebrate your decision & resource you for your new life in Christ.

THE CHALLENGE

LET _____ PROMPT YOU TO

_____ & _____.

TALK IT OVER

Answer these questions with others to reflect upon and apply what you've heard. Watching online? Discuss in person or online with others who watched. On site? Our service includes time to circle up and discuss.

- 1. What are some circumstances where it easy or difficult to recognize God's presence in our lives?**
- 2. Compare Psalm 30:8-10 and 30:11-12. In each section, what has the psalmist experienced and how does he or she respond?**
- 3. What current experience can you turn into a prompt for prayer or praise?**