

## SERMON NOTES

John 3:29-31 – The Way Up is Down

### Questions for family/small group discussions:

1. What are some examples of the ways that our culture encourages us to promote ourselves? How do we see self-promotion with sports, politics, social media, celebrities, and media? What are some examples of how you sometimes promote self? What are some factors that drive or motivate self-promotion? What might be some of the negative results from self-promotion?
2. When you consider John 3:29-30, what are some ways that you could become less and Jesus could become greater in your life? What are some ways that you might take attention away from Jesus and toward self?
3. Based on John 3:29, we see that when Jesus increases, our joy increases. Or the way up is actually down. How do you think that joy can come through trusting, obeying, sacrificing, serving others, and pointing to Jesus?

### We see two ways that there can be joy in serving, sacrificing, and giving of your life to serve others and point to Jesus:

#### 1. You see, believe, and embrace God's \_\_\_\_\_ and \_\_\_\_\_.

1. What does John 3:21 say about what God is doing and why is he doing it? What do John 3:27 and 30 say about what is our place in what God is doing in the world? On your typical day, does your joy most often come from your own small world—or from a constant sense of your place in what God is doing to gather many into his kingdom?
2. What are some ways that friends have abandoned or used you? How does Jesus show himself to be a true friend?
3. When you consider Isaiah 62:5, John 1:6-9, and 5:35, what is the bigger picture and plan of God and what is our place in that picture and plan?

#### 2. You supremely \_\_\_\_\_ and \_\_\_\_\_ Jesus.

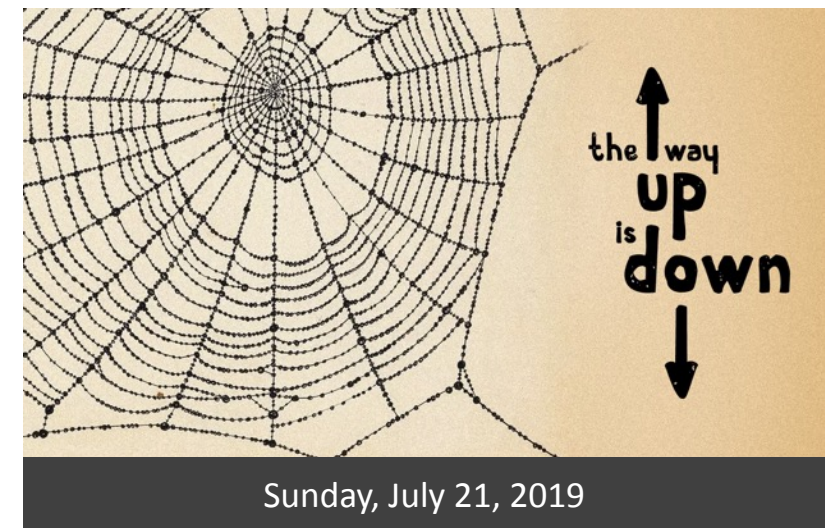
1. What does John 1:29 say about Jesus' mission? And as you consider John's work here, what might that say about our mission?
2. Read John 6:27. What are some ways that we "work for the food that perishes"? What things do you most often turn to in a search for love, acceptance, pleasure, affirmation, or status? How have you seen this search be a disappointment for others or your self? How can you find all of these things perfectly in Jesus?
3. Read John 4:10. What is the key for receiving all that God offers us through Jesus?
4. When we understand that through Jesus, we are both fully known and truly loved, how does that liberate us from pretense, humble us out of our self-righteousness, and fortify us for any difficulty life can throw at us? (from quote by Tim Keller)

5. C.S. Lewis – "Christian humility is not thinking less of yourself; it is thinking of yourself less." What are some ways that you could make Jesus shine brighter in your life and think of yourself less? In your relationships with your spouse, or kids, or parents? How does this change your friendships? Will you commit to search for those who need friends rather than depend on those who will serve you as friends? How should this change the way you serve your family and neighbors with the most lowly, menial tasks?

6. What is one way that you will work to make Jesus greater in your heart and life this week?

**For further study/reading:** *Gospel-Powered Humility*, by William P. Farley and *Rediscovering Humility: Why the Way Up is Down*, by Christopher A Hutchinson.

Sermons available online at [RockfordRC.org/sermons-2](http://RockfordRC.org/sermons-2)



### Order of Worship

Worship Service @ 10:00 a.m.

*KidLife Worship returns August 4. Nursery is available for kids kindergarten and under.*

<b>Prelude</b>	<i>Our Hope is Alive</i>
<b>Call to Worship</b>	<i>Behold Our God Before the Throne of God Above</i>
<b>Offering</b>	<i>Day by Day Come Behold the Wondrous Mystery</i>
<b>Prayer &amp; Message</b>	The Way Up is Down John 3:29-31 (p.888) Rev. Tim Meendering
<b>Response</b>	<i>Take My Life</i>
<b>Closing Blessing</b>	

*Join us in the gym for the After-Service Social  
hosted by Care Group 2.*

**welcome** to Rockford Reformed Church!

In this program you will find today's order of worship, along with announcements, a calendar, prayer requests, and more. If this is your first time here, please stop by our welcome table in the lobby and pick up a gift bag!



## Rockford Reformed Church

4890 11 Mile Road NE  
Rockford, MI 49341

616-866-2308

RockfordRC.org  
connect@rockfordrc.org

**Office Hours:**  
Mon-Thurs 9:00am-2:30pm

**Pastor:**  
Tim Meendering  
Tim@rockfordrc.org

**Director of Worship:**  
Mike Fisk  
Mike@rockfordrc.org

**Director of Youth Ministries:**  
Brian Ellis  
Brian@rockfordrc.org

**Director of Children's Ministries:**  
Beth Jennings  
Beth@rockfordrc.org

**Director of Kids Hope:**  
Emillie Clayton  
Emillie@rockfordrc.org

**Office Administrator:**  
Laura Jolliffe  
Laura@rockfordrc.org



### ATTENDANCE & GIVING

You can give directly from your phone or computer. Look for the link on the front page of our website. Contact the office if you would like offering envelopes.

**Last week's attendance:** 188 • **Last week's offering:** \$11,170

### PRAYER

**Polly Johnson's** surgery went well. Please continue to pray for continued healing over the next several weeks.

**Joan & Clyde Moore** would like to thank everyone for the well-wishes and acts of kindness during their time of loss of Joan's father.

Keep the **Middle School Youth Group** in your prayers this week as they are on their mission trip.

**Jean Boyd** - pray as she continues through chemotherapy treatments.

**Bill Boyd** - continues dialysis and awaits a transplant.

### WHERE DO MY KIDS GO?

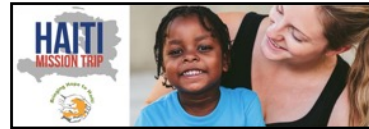
If you have children, they are welcome to remain with you throughout the service, or you can choose from different options:

**KidLife Note:** This Summer from June 30 - July 28 (five weeks), **KidLife Worship (for kids 3 years through 2nd grade) will be on a break.** The nursery will still be available for kids kindergarten and under. The cry room is located at the back of the Sanctuary as well.

**Children's bulletins** and crayons are available near the lobby stairs.

SUN	MON	TUE	WED	THUR	FRI	SAT
7/21 10a Worship Service After-Service Social  Haiti Donations Due Middle Sch. Mission Trip	7/22 5p Golf	7/23 7:00a Men's Prayer Breakfast 6:30p Softball	7/24	7/25	7/26	7/27
7/28 10a Worship Service After-Service Social	7/29 5p Golf	7/30 7:00a Men's Prayer Breakfast 6:30p Softball	7/31	8/1	8/2	8/3
8/4 10a Worship Service After-Service Social	8/5 5p Golf	8/6 7:00a Men's Prayer Breakfast 6:30p Softball	8/7 12p Adult Fellowship Lunch at Rio Grand	8/8	8/9 7a REAL Men	8/10

For a full listing of all of our events, announcements, volunteer needs, and more, be sure to sign up for the eBeacon, emailed weekly. Contact the church office at connect@rockfordrc.org and ask to be put on the list. Paper copies are available for those without email.

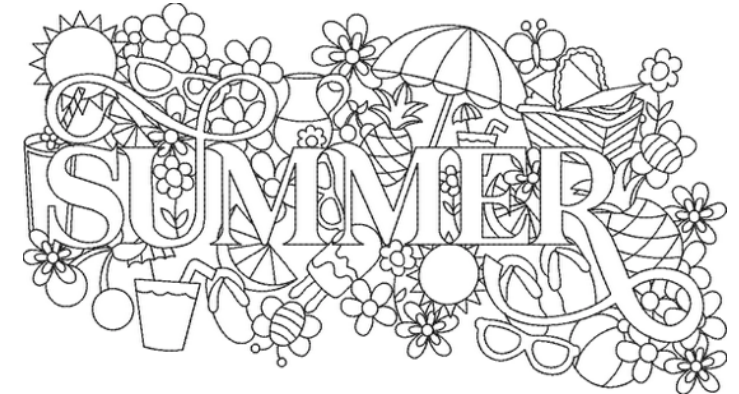
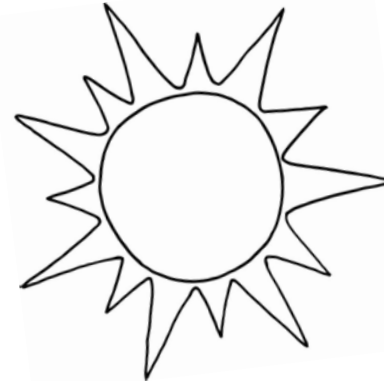


Monetary donations are still being accepted for this year's trip and are greatly appreciated. You can make a check out to RRC Missions and place in the Missions Mailbox at church OR you can donate online at cwomissions.org. Simply click "Donate", "Haiti", and type "Rockford" in the comments section. Your prayers and donations are greatly appreciated.

**Thank you for supporting this summer's mission trip to Haiti!**



**Online Bulletin & Connection Card**  
[rockfordrc.org/sunday](http://rockfordrc.org/sunday)  
or aim your phone's camera at the qr code to access:



### Our summer schedule may be slow, but there are still things going on!

**Adult Fellowship Lunch** - Wednesday, August 7, 12pm. We will be having lunch at Rio Grand Steakhouse, 5501 Northland Dr NE, Grand Rapids. Please RSVP with Wilma Rottman (866-2389).

**REAL Men** - Friday, August 9, 7am at Arnie's Restaurant, 34 S Squires, Rockford.

**Monday Night Golf** - \$15 for 9 holes and a cart at Cedar Chase Golf Club, 7551 17 Mile Road, Cedar Springs. Tee times start at 5pm. No reservations needed - just show up. Contact Jerry Coon if you have any questions (204-3858).

**Praise in the Park** - Sunday evenings at 6pm. Come out and enjoy Christian music along the banks of the Rogue River in downtown Rockford. Music provided by area churches. RRC plays on August 25.

**Men's Prayer Breakfast** - Tuesdays at 7am in the Fellowship Hall. Join us any time. Fellowship, prayer, coffee, and maybe donuts!

**Softball** - Come out and cheer on our church softball team! Tuesdays at 6:30pm. Location varies - see our website for the schedule.