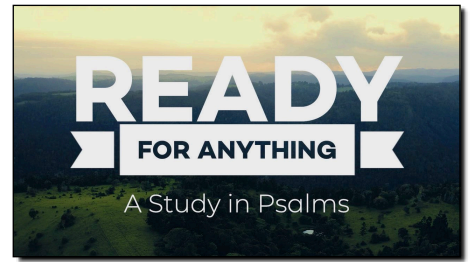




# Family News



Life definitely throws us curveballs. It's hard to know if we're prepared, or even how to prepare, for what will come our way. Fortunately, the book of Psalms contains instruction, prayers, and praises for any potential circumstance. During this series we will study the different types of psalms, learn about the nature of God and his great love for us, and develop our voices for praying and singing to the Lord.

While each Sunday's sermon will focus on one specific psalm, you're invited to read and pray five psalms a day throughout this series. This week's reading schedule is below. In one month, we'll have prayed all the psalms, cultivated expressions of faith that will draw us closer to the Lord, and equipped ourselves to be **ready for anything!**

## PRAY FOR ONE ANOTHER

Let's keep praying daily for each other.



- Thank God for all His blessings and His love for us!
- Pray for comfort for those who have suffered difficult losses.
- Pray for God's healing touch for the sick and wounded.
- Pray for lasting hope as we live in this fallen world.
- Pray for deeper connection with Jesus and with one another.
- Pray for those who are lonely and isolated.
- Pray that we can experience true joy even in times of lament.
- Pray for those who may need a job or a home.
- Pray for our leaders to have hearts of wisdom and discernment of God's will.
- Pray for the specific requests that have been shared lately.

James 5:16 says, "Confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective." Praise our God for answered prayers!

## Let's Worship Together!

RB-63 I Will Call Upon The Lord

### WELCOME

We Trust In The Name Of The Lord Our God

RB-915 Trust And Obey

### COMMUNION

WB-71 Firm Foundation

**MESSAGE:** The Unbeatable Frying Pan  
(Psalm 1:1-6)



SIGN IN TO WORSHIP SUNDAYS @10:45AM

<https://trivalleychurch.online.church/>

Come for our pre-worship time together to enjoy a slide show and chat with church family and friends.

## JOIN US!

Let's read and pray the Psalms this week!

- February 7: Psalms 31-35
- February 8: Psalms 36-40
- February 9: Psalms 41-45
- February 10: Psalms 46-50
- February 11: Psalms 51-55
- February 12: Psalms 56-60
- February 13: Psalms 61-65



I am sure of this that **he who BEGAN** a good work in **YOU** WILL BRING IT TO **completion** AT THE DAY of **Jesus Christ**  
-Philippians 1:6-

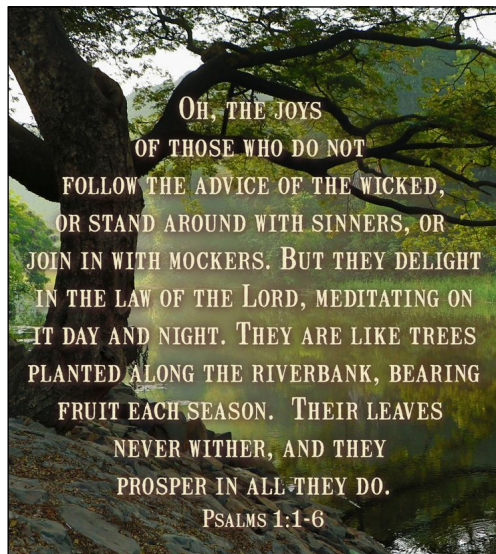
## DISCUSS TOGETHER

Here are our discipleship questions for this week. Discuss these with your family or friends, or pray about them and think about them, being open to God's response to your prayer.

- Read **Psalm 1** and write a **Response Prayer**.
- Icebreaker Question: Describe the biggest wind storm you've ever been in.
- How much do you think you are influenced by the company you keep? What does Psalm 1 say about how people can influence your life?
- What is your preferred method for engaging the psalms? (Reading them, praying them, singing them, drawing them, hearing them read, hearing them sung, etc.)
- Where and at what time will you read your five psalms a day this week?



**Today at 10 am** our four-week Zoom Bible class on discipleship began! Each Sunday we'll watch a short video about the life and teachings of Jesus and then talk about how this will help us grow as his followers. These sessions are also designed to equip us to fulfill Christ's great commission to go and make disciples. Each class is only 40 minutes long and will begin and end with prayer. It's not too late to join us - go to the following link to sign up: <https://tinyurl.com/y69zu3u4> and you will be emailed the Zoom login information so you can join the class. Hope to see you there next week!



Wishing a happy birthday to Joyce S. (2/8).  
GOD BLESS YOU! 🎉🎂🎁🎵



## Unit 29: The Early Church



### This Week's Topic:

**The Good News (Romans 5-6)**

### Story Point:

**God sent Jesus into the world to rescue sinners.**

### Big Picture Question & Answer:

**Q: What is the church?**

**A: The church is all Christians everywhere, who gather together in their communities to worship and serve God.**

### Key Passage for Kids

**In Christ we, though many, form one body, and each member belongs to all the others.**

Romans 12:5



### WCGC 2021

This year our WCGC is based on the book of **Esther** and will be entirely online! We will be offering 3 pre-recorded sessions, a video prayer trail, and our ever-popular Energizer too! You can do this on

your own, with friends or with a church group (you can plan a Zoom meeting and share the screen so you can watch together). Here is the link to our Energizer instructional video, so start practicing now! <https://youtu.be/WNHirLpRyLo> Be sure to video yourselves in the center of your screen and record horizontally. We need your Energizer videos by February 12 so we can compile them in time to post them.

### WE WILL POST EVERYTHING ON FEBRUARY 19th.

There will be no live events, so you are free to access it anytime that works for you. Can't wait to share with y'all what God has been putting on our hearts "for such a time as this."



### PRAY FOR HAMIDOU

Please keep praying for Hamidou, and please keep giving each month to help fund his schooling and basic needs in Burkina Faso. **You can send your contributions to Justin Garza at TVCC, 4481 East Avenue, Livermore CA 94550.** If you would like to write to Hamidou, please contact Justin for more information about where to send your letter so Hamidou will receive it.

*IF YOUR LIFE IS TOO BUSY OR YOUR HEAD IS TOO FULL TO ALLOW THE WISDOM OF GOD IN, THEN THE ENEMY HAS ALREADY WON.*



## YOUTH GROUP

### TEEN ZOOM MOVIE NIGHT



#### Friday, February 12 at 7pm

we will view the 2009 Pixar comedy, **Up**. This heartwarming tale features a curmudgeonly old widower named Carl Fredricksen and an awkwardly earnest kid named Russell. By tying thousands of balloons to his house, Carl sets out to fulfill his dream to see the wilds of South

America and complete a promise made to his late wife, Ellie. Bring your movie snacks and come chat with friends while you watch. See you then!

### TEEN DEVO NIGHT

Our Teen Devo will meet this **Thursday, February 11 at 7pm**. Bring your Bible and come prepared to share in encouraging faith-based discussions as we continue our Gospel series. Brittany will log in at 6:30pm for hangout time. See you then!

## ONLINE WORSHIP HIGHLIGHTS FROM LAST WEEK, 1/31/21

If you missed any of last week's online service and want to view it, click the link to view on YouTube: <https://youtu.be/UTsjgARTiGg>. Here are some highlights from last week's service:

- In our pre-worship slide show, we enjoyed hearing and seeing an update from **Lisa P.** about our upcoming West Coast Girls Conference and the fun Energizer video montage that is planned. We hope lots of women and girls are planning to participate! Start practicing now, if you haven't already!
- We were welcomed to worship by **Michele B.** (in avatar format!) who shared several announcements and read Psalm 18:1-2 to encourage us. It was great to hear your voice, Michele, even if we didn't get to see your "real" face.
- We worshipped together in song while **Rachel M.** uplifted our spirits with her ASL translations. Thank you, Rachel!
- **John R.** shared some special communion thoughts with us as we remembered Jesus together. Nice to see your face, John!
- **Sonya H.** read our scripture passage during the message - it was good to hear your voice again, Sonya!
- **Jacob P.** was back in the virtual pulpit! He brought us a challenging message from Luke 8, the Parable of the Sower and the Soils. In Western society, Christianity isn't thriving because *American Christians are worried, wealthy, chase pleasures, and are not maturing.* He talked to us about stretching beyond our comfort zone as we seek to mature in our own faith and to grow God's Kingdom. What is one thing you can do to contribute to Tri-Valley being "good soil" in which faith can grow?

We appreciate everyone who helps with our online worship services in any way, and we're thankful for everyone who signs in to worship with us each week. We have people from many places who participate, from local residents to out-of-state friends and family, and even believers in other countries! We love to see each of your names and comments in the chat. It's very encouraging to know we are all connected this way, and are devoted to worshipping and serving our beloved Lord together! If you haven't yet been logging on to our 10:45am services on Sundays, **please come join us to worship - you'll be glad you did.**

### Our Ministers



**Jacob Parnell**  
Preaching Minister



**Justin Garza**  
Youth Minister



### Office Communications

**Email:** office@trivalleychurch.org  
**News:** bulletin@trivalleychurch.org  
**Website:** www.trivalleychurch.org  
**Church Office:** (925) 447-4333  
**Attendance last Sunday @10:45am:**  
64 individual sign-ins online

### Our Elders



**Bill Aimonetti**  
Elder



**Darren McGrandle**  
Elder



**Phil Weiss**  
Elder