

WELCOME

Our Mission is ONE REAL PASSION

- Each **ONE** Matters
- Be **REAL**
- Follow the **PASSION** of Jesus

Our Goal is to

- Connect you to Jesus
- Connect you to His community for discipleship
- Connect you to your mission and purpose in life

New to Foothills? Our mission as a church is to do everything we can to help you grow your faith. If you would like to get to know us a little better or begin or continue your journey of faith, speak to an elder or staff member or **contact Foothills** at **208-853-0011**, or for more information, stop by the **Connection booth in the Atrium**.

PRAYER REQUESTS: Fill out a **Connect card** using the QR code on the screen or the actual card on the seat back in front of you. Place your prayer request in the ORANGE offering box in the back of the Sanctuary. You can also send a prayer request using this form: [Prayer Request - Foothills Church](#). The staff and volunteers pray over these weekly.

Baptism - One important step in your faith journey is baptism. To learn more about baptism, speak to an elder or staff member or **contact Foothills** at **208-853-0011** and we will send you the teaching on Believers' Baptism.

ONGOING/UPCOMING

- **MomCo** - [Foothills Moms Community- MomCo - Foothills Church](#)
- **Small Groups** - [Foothills Church \(churchcenter.com\)](#)
- **KidMin Volunteers needed** – Contact Pastor Steve Botsford at steve@foothills.org
- **MOMENTUM**: Find out more here [Momentum | Foothills Christian Church](#)
- **NEW! CHURCH CENTER App** – Watch sermons live, follow along with the message and take notes, join a group, register for upcoming events, chat with your small group. The app is available in the App Store or Google Play -- search for *Foothills Christian Church*
- **Meet our New Lead Pastor Joshua Adsit** – Friday, Nov 14, 7:00 pm – Come for worship, prayer and Q&A, and hear his heart, story and vision for Foothills (he will also be preaching that Sunday)
- **Host the Adsit Family** – [Adsit Home Stays - Foothills Church](#)
- **Christmas PREP Decorating Setup** – November 25, 12-2pm @ Foothills. We need strong bodies to unpack, lift & organize. Click here to sign up: [Christmas Decorating: Prep & Manual Labor - Foothills Church](#)
- **Christmas DECORATING Day** – November 28, 2-6pm @ Foothills. Sign up here: [Christmas Decoration Day - Foothills Church](#)
- **Cookie Decorating Party** – Dec 6, 6-7pm @ Capital Church, [2760 E Fairview Ave Meridian](#). No experience necessary except **a desire to bless foster kids**. Partnering with **Foster + Heart**. [Sign Up Here](#)

RESTRICTIONS: GRRRRATITUDE #2

Pastor Trent Renner with Mason Worstell, High School Ministry Director

THANK THERAPY — Modern psychology says...

- **Gratitude** activates dopamine and serotonin -- the chemicals that make us feel happy and content
- **Gratitude** rewires our brains to be more positive and hopeful
- **Gratitude** reorients our thoughts toward what is good and noble rather than dwelling on the negative
- **Gratitude** expressed doesn't just feel better, it literally makes us better

Q: What do you think is more important -- more positive thinking or less negative thinking?

A: Cut down on the negativity/pessimism

- The critic, the discounter, the cynic -- 70% is so embedded we are not even aware of it

5 Cs that restrict GRATITUDE

1. Complaining
2. Criticizing
3. Concern (worry)
4. Commiserating
5. Catastrophizing

Romans 1:21 teaches the order to darkness of minds...

- In other words, no **joy** or **gratitude**

Romans 1:21-24a, 25 (NLT) *"Yes, they knew God, but they wouldn't worship Him as God or even give Him THANKS. And they began to think up foolish ideas of what God was like. As a result, their minds became dark and confused. Claiming to be wise they instead became utter fools. And instead of worshipping the glorious, ever-living God, they worshiped idols made to look like mere people, and birds and reptiles. So, God abandoned them to do whatever shameful things their hearts desired... 25 They traded the truth about God for a lie. So they worshiped and served the things God created instead of the Creator himself, who is worthy of eternal praise! Amen.*

The human mind cannot ignore a negative

- "DO NOT think about an elephant!"

Gratitude fosters unity and community.

The restriction of Gratitude is GRUMBLING, MURMURING and NEGATIVITY.

- Nobody around you needs to change for you to be grateful

Negativity = Poison

- Poison is natural
- The antidote is **supernatural** (unnatural)

If it is supernatural...

- Avoiding discomfort feels like relief in the short term, but every time you dodge discomfort, you strengthen fear, shame and resentment

Gratitude is a result of learning to lean into discomfort on purpose, working to heal the victim and become the victor

DISSATISFACTION can damage relationships and dishonor God

- **Murmuring** can bring judgement, but God's grace is always available
- Private **grumbling** reveals a doubting heart
- Turn complaints into prayer
 - Replace complaints with Thanksgiving
 - Pray instead of murmur

Psalm 118:29 (NLT)

"Give thanks to the Lord, for He is good, His love endures forever."

- Gen Z version . . .

Colossians 2:7 (NLT)

"So then, just as you received Christ Jesus as Lord, continue to live your lives in Him, rooted and built up in Him, strengthened in the faith as you were taught, and overflowing with thankfulness."

Ephesians 4:21-32 (NLT)

"Since you have heard about Jesus and have learned the truth that comes from him, 22throw off your old sinful nature and your former way of life, which is corrupted by lust and deception. 23Instead, let the Spirit renew your thoughts and attitudes. 24Put on your new nature, created to be like God—truly righteous and holy.

25So stop telling lies. Let us tell our neighbors the truth, for we are all parts of the same body. 26And "don't sin by letting anger control you." Don't let the sun go down while you are still angry, 27for anger gives a foothold to the devil.

28If you are a thief, quit stealing. Instead, use your hands for good hard work, and then give generously to others in need. 29Don't use foul or abusive language. Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them.

30And do not bring sorrow to God's Holy Spirit by the way you live. Remember, he has identified you as his own, guaranteeing that you will be saved on the day of redemption.

31Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. 32Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you."

Colossians 4:6

"Let your conversation be gracious and attractive so that you will have the right response for everyone."

Philippians 2:14

"Do everything without grumbling or arguing."

1 Thessalonians 5:16-18

"Always be joyful. Never stop praying. Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus."

James 5:9...

"Don't grumble about each other, brothers and sisters, or you will be judged. For look—the Judge is standing at the door!"

Are you . . .

HUMBLY GRATEFUL

or

GRUMBLY HATEFUL?

LIFE GROUP QUESTIONS

Week of 11/9/2025

CENTRAL THEME: Choose to think, feel, and act in accordance with the Bible's truth about Gratitude.

ICEBREAKER:

1. What is one good thing that happened to you this week?
2. What is something you are looking forward to regarding the future?

DISCUSSION QUESTIONS

1. Did you take any notes during this weekend's worship service or message? Please share what you wrote down or remember. Ideas: Gen Z Bible Translation, Mason's input and presence on stage. Do you agree that nobody around you needs to change for you to become _____? (Brainstorm things to fill in that blank.)
2. Scan Exodus 15 and divide it into two categories. At the beginning of Ch 15, what were they doing? At the end of Ch 15, they began to do what? Discuss the why and how of this extreme phenomenon. Are we really any different?
3. Read all of Exodus Chapter 16 and discuss the context of this weekend's message as you read. Point out choices, consequences, who is good, who is behaving poorly, etc.
4. Discuss how you can turn complaints into prayer. Any personal examples?
5. Memory Verse Challenge: **Philippians 2:14 (NLT)** *"Do everything without complaining and arguing..."*

Now What?

Remember: **Gratitude** is a decision that requires grit. If we are to rejoice always, then immediately catching your murmurs and turning them into prayer is a spiritually strengthening tool and decision.

Joshua and Jessi Adsit, along with Jonah, Jeremiah, and Jamie will ALL be at Foothills Church on Friday, Nov 14th at 7 PM for the "passing of the baton," prayer, worship, and a Q&A with Joshua. On Sunday, Nov 16, Joshua will be preaching at both services.

Prayer requests

We love to pray for all types of situations (sickness, hospitalization, tough times, etc.). Let's also pray for those who are disconnected from God and for the courage to invite them into our community. Pray Foothills Church remains strong through our transition.

The Momentum Spiritual Growth Challenge is a primary focus of ours from July 2025 to July 2027. These things help build an unshakable community amongst us.

- Pray, Wednesdays, 1:16 PM
- 2-year Bible reading plan
- Serve once a month: [Me - Foothills Church](#)
- Join a Foothills Life Group: [Me - Foothills Church](#)
- Invite one person a quarter to attend Church
- Give financially above and beyond regular tithes and offerings.

Close in prayer: Keep that empty chair in the circle to remind us that we can reach one more. Pray for the chair to be filled with a person who crosses one of our lines of sight or is in our circles of influence.

Each ONE matters . . . Be REAL . . . Follow the PASSION of Jesus
