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HABITS - Cracking the Code

How to stop a BAD habit: Make it difficult!

Example: To stop looking at bad things on your phone you can...

Block certain websites.

Set a certain time when your phone turns off. Set certain places where you don't use your phone.

Put your phone in a phone jail (a locking box that has a timer).

Example: Avoid drunkenness

Don't keep alcohol in the house. Don't pass a location that sells alcohol. Don't keep that "extra" \$20 bill in your wallet. Don't linger with people who are drinking.

* Fill the VOID - Replace a bad habit with a good one.

How to start a NEW habit: Pair it with an existing habit!

Example: Want to know the Bible better

If you have a habit of sitting down to eat breakfast. Read one section of the Bible during that time. Listen to one chapter of the Bible on your commute before you listen to your favorite music. Start talking about the Bible with people who love the Bible.

Example: Want to pray more. Keep the weekly prayer list with you. While on your daily walk, pray as you walk.

Example: Want to be more connected. Call family while driving safely. Include others in your hobbies.

When starting <u>Good</u> habits or stopping <u>Bad</u> habits...
When starting <u>Good</u> habits or stopping <u>Bad</u> habits...
the most important component is to keep trying.
Don't give up, seek advice, celebrate your progress, and never <u>EVER</u>
<u>EVER</u> quit trying to be more like Jesus.

Written by Eric and Kim Cimuchowski and inspired by "Atomic Habits"

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Reminder: Prayer Requests can be submitted via the "chat" feature on Zoom during the service.

Songleaders - Steve B./ Duane M. Welcome & Announcements Opening Prayer

Song # 943 -Do You Know My Jesus? (SB)

> Song # 945 -Kneel at the Cross (SB)

> > Lord's Supper Contribution

Kids 4 Kids (SB) Bible Hour 3 year's old - 4th grade

Prayer Requests

Song # 753 -<u>Farther Along</u> (DM)

Scripture Reading -Acts 2:38-39

Sermon by: Eric Cimuchowski

"Cracking The Code"

Song of Invitation: Song # 429 -<u>Oh, to Be Like Thee</u> (DM)

Song # 406 -Just a Closer Walk with Thee (DM)





Monday, April 22, 2024 7:00 p.m. - Spanish Night of Prayer (Zoom)

Wednesday, April 24, 2024 Bible Study on Zoom 7:00 p.m. - Bible Study "After-Life" 7:00 p.m. - En Linea Clase Biblica

Thursday, April 25, 2024 4:30 p.m. - Zoom Ladies Class Esther - It's Tough Being a Woman

Applications due by <u>4/30/24.</u> Visit the site:

www.churchofchristfoundation.com



Thank you to all who came out to support our VVCOC Community Clean-Up on Saturday!



VVCOC Church Potluck 📞



May 5th following morning service. Sign up sheets to bring your favorite dish is located in the lobby. Please bring a main dish and side dish or dessert.



VVCOC 2024 Scholarship Opportunities



<u>Graduating Seniors</u> and those continuing education can apply for a <u>Scholarship</u> from the VVCOC. Pick up an application to see if you meet the qualifications. <u>Applications</u> are <u>due</u> on or

before, <u>May 5, 2024</u>. Applications are in the lobby or on our website. Questions please see **Tony Rose**.

Prayer Requests



Please pray for our church leaders; our congregation; the homeless, and the veterans. Also for our country's leaders, our troops; and the future of our country.

Shut-Ins Barbara Tidwell; Tyson Crawford; Mattie McCarthy; Sandy Wooten; and Shirley Fales.

Continual Prayers

The Ahumada family; Anthony Avalos; Anthony Hale Jr.; Betty Thomas; Charlie & LaVonne Powell; Chris Lopez; Felicia Ganaway; Gennie Lorenz; Hosia Ford; Ida Crawford; Marie Guess; and Melanie Gammage.

General

Barbara & Cydney Holliday; Christina Wityczak; Dorothy Condos; Glynn & Kathy Alsup; Jan Bazan; Jan Hook; Melanie Gammage's family; Rita Greene; Trisha Cantu; Vicki Brown; and that the war stops in Iraq.

Health

Hank Pritchard; Juan Andrade Calderon; Leisa Pond; Mildred Posligua in Ecuador; Russ Shultz; and all who are ill.

> **Traveling** Melanie Gammage

Thanksgiving Senyolin James & her children.

For Their Losses Antonia Bell and the family of Gloria Lewis who passed away.



Brethren, we need <u>your help</u>. We contribute to and support various missions. Our Mission Program funds are low. During the <u>month of</u> <u>April</u> if you're able to make an <u>additional</u> <u>contributions</u> towards our <u>"Mission Fund"</u> we would be very appreciative. Please make sure to mark your envelope "Mission Fund".

Victor Valley Church of Christ

Physical Address: 13150 Sycamore Street, Victorville, CA 92392 Mailing Address: P.O. Box 3447 Victorville, CA 92392 **Phone:** 760-949-3386 office@vvchurchofchrist.org

Zoom with us at the vvchurchofchrist.org website hone: 253-215-8782 Meeting ID 428 886 053# Participant ID: # or join by-Phone: 253-215-8782

Elders – elders@vvchurchofchrist.org Darryl Darden Tony Rose Jake Tess

Ministers – eric.cimuchowski@vvchurchofchrist.org Eric Cimuchowski – Involvement Minister Darryl Darden – Pulpit Minister Carlos Orrala – Spanish Minister

Deacons

Benjamin Lopez - Spanish Ministry Craig Beck - Security **TBA** - Benevolence TBA - Greeters & Ushers

Chris Schow - Interior Bldg. Maint. TBA - Men's Ministry, Disaster Relief Mark Gruwell - Teens

<u>Audio Visual/Zoom</u> Jake Tess & Tim Gramling

AVPAC/Lucerne Valley Johnny Latham

Building Décor Tonja Patton

Carolyn Richardson & Eva Wityczak

Call Out Ministry M. Basnight; E. Cimuchowski; T. Rose; & S. Suba

<u>Song Leading, Singing</u> Jeremiah Darden

Ministries & Coordinators

Children's Bible Hour Claudia Beck & Ga' Brielle Darden

<u>Grief Support</u> Strech Suba

<u>Historian</u> Kasie Schow

<u>Kitchen</u> Pauletta Hobson

Ladies' Ministry Kim Cimuchowski <u>Military</u> Pauletta Hobson & Leisa Pond

Bulletin Mailouts Marilyn Owens

Worship Coordinator Jeff Najera

<u>Savior's Kids</u> Jake & Danelle Tess

Teacher's Workroom Nina Sutton

Youth Group Mark & Renee Gruwell

Bernadett Gramling - Office Manager Staff Erica Lee - Bookkeeper

Andrea Barahona - Janitorial Billy Caldwell - Auditorium Seating

Last Week's Statistics			
<u>Financial</u>			<u>Attendance</u>
Contribution 4/14/24	\$	2,794.86	A.M. Bible Class N/A
Contribution 4/7/24	\$	12,643.72	0. N. J. Manapin
Special Contributions	\$	964.00	A.M. Worship In Person 143
Y.T.D. Contribution	\$	162,235.64	Via Zoom 13
Teen Fund	\$	5,146.96	
Mission Fund	\$	2,498.82	Wed. P.M. Bible Class N/A
Scholarship Fund	\$	3,161.09	
Kids 4 Kids	\$	94.00	Mid Week Bible Studies N/A