

9 A.M. ORDER OF WORSHIP

WELCOME: Mike Frost

SONG LEADER: Zachary Moses

PRAYER: Chris Ward

PRESIDING AT LORD'S TABLE: Paul Hughes

SPEAKER: Eric Garner

“MOUNTAIN HIGHS, VALLEY LOWS”

PRAYER: Joe Gass

CLOSING SONG

6 P.M. WORSHIP SERVICE

WELCOME: Mike Frost

SONG LEADER: Chris Wehman

PRAYER: Gerald Presley

SPEAKER: Eric Garner

“MOUNTAINS OF LIFE”

SONG

CLOSING PRAYER: Steve Grubb

Elders, deacons, preachers meeting today at 5pm.

REGULAR SCHEDULE OF SERVICES
Sunday Morning Worship: 9:00 a.m.
Sunday Bible Study: 10:15 a.m.
Sunday Evening Worship: 6:00 p.m.
Wednesday Bible Study: 7:00 p.m.

Contact elder for the month of May is Mike Frost (762) 325-9418

Out of reverence to our Lord, we ask that you

PLEASE TURN OFF OR SILENCE ALL CELL PHONES. Thank you!

Welcome to East Ridge church of Christ

May 3, 2026

If you are visiting with us today, we welcome you and invite you to come again at every opportunity. If you have questions, or a need in which we can assist you, please contact our office Monday-Thursday from 8:30-4:30 and Friday from 8:30-2:30.

Listed below are classes which we offer for all ages. We encourage everyone to stay and participate in one of these classes.

<u>CHILDREN</u>		<u>YOUTH</u>
<u>Room</u>	<u>Room</u>	<u>Room</u> (Fellowship Building)
21 – Cradle Roll/1 yr. olds	17 – Kindergarten	L2L Rm. – 6 th – 8 th Grades
20 – Two yr. olds	15 – 1 st & 2 nd Grades	Teen Rm. – 9 th – 12 th Grades
19 – Three yr. olds	2 – 3 rd Grade	
18 – Pre-K	3 – 4 th & 5 th Grades	

<u>ADULTS</u>		<u>Teachers</u>
<u>Room</u>	<u>Topic</u>	
Auditorium	A Chronological Study of The Gospels	Lamar Matherley
6 – (Veterans of Faith)	Esther	Steve Plemmons
8 – (New Converts)	The Fundamentals	Robert Darby/Charles Cochran
22 – (Nest Builders)	Romans	Eric Garner
4 – (Young Adults)	Survey of the New Testament	Austin Fowler
G – (Truth Seekers)	One Word	Steve Grubb



STIR UP ONE ANOTHER
TO LOVE
& GOOD WORKS

MOUNTAIN HIGHS, VALLEY LOWS

Scripture: Psalm 139:7-8

Thesis: In life, we will experience mountain highs and valley lows. Whether on the mountain top or in the valley low, God is there.

INTRODUCTION

Life has moments of ups and downs sometimes in the same day.

* **Even great spiritual highs can be followed by spiritual lows. (Acts 14:22, II Tim. 3:12)**

I. MOSES

Ascended to receive _____ and descended to find _____.

* _____ and _____. (Acts 20:28; II Tim. 4:1-5)

* **Fathers and husbands. (Eph. 5:22-24; 6:4)**

* **Parents. (Eph. 6:1-3)**

II. ELIJAH

_____ against the false prophets of Baal but was _____ by Jezebel.

* **Victory has a way of _____ us. (Heb. 12:1)**

* **There is _____ in letting our guard down. (I Cor. 10:12; Gal. 6:1-2)**

III. JESUS

_____ on the mountain but was _____ in the valley.

* **The following occurs when Christians come together in one place to worship.**

* _____. (Heb. 10:24)

* _____. (II Cor. 1:3-4)

* _____. (I Cor. 14:26)

* _____. (Col. 3:16)

* **After worship, we must go into the world. (John 17:11, 14)**

* **The world is messy. (I John 2:15; Titus 1:12)**

CONCLUSION

WHEN ON THE MOUNTAIN, BE GRATEFUL, BUT STAY VIGILANT. WHEN IN THE VALLEY, BE STEADFAST, FOR GOD HAS NOT ABANDONED YOU.

REMEMBER IN PRAYER: Judy Malone underwent shoulder surgery last Thursday, 4/30. **Chanda Busby** has a recurrence of cancer. **Tucker Williams** had a heart cath last Wednesday, 4/29. **Ken Moses** underwent an exploratory heart cath last Friday, 5/1. **Nelda Twitchell** is experiencing serious eye issues. **Abigail McDonald** is recuperating following a procedure for kidney stones. She will have another procedure done soon. **Don Hayes** received results from a recent MRI. He has serious lumbar issues. **Tom Franklin**, a former member at East Ridge, had a surgical procedure 4/22. **Lorraine Curtain** will have thyroid surgery soon. **Greg Hall** is experiencing several health concerns and he is his wife's only caregiver. **Gary Robinson** suffered injuries from a recent fall at his home. He is recuperating at home. **Tresa Roth**, our sister in Fairfax, VA, who lost her twin sister, the twin sister's husband and 2 of their 5 children in a plane crash. Tresa has already had the tragedy of losing her husband as a 9/11 related death. Please remember in prayer, Tresa, her own 5 children and the surviving children of her sister. **Pray for our Christian brothers and sisters in Ukraine and Russia!** **CONTINUE TO REMEMBER:** Margaret Brown, Charles Campbell, Lucien Claiborne, Dorris Clark, Gayla Collins, Rose Dawson, Katrina Edgecomb, Bea Elliott, Elisha Grider, Joe Hampton, Eudene Hannah, Pam Hayes, Phillip Hill, Sally Jackson, Wanda Mathews, Rebecca Owens, Don Perry, James Rains, Albert Russell, Tyler Schreck, Jim Tidmore, Charlie Turner, Elijah Walker, Glenn/Luellen Westbrook, Judy Whaley, Michelle (Green) Young.

YOUTH: Graduation Night: 5/3 in the Fellowship Room Sunday after pm worship service. This year's graduates are: Aubrey Busby, Sophie Cook, Molly Ellis, Judah Fowler, Erika Hughes, Maddox McDonald, Zachary Moses and Kinley Slatton. **Recess:** Sat. 5/9 in the Youth Room at 6:30pm. Ages 14 and up. **FCF Summer Bible Camp** applications have been passed out. If you did not get one or lost yours, please see Epifanio for another. Camp fee is \$25 and ALL applications and money are to be in no later than June 10. Sr. Week is 6/21 and Jr. Week is 6/28-7/3.

YOUNG ADULTS: Better Monday: 5/4 Gospel meeting at Sale Creek. We will leave the building at 6:15pm. **Lookouts game: 5/15** Tickets will be \$12. Please let Austin know if you want to go.

YOUNG AT HEART: The next meeting will be 5/7 at 10am in the Connect Room and on Zoom. We will continue in the book of Daniel.

SINGLE/SINGLE AGAIN: Our next meeting will be Tuesday, 5/5. We will continue our study of I Corinthians.

COMPASSION CARD MINISTRY: Team #1 meets today at 5pm in Classroom 6. If you have a local family member, neighbor, co-worker or friend that you would like to add to our Card Ministry mailing list, go to ercoc.com/cards.

BENEVOLENCE: Needs for May are canned foods, cereals and children's clothes.

PANAMA VBS CAMPAIGN: The 2026 Panama VBS Campaign will be June 6-13. Those who are participating from the E. Ridge congregation are: Epifanio, Kalel, Karen, Liam and Nicolai Carranza, Bill Clements, Austin Fowler, Caroline, Charlie, Courtney, Jane, Jared and Jonas Hueter, Garrett Plemons and John Scruggs. Please pray about this campaign and for the campaigners who are participating. If you would like to assist anyone financially, please make checks payable to the church and give to one of the elders.

ATTENTION LADIES: Keep your eyes on upcoming bulletins. In May, we will have a ladies night out with a new fun craft. We will get details out soon. ***HOPE TO SEE YOU THERE!***

RESPONSE: Larry Copeland responded to the Lord's invitation Wednesday night stating that he wants to make things right with God. We appreciate Larry's humbleness and want to remember him in our daily prayers.