



Bob Highlands III—Pastor

Office Phone: 360-754-7167

2805 BOULEVARD ROAD SE OLYMPIA, WA 98501

WWW.SONRISECHURCH.COM

EMAIL: OFFICE@SONRISECHURCH.COM

Adult Sunday School every Sun. at 9 a.m.

Children's Sunday School during Morning Message

March 14—Leadership TEAM

Meet at 9 a.m. Fellowship building

March 21—Women in the Word

Meet at 10 a.m. Fellowship building

We will be covering chapters 3 in the study guide.

March 28, 2026 Men's Bible Study

Meet at 9 a.m. in the Fellowship Building.

We will be covering Chapter one—NOAH in the Study Guide.

April 5, 2026 Seeking Jesus

9 a.m. Fellowship Building, Monthly update and help class.

April 5, EASTER SUNDAY 2026

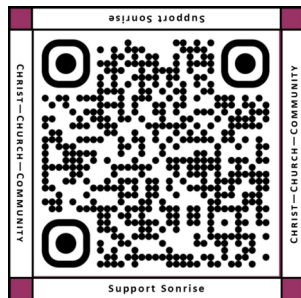
A perfect Sunday to invite family and friends to church!

You can help Support Sonrise Church

Directions are available

@

<http://sonrisechurch.faith/giving.html>



**Christian Conduct
Living For Jesus Everyday, Everywhere**

- ◆ _____ yourselves in a manner worthy of the gospel of Christ. Philippians 1.27
- ◆ Let your _____ always be with grace, as though seasoned with salt, so that you will know how you should respond to each person. Colossians 4.6*
- ◆ As obedient children, do not be conformed to the former lusts which were yours in your ignorance, _____ like the Holy One who called you, be holy yourselves also in all your _____ . 1 Peter 1.14-16

But...

- ◆ “You have done a great job for the last ten years. Your sales have always been excellent. You have never been late, and you have a great work ethic _____
- ◆ Dear the last thirty years of marriage have been great. You are a loving mother. You have taken care of the house. I could not ask for a better wife _____ ...

Salt & Light

- ◆ "You are the _____ of the earth. BUT what good is salt if it has lost its flavor? Can you make it salty again? It will be thrown out and trampled underfoot as worthless.
- ◆ "You are the _____ of the world—like a city on a hilltop that cannot be hidden. No one lights a lamp and then puts it under a basket. Instead, a lamp is placed on a stand, where it gives light to everyone in the house. In the same way, let your _____ shine out for all to see, so that everyone will praise your heavenly Father.
Matthew 5.13-16

BUT...

- ◆ He has enabled us to be ministers of his _____ covenant. This is a covenant not of written laws, _____ of the Spirit. The _____ written covenant ends in death; _____ under the _____ covenant, the Spirit gives life. 2 Corinthians 3.6

Salt & Light

- ◆ "You are the **SALT** of the earth
 - ◇ **SALT** is a _____
 - ◇ **SALT** is a _____ agent
 - ◇ **SALT** is an essential _____
- ◆ "You are the **LIGHT** of the world
 - ◇ **LIGHT** Overcomes _____
 - ◇ **LIGHT** Is essential for _____
 - ◇ **LIGHT** Is the foundation of _____



Journal 1 Week NINE

Higher Standards

Chronological Bible Date OCT. 2

What to watch for this week.

These are included to help get you started with your devotional each day.

1. **(Sun)** This week, watch for the requirements Jesus sets for believers. How are they different from the old Jewish Law?
2. **(Mon)** Watch for the ways Jesus handles pressure. How can you apply this to your daily life?
3. **(Tue)** Watch for the way Jesus organizes and chooses the leaders he is going to train. What do we learn about those closest to Jesus?
4. **(Wed)** Watch for what Jesus has promised. How can what Jesus teaches here help you turn negatives in your life into positives?
5. **(Thu)** Watch for the descriptive ways Jesus defines sinners and believers. What one direction from Jesus needs to be applied to your life?
6. **(Fri)** Watch for the way Jesus raises the standards from the external actions to the internal attitudes.
7. **(Sat)** Watch for the ways Jesus shows His followers how to outsmart their enemies. Why is it important for Christian believers to learn how to turn the plans of our enemies against them?

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Christian Conduct
Living For Jesus Everyday, Everywhere

- ◆ Therefore, be careful how you _____, not as unwise men but as wise, making the most of your _____, because the _____ are evil. So then do not be foolish _____ understand what the will of the Lord is.
 Ephesians 5.15-17
- ◆ Jesus is calling _____ to live by _____ Standards
- ◆ Jesus is calling _____ to a _____ Spiritual Life
- ◆ Don't copy the behavior and customs of this world, _____ let God _____ you into a new person by _____ the way you think. Then you will learn to _____ God's will for you, which is good and pleasing and perfect. Romans 12.2
- ◆ Jesus is calling _____ to live by _____ Standards
- ◆ Jesus is calling _____ to a _____ Spiritual Life



SALT & LIGHT

"**You** are the _____ of the earth

"**You** are the _____ of the world

- ◆ Jesus is calling _____ to live by _____ Standards
- ◆ Jesus is calling _____ to a _____ Spiritual Life

- ◆ Jesus is calling _____ to live by _____ Standards
- ◆ Jesus is calling _____ to a _____ Spiritual Life

But...

- ◆ " _____ I warn you—unless _____ righteousness is better than the righteousness of the teachers of religious law and the Pharisees, you will _____ enter the Kingdom of Heaven!" Jesus in Matthew 5.20
- ◆ Jesus is calling _____ to live by _____ Standards
- ◆ Jesus is calling _____ to a _____ Spiritual Life

But...

- ◆ "You have heard that our ancestors were told, 'You must not _____ . If you commit murder, you are subject to judgment.' _____ I say, if you are even _____ with someone, you are subject to judgment! If you call someone an idiot, you are in danger of being brought before the court. And if you curse someone, you are in danger of the fires of hell. Matthew 5.21-22 Jesus is calling _____ to live by _____ Standards
- ◆ Jesus is calling _____ to a _____ Spiritual Life

But...

- ◆ "You have heard the commandment that says, 'You must not commit _____ .' _____ I say, anyone who even looks at a woman with _____ has already committed adultery with her in his heart. Matthew 5.27-28
- ◆ Jesus is calling _____ to live by _____ Standards
- ◆ Jesus is calling _____ to a _____ Spiritual Life

But...

- ◆ "You have heard the law that says the punishment must match the injury: 'An eye for an eye, and a tooth for a tooth.' _____ I say, do not resist an evil person! If someone slaps you on the right cheek, _____ the other cheek also. Matthew 5.38-39
- ◆ Jesus is calling _____ to live by _____ Standards
- ◆ Jesus is calling _____ to a _____ Spiritual Life

But...

- ◆ "You have heard the law that says, 'Love your neighbor' and _____ your enemy. _____ I say, _____ your enemies! Pray for those who persecute you!"
Matthew 5.43-44
- ◆ Jesus is calling _____ to live by _____ Standards
- ◆ Jesus is calling _____ to a _____ Spiritual Life

But...

- ◆ For if you are _____ to make yourselves right with God by keeping the law, you have been cut off from Christ! You have fallen away from God's grace.
_____ we who live by the Spirit eagerly wait to _____ by faith the righteousness God has promised to us. Paul in Galatians 5.3
- ◆ Jesus is calling _____ to live by _____ Standards
- ◆ Jesus is calling _____ to a _____ Spiritual Life

But...

- ◆ Once we, too, were foolish and disobedient. We were

misled and became slaves to many lusts and pleasures. Our lives were full of evil and envy, and we hated each other.

_____—"When God our Savior revealed his kindness and love, he saved us, not because of the righteous things WE had done, _____ because of _____ . He washed away our sins, giving us a new birth and new life through the Holy Spirit. . Titus 3.3-5

- ◆ Jesus is calling _____ to live by _____ Standards
- ◆ Jesus is calling _____ to a _____ Spiritual Life



No BUTS about it

**We have been RESCUED
from our ENEMIES
so we can SERVE God
without FEAR,
in HOLINESS
and RIGHTEOUSNESS
for as long as we LIVE.**

- A Deeper _____ Life
- Higher _____
- Higher _____
- A Deeper _____ Life
- A Deeper _____ Life
- Higher _____
- _____ LIFE !