



THE MESSENGER

SEPTEMBER 2025

First Lutheran Church of Ontario

203 East G Street,
Ontario, CA 91764

Phone: (909) 986-5178

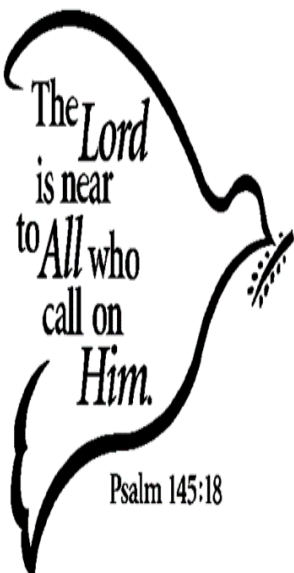
firstlutheranchurch1@verizon.net
www.flcofontario.com



9:00 am

Bible Study Times

Wednesday 5pm



"Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid."- John 14:27

All of us experience undue stress. Stress is that subtle, yet building, pressure that robs us of our well-being, peaceful state of mind, and sometimes our health. How many times have you thought to yourself, "I've got too much to do and too little time to do it!"?

Stress affects us all, although it may seem that some have developed immunity to it. In reality they have simply learned how to handle it successfully. It should be our goal to learn to control the stress we face. If we don't, then our bodies are likely to experience changes. Stress affects the brain, the gastrointestinal tract, the skin, your sleep habits, your immune system, and most importantly, your spiritual life.

Everyone feels the pressures of life, whether they want to or not. But you don't have to live life as though you've been hit by an 18-wheeler when you lay your head on your pillow every night. To rid your life of stress, claim the promises of Scripture. The Bible says, "You will keep in perfect peace him whose mind is steadfast, because he trusts in you" (Isaiah 26:3).

In addition, you'll want to refrain from telling yourself you shouldn't be relaxing when you finally get the chance to do so. Size down your responsibilities and just say no when you begin to feel an incredible amount of stress. Create some quiet time—possibly even in a very quiet place—to read Scripture, pray, get alone with God, and write out your feelings. And most importantly, plan some quality for yourself—alone.

SEPTEMBER BIBLE LESSONS



09/07 Deuteronomy 30:15-20

Psalm 1

Philemon 1-21

Luke 14:25-33

09/14 Exodus 32:7-14

Psalm 51:1-10

1 Timothy 1:12-17

Luke 15:1-10

09/21 Amos 8:4-7

Psalm 113

1 Timothy 2:1-7

Luke 16:1-13

09/28 Amos 6:1, 4-7

Psalm 146

1 Timothy 6:6-19

Luke 16:19-31



1-Jason Flores

Benevolence

Missionary Christina Costley



9/14- Congregational Meeting at 9am to vote about the rental agreement from Grace Lutheran

9/28- we will be celebrating September birthdays after our bilingual service.

Loaves and Fishes 1st and 3rd Friday of the month



We will be having our closing service Sunday, October 12, 2025, at 10:00am. Bishop Dave Nagler will be with us that day!

"For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future."



Jeremiah 29:11

