Here are some steps you can take right away.

1. Visit the Prayer Tent on the patio and pray with a leader about whatever is on your heart.

Don't worry, your leader will social distance!



2. Start the Alpha Course this Tuesday night at 7:00 PM on Zoom.



Alpha is a zero-pressure introduction to Christianity where you can ask any question. We'll watch and discuss short films on the Christian faith. Usually we do it on campus with food and drink, but Covid has made that impossible. So, this time we're doing it on Zoom. To sign up, visit valleychurch.org. For questions, contact Frank Chen at frank@valleychurch.org.

3. Find out about baptism.

The way to get started as a Christian is to invite Jesus to come in. Maybe you opened your heart to Jesus and now his life and Spirit is in you. The next step is baptism and it takes a little bravery. It means to go down into water and up again to picture your connection with Jesus. You can do it! Reach out to Pastor Daniel at daniel@valleychurch.org or any Valley pastor.



4. Get friends and support in a small group.

Grow with friends. We have lots of groups and classes. Reach out to our Pastor Steve Noble at steve@valleychurch.org.

5. Have a discussion with your family and friends.

What did you get out of today's message? Was there a story or point that made you to look at life in a fresh way?

Easter Sunday: Matthew 28 and other burden-busting passages.

Speaker: Darren Seitz



What Are You Carrying? Or: Letting Go and Grabbing Hold at Easter

Hey there!

You came to our Easter service and we're so happy you did. We hope that you're hopeful about your present and future, but maybe that's a stretch. Can you relate to the person in the picture above, lugging heavy and unhelpful baggage?

Today we'll share about two women in the Bible who carried physical and emotional weights into Easter that they were able to leave behind. What they learned might just release you from the load on your back.

Going lite, because Jesus lives and lifted our burden,

The Valley Church Family

The story of two women who were never weighed down again.

Luke 24:1 ...they went to the tomb, <u>taking the spices</u> they had prepared.

'Kids, have you ever suffered with 'Bed Dread'? Here are three types."

- 1. BD from disappearing loved ones.
- 2. BD from a disintegrating world.

Great news! After the first man and his descendants (that's all of us) spoiled things, God our Creator got back to work. He made a way of restoration through another man, Jesus, the "All God-All Man" Man.

John 3:16-17 "For God so <u>loved the world</u>, that he gave his only Son, that whoever believes in him should not perish but have eternal life.

¹⁷ For God did not send his Son into the world to condemn the world, but in order that <u>the world might be saved</u> through him.

3. BD from hurtful, bad decisions.

Matt. 28:2 And behold, there was a great earthquake, for an angel of the Lord descended from heaven and came and <u>rolled back the stone</u> and sat on it.

Matt. 28:5 ..." <u>Don't be afraid!</u>" he said. "I know you are looking for Jesus, who was <u>crucified</u>.

Matt. 28:6-7a He is not here, for <u>he has risen</u>, as he said. Come, see the place where he lay. ⁷ Then go quickly and tell his disciples that <u>he has risen</u> from the dead...

Matt. 28:9 And behold, <u>Jesus met them</u> and said, "Greetings!" And they came up and <u>took hold of his feet</u> and worshiped him.

Rom. 8:11 If the <u>Spirit of him</u> who raised Jesus from the dead dwells in you, he who raised Christ Jesus from the dead will also <u>give life to your mortal bodies</u>...

Rom. 8:21 ... the creation itself will be set free from its bondage to corruption...

"Dear Father, today I welcome your Son into my life, and like the women, I fall at Jesus' feet. I know I've offended you, like every member of the human race. I know now that Jesus died on my behalf, burdened by my sin. Thank you that you raised your Son and those who believe get raised within, RIGHT AWAY, because they have the Spirit of the risen Jesus within. You've also shown me that my body will be resurrected when you appear LATER on earth. And speaking of creation, thank you that it too will be renewed, LAST OF ALL. Then all your people will dwell with you and each other in endless joy and for endless days. I pray this in the name of Jesus the King of Kings and Lord of Lords. Amen."