



Bob Highlands III—Pastor

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

Children's Sunday School during Morning Message

July 19, 2026— TODAY AFTER SERVICE



July 25 - Men's Bible Study

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

Leadership Team TUESDAY Aug. 11 @ 4:30 p.m.

August 15—Women in the Word

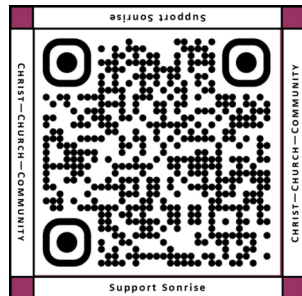
Meet at 10 a.m. Fellowship building

You can help Support
Sonrise Church

Directions are available

@

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



TEN SELF-IMPROVEMENT MUSTS

Marty Nemko, Ph.D.

online at Psychology Today.

1. Put in the time
2. Avoid _____ - _____
3. Focus on what you can control
4. Specialize
5. Take low-risk actions
6. Spend time with people who bring out the best in you
7. Take the time to find a mentor
8. Chart your progress
9. Look inward
10. Resolve to _____

42 PRACTICAL WAYS TO IMPROVE YOURSELF

Celestine Chua online at Lifehack

1. _____ Every day
2. Learn a new language
3. Pick up a new hobby

9. Have a weekly exercise routine
16. Identify Your Blind Spots
21. Get into action
22. Show Kindness to Those Around You
29. Avoid online chats & scrolling
31. _____ a bad habit - Stop watching TV
42. Commit to your personal growth



THE FIVE POINTS OF CHRISTIAN GROWTH

I Learned these on July 5, 1971

1. **READ** your _____ every day!
2. Take time to _____ every day!
3. _____ with other believers!
4. Tithe or _____ your local church!
5. _____ your faith with others!

START GETTING SPECIFIC

Bob Highlands- Recommendations to try

1. Read a book of the _____ through beginning to end in one setting.
2. Start a _____, include a prayer list which you add to and check off when answers come.
3. Think _____ - _____ when you think about spiritual growth.
 1. Exercise of the _____ improves the mind
 2. Exercise of the _____ improves the spirit
 3. Exercise of the _____ improves your ability to serve God and be blessed in all levels of your life.



Journal 3 Week THREE

As Jesus Passes By

Chronological Bible Date OCT. 22

What to watch for this week.

These are included to help get you started.

1. **(Sun)** This week, watch for the way Jesus does the unexpected. What one thing surprises you the most? Why?
2. **(Mon)** Watch for the different attitudes of the workers in the story. How does the landowner's generosity help us understand God's forgiveness?
3. **(Tue)** Watch for the details Jesus gives concerning his death. Why is this important? How could knowing this in advance be difficult for Jesus?
4. **(Wed)** Watch for the way the disciples picture the Kingdom of God. How is the Kingdom of God different from other earthly kingdoms?
5. **(Thu)** Watch for the way the blind respond to Jesus approach. Why would they cry out even when told to be quiet? Why is this important for you on your faith journey?
6. **(Fri)** Watch for the way Zacchaeus responded to Jesus. How do his actions prove he was saved? What caused him to make these changes in his life?
7. **(Sat)** Watch for the way the master responds to his servants when he returns. How is this a picture of Judgment at the end of life? What should each believer learn from this story?

- ♦ This is the _____ – _____ of a relationship with HIM that makes us richer.
- ♦ In the end, he was _____ in this world and the _____ of all people without Jesus.



CHOICES – ZACCHAEUS

- ♦ Zacchaeus allowed his life to go _____. He did not allow the physical or mental world to stop him from reaching out to the spiritual world where salvation was waiting.
- 1. The _____ world or his relationship with Jesus changed how he lived and thought in the _____ world.
- 2. Self-improvement, real self-improvement starts with _____.

A BIBLICAL SPIRITUAL SELF-IMPROVEMENT CHECK LIST

1. Put God _____ ! Matthew 6.33
2. _____ any sins or faults in your life. 1 Jn 1.9
3. _____ on God to help when times are toughest. 1 Cor 10.13
4. _____ the Scriptures. That is what they are there for. 2 Timothy 3.16-17
5. _____ how you think and act. Ephesians 4.23-24
6. _____ your purpose and who you belong to. 1 Corinthians 6.19

SCRIPTURE READING

Matthew 19.16-21 & Luke 19.1-10

BEFORE JESUS-RYR

- ♦ SOMEONE: His Name was withheld to protect his eternal embarrassment. We know he is:
 ⇒ _____
 ⇒ _____
 ⇒ (self) _____
- ♦ He was the guy everyone wanted to hang out with. He had everything going for him. He would have been voted most likely to succeed in life. He was on the fast track to success but not happiness.



BEFORE JESUS-ZACCHAEUS

- ♦ Zacchaeus: Name provided for all eternity to remember. We know he is:
 ⇒ _____ : Chief tax-collector
 ⇒ A NOTORIOUS _____
 ⇒ & _____
- ♦ No one wanted to be Zacchaeus. He was despised, rejected, and besides his money, not liked by anyone. Physically he was unimposing and literally overlooked all the time

THE MEETING-RYR

- ♦ The Rich Young Ruler _____ Jesus out.
- ♦ In Mark, it says “a man came _____ up to Jesus.”
- ♦ He has come with a question. He is on a journey of _____ - _____, at least, it seems that way.
- ♦ This must have been on his to-do list.
- ♦ Today: **“Contact Jesus, Find out about Eternal life. Get His stamp of approval”**
- ♦ Right here is where we need to be very careful. When you come to Jesus, it must be seeking HIS will and not just seeking a validation of your desires or life plans.



THE MEETING—ZACCHAEUS

- ♦ Zacchaeus was “trying to get a look at Jesus, but he was _____ to see over the crowd.” 1 Samuel 16.7
- ♦ Here is his _____ - _____ problem: how can he see Jesus?
- ♦ He put together a plan, a list of to-dos, so he could see Jesus.
- ♦ **Run ahead - Climb a tree - Wait for Jesus**
- ♦ Jesus looked up and called Zacchaeus by name. He always sees us when we are looking for Him.
- ♦ Our plan needs to be simple. Whatever puts me where Jesus is or wants me to be.

AFTER ACTION REPORT-RYR

- ♦ Rich Young Ruler went away _____.
- ♦ SAD: Unhappy with the answer he had received. His riches were his God, and he could not part with them.
- ♦ He wanted _____ not a new direction or a self-improvement course.
- ♦ He was _____ that he did not get the answer he wanted and _____ the opportunity to step up and discover the life Christ had planned for him.
- ♦ How much do we miss when we hold back or fail to respond to _____ for our life?

AFTER ACTION REPORT—ZACCHAEUS

- ♦ Zacchaeus started _____ and even before Jesus had to tell him anything.
 - ♦ Put his money where his faith was – ministering in Jesus’ name.
 - ♦ Put Jesus first and used it to witness to those he had cheated.
- ⇒ His TO-DO LIST lead to his
- ♦ _____ we **ALL** share. Jude 3
 - ♦ _____ in his **ACTIONS** James 2.21
 - ♦ _____ of **ABRAHAM**: Genesis 26.4



CHOICES-RYR

- ♦ Someone (the rich young ruler) ends up thinking _____ . His physical wealth was more important to him than a relationship with God.
- ♦ _____ he had surrendered, then Jesus would have provided _____ .
- ♦ Here is a key to our prayer life. God requires us to meet his standards, to surrender, if we are going to obtain all he has for each one of us.