



**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**

There will be no update class in April because it falls on Easter.

**April 5, EASTER SUNDAY 2026**

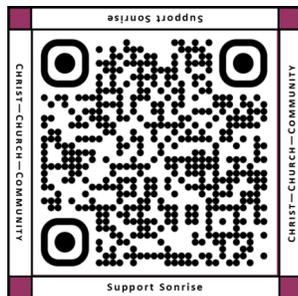
A perfect Sunday to invite family and friends to church!

**You can help Support Sonrise Church**

Directions are available

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



**Lady Baltimore Cake**

1/2 C. butter

1 1/2 C. sugar

4 egg whites

3 C. sifted pastry flour

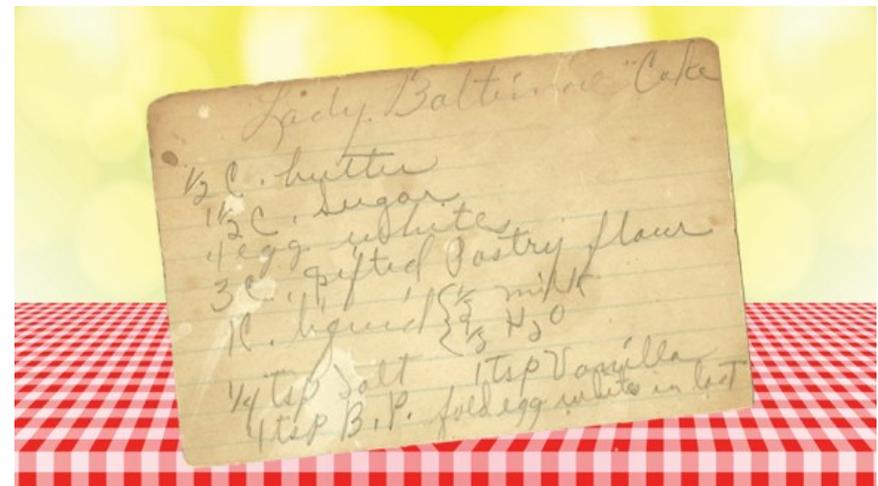
1 C. liquid: 1/2 milk, 1/2 H2O

1/4 tsp. salt

1 tsp. vanilla

1 tsp. B.P.

Fold egg whites in last.



**THREE PARTS OF A LADY BALTIMORE CAKE  
THREE DISCIPLINES OF A CHRISTIAN DISCIPLE**

1. _____ OR Sponge	1. When you _____ Mt. 6.2
◇ White made from egg whites and very light.	◇ This is about your _____ life.
2. _____	2. When you _____ Mt. 6.7
◇ Usually has nuts and a variety of other ingredients	◇ This is about _____ attitudes.
3. _____ whipped	3. When you _____ Mt. 6.16
◇ Whipped, light & can be an elegant wedding cake.	◇ This is about controlling your BODY.

**Lady Baltimore Cake**

- 3/4 cup butter, at room temperature
- 2 cups sugar
- grated zest of one lemon
- 3 cups cake flour
- 3 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 cup milk
- 1/2 cup water
- 1 1/2 teaspoons vanilla
- 6 egg whites
- Preheat oven to 350 degrees and line 3 9-inch cake pans with parchment paper and grease generously.
- Cream butter, sugar and lemon zest together until light and fluffy, about 2 minutes. Sift flour, baking powder and salt together and set aside.
- Combine milk, water and vanilla. Add small amounts of flour mixture to creamed butter mixture, alternately with milk mixture, beating until smooth after each addition.
- Beat egg whites until stiff and gently fold into batter. Pour into prepared pans and bake for 20-25 minutes, or until a toothpick inserted into the center comes out clean. The cakes shouldn't get very brown on top. Allow to cool for 10 minutes in the pans, then transfer cakes to wire wracks to cool completely.




**Journal 1 Week TEN**

A Foundation to Build on

Chronological Bible OCT. 3

What to watch for this week.

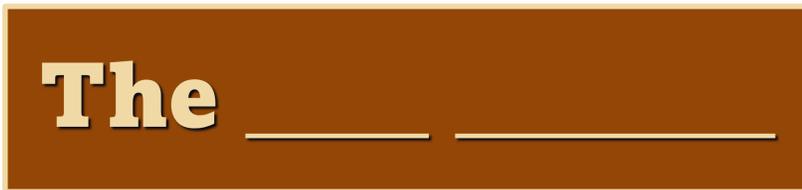
These are included to help get you started with your devotional each day.

1. **(Mon)** This week, watch for the directions Jesus gives his followers.
2. **(Tue)** Watch for two specific disciplines every believer should maintain. What are they and how should they be applied in the 21st century?
3. **(Wed)** Watch for how Jesus sees the importance of earthly possessions. How is our attitude important in overcoming the temptations of daily life?
4. **(Thu)** Watch for the differences between being judgmental and being helpful. How can the believer show wisdom in dealing with an evil person?
5. **(Fri)** Watch for instructions that give specific directions for believers to follow. Which instructions do you need to apply to our lives? How will this help you?
6. **(Sat)** Watch for the warning signs Jesus gives for believers to help them know who is telling them the truth. How could these be helpful to believers?
1. 7. **(Sun)** Watch for what a believer needs to have that produces a solid foundation in their life. What benefits can a believer expect over a non-believer? © 2026 Bob Highlands III

THE RECIPE FOR PERSONAL DISCIPLINE IN A DISCIPLE

<u>Lady Baltimore Cake Recipe</u>	<u>Jesus Recipe for Discipline</u>
1. _____	1. _____ Mt. 6.2
2. _____	2. _____ Mt. 6.7
3. _____	3. _____ Mt.6.16

THE MISSING INGREDIENT IS



SOME OF THE INGREDIENTS JESUS GAVE US

- ◆ Don't \_\_\_\_\_ what is holy on people who are unholy. Mt. 7.6
- ◆ The student who is \_\_\_\_\_ will become like the teacher Lk. 6.40
- ◆ So do to others \_\_\_\_\_ you would like them to do to you. Mt. 7.12
- ◆ You cannot serve \_\_\_\_\_ .... You cannot serve **GOD** and **MONEY**. Mt 6.24

THE SPONGE AND THE SPIRITUAL LIFE DISCIPLE

- ◆ When you \_\_\_\_\_ Mt. 6.2
  - ◇ This is about attitudes & beliefs.
  - ◇ This is about \_\_\_\_\_ , \_\_\_\_\_ , & \_\_\_\_\_ .
  - ◇ This is about control and power.
  - ◇ This is about your \_\_\_\_\_ Life.

**Orange Marmalade Filling**

- 3/4 (18-ounce) jar orange marmalade
- 1 tablespoon fresh orange juice
- 1 tablespoon fresh lemon juice
- 1 teaspoon Grand Marnier (or any orange liqueur), optional 
- Heat the marmalade, orange juice and lemon juice in a small saucepan over medium heat just before it reaches boiling point. Remove from heat and stir in the Grand Marnier. Strain out the peels and allow to cool to room temperature.

THE MARMALADE FILLING AND MENTAL LIFE

- ◆ When you \_\_\_\_\_ Mt. 6.7
  - ◇ This is about \_\_\_\_\_ and submission
  - ◇ This is about family \_\_\_\_\_ , He is our Heavenly Father!
  - ◇ This is about learning to \_\_\_\_\_ to God.

## Cake Frosting

- 3 cups sugar
- 1 cup water
- 1/4 teaspoon cream of tartar
- 3 egg whites
- 1 teaspoon vanilla
- sweetened, flaked coconut, for garnish
- Using a mixer, beat egg whites until stiff.
- Boil sugar, water and cream of tartar in a small saucepan over medium-high heat until it reaches 238 degrees on a candy thermometer, or until a small amount of syrup will form a soft ball when dropped into very cold water (this is what's known as "soft ball stage").
- With the mixer running, slowly pour the hot syrup over the egg whites and continue to beat until the mixture is of spreading consistency (this could take up to 10 minutes; don't be alarmed if your mixture is runny, just keep beating and eventually it will thicken up.). Add vanilla.



### THE FROSTING AND THE PHYSICAL LIFE

- ◆ When you \_\_\_\_\_ Mt. 6.16
  - ◇ This is about \_\_\_\_\_ discipline.
  - ◇ This is about \_\_\_\_\_ - \_\_\_\_\_ and choices
  - ◇ This is about your \_\_\_\_\_
  - ◇ This is about \_\_\_\_\_ God.

### WHICH RECIPE ARE YOU FOLLOWING

*Not everyone who calls me LORD! LORD! Mt. 7.21-23*

1. \_\_\_\_\_ in Jesus' name
  - ◆ Words are \_\_\_\_\_ enough to impress God.
2. \_\_\_\_\_ out demons in Jesus' name
  - ◆ \_\_\_\_\_ Godly Actions do not cover up the inner person's true alliances.
3. \_\_\_\_\_ many miracles in Jesus' name
  - ◆ \_\_\_\_\_ accomplishments in Jesus' name are still \_\_\_\_\_ accomplishments.

## MAKING A LADY BALTIMORE CAKE USING THE MODERN CHRISTIAN METHOD OF BAKING

- ◆ Baking powered from the \_\_\_\_\_
- ◆ Orange Marmalade from the \_\_\_\_\_
- ◆ Shredded coconut from the \_\_\_\_\_

### ARE YOU LISTENING TO JESUS?

- ◆ "So why do you keep calling me 'Lord, Lord!' **WHEN YOU DON'T DO WHAT I SAY?** I will show you what it's like **WHEN SOMEONE COMES TO ME, LISTENS TO MY TEACHING, AND THEN FOLLOWS IT.** It is like a person building a house who digs deep and lays the foundation on solid rock. When the floodwaters rise and break against that house, it stands firm because it is well built. But anyone who hears and doesn't obey is like a person who builds a house without a foundation. When the floods sweep down against that house, it will collapse into a heap of ruins." Luke 6.46-49

### THREE STEP RECIPE TO BEING A DISCIPLE OF JESUS

1. \_\_\_\_\_ to Jesus
  - ◇ \_\_\_\_\_ the recipe
2. \_\_\_\_\_ to Jesus' teachings
  - ◇ Gather the \_\_\_\_\_
3. \_\_\_\_\_ Jesus' teachings
  - ◇ Follow all the \_\_\_\_\_ he has given for a complete LIFE!