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## The Foothills Flyer

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### **Spiritual Focus in the New Year** by Joe Eastman

Value: Holistic Discipleship

Last year we focused on four specific spiritual disciplines: simplicity, scripture meditation, prayer, and worship. These are what many would consider the bed rock disciplines, the ones on which all others are built. As 2017 gets ramped up and we get involved in other foci this year, I want to encourage you to keep working on these disciplines.



Many people were kind enough last year to let me know that the focus on spiritual disciplines made a difference in their lives. If that is you I hope that you keep up the good work. Remember that disciplines are “practiced” not perfected. It takes time to fully implement any discipline, along with energy to keep it going. While, I do believe it was a good thing for us to take a year to look at them, a year is only enough time to begin the practice.

On the other hand, if 2016 was a whirlwind year for you and you didn’t find time to start practicing any disciplines, then take heart. A new year has just begun with new possibilities. Now, at the beginning of the year, you have an opportunity to look and strategically think about implementing them this year. Remember, following Christ is something that is never done until we go to Him or He comes to us. It is a constant endeavor in this life, and spiritual disciplines are the way we incorporate a spiritual faith into concrete action.

If you are interested in learning about the four spiritual disciplines or reviewing them you can access all the sermons on the foothills website. Also, there are many good resources out there about spiritual disciplines. I would especially recommend John Ortberg’s “The Life You’ve Always Wanted.”

In Galatians 2:20 the Apostle Paul reminds us of the life we are to live. He states: “I have been crucified with Christ. It is no longer I who live, but Christ who lives in me. And the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me.”

No matter how 2017 plays out we have been saved by Jesus to walk His path and follow Him. Spiritual disciplines are how we exercise that walk and how we grow in faith.

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## **My Message in 2017** by Shellie Koons

**Value: Intentional Families**



As we welcome in the New Year, I am feeling abundantly blessed as I take over as the My Message Director. It has been through active prayer that the Lord has brought me back into service working with children and parents once again. In the past, I have served as the program supervisor for a children's residential treatment center, the director of youth fitness programs, "Band Mom," and a Sunday School Teacher when my girls were younger. It will be a joy to do this in service to Him and our church home.

The My Message time will continue with the current curriculum that Sarah Dumas researched and implemented previously. The Orange 252 Basic Curriculum is based on the truths modeled by Jesus in Luke 2:52. The transition into my new role is made easy with the past leadership of Sarah, the wonderful teachers and assistants that we currently have in place, and an outstanding curriculum that is easy to teach, and most importantly, centered on Jesus. While the curriculum will remain the same, we (my husband has been recruited) will be making the area for the My Message time a little more aesthetically comfortable and entertaining, particularly for our younger group.

As our new church plant takes off, so do some of our teachers and assistants! The My Message time needs more helping hands. It is vital that our teachers and assistants have time to spend in church during our regular worship time, and time to recharge before teaching again. The beauty of the Orange 252 curriculum is that anyone, myself included, can teach. If you have a love for children, and a love for our Lord, you can do this! If you would like more information on the My Message time please visit our website at [thefoothills.us/children](http://thefoothills.us/children) and you can also search the Orange 252 online. If you are interested in teaching and/or assisting please feel free to contact me at [JRBJLB@GMAIL.COM](mailto:JRBJLB@GMAIL.COM) or simply visit with me on any Sunday. Have a blessed New Year and thank you for allowing me to serve as your new My Message Director.

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## CONNECTING WITH ONE ANOTHER IN

**2017** by Mike Potter

Value: Unity in Community



I'd like to expound a bit on the third vision statement as it reflects a bit of a change in philosophy from years past. The statement says: *In 2017, through prayer and by the power of the Holy Spirit, the people of Foothills Fellowship will understand like never before the essential nature of Christian community, be more committed to one another than ever before, and devote themselves to be in intentional community with other Foothills people.*

In past years, our goal was to see as many of you as possible join a small group and experience intentional community with others from Foothills this way. As the elders were working through the vision process for the year and talking about the essential nature of Christian community, we wrestled with the fact that while many of you are in a small group, there will always be some of you who will be unable to be in one for a variety of reasons. At the same time, we began to recognize that there are other environments offered through the church that provide a good level of community and encouragement, and we want to recognize these environments as being valid for providing intentional community opportunities as well.

While we still would like to see as many of you as possible join a small group as we see this as the best way to build relationships and grow in "one anotherness," we also want to encourage you – if you are not able to join a small group – to find your community with others from Foothills in some other way. Again, the vision statement says that we desire for everyone to devote themselves to be in intentional community with other Foothills people, and if the time commitment of a small group is not conducive to you at this time, then we want to encourage you to find *some* way to connect with others.

If joining a small group is not something you're able to do in 2017, would you commit yourself to connecting with others through being a part of one of our men's "mosaic" groups, our women's Bible study, joining a ministry team and serving alongside of others, being a part of one of our Bible classes (Sunday mornings or a week night), or even simply picking another person or persons to meet with for coffee and encouragement on a consistent basis? As Christians, we need one another, and in 2017, we desire to see as many of you connect with one another as possible. So, connect! And enjoy how the Lord grows you in 2017 through being connected in a more intimate way than ever before with your brothers and sisters in Christ from Foothills.

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## **RESOLVING CONFLICT WITH YOUR TEEN** by Mike Potter

Value: Intentional Families

Rodney Gage is the author of the book, "We Can Work It Out". He talked to Pastor Mike to offer insights into the cause and effect of parent/teen conflict. He also offers creative, Christ-centered approaches to effective conflict resolution. Rodney is the founding pastor at ReThink Life Church in Orlando, Florida. Before starting the church, he traveled throughout the country as a sought after author and speaker. During that time, Rodney spoke to over 2 million students in public and private schools through his nationally acclaimed "Wise Up" school assembly lecture. Rodney and his wife Michelle have 3 children. Here's an excerpt from their discussion...

**One of the things that parents try to do is control their teen's behavior. This doesn't work and usually backfires, doesn't it?**

It does. There's a cliché that's been around a while that goes like this. Rules without a relationship will often lead to rebellion, but a relationship with rules will equal respect. I think it's important for parents to realize that the relationship with their teen is the driving force. If we want the respect and the response from our kids to be in a way that would meet our goals as parents, then we have to make sure our kids know how much they're loved and accepted. We can't put any unrealistic expectations on them. We're doing what we're doing because we love them and we want the very best for them.

**In this issue of control, are there times when a parent must bring control to a teen's life, and if so, where's the balance between too much control and not enough?**

That's a very good question. I think there is a balance, and that's where a parent must be spiritually in tune with the Lord so they can have a discerning heart and spirit to know where those boundaries should be. What they're looking for more than anything is a consistent trend or pattern. If parents see a consistent trend or pattern of misbehavior or rebellion in the life of their child, then that's when a parent needs to step in and enforce some consequences and add responsibilities. A lot of parents will try to keep bailing their kids out. As they keep fixing their kid's problems and bailing them out of situations, a parent is taking responsibility away from their kid when responsibility is exactly what they need to learn. There is a fine line there related to how to balance that. Again, it goes back to a discerning heart and asking some probing questions to find out exactly what's going on. Parents need to keep the big picture in mind.

**How can parents know when the conflict they're having with their teen is normal and when the conflict is a sign of something more serious?**

Again, when there's a consistent trend or pattern that suddenly becomes destructive or unhealthy, the conflict is not the kind that is normal...it's abnormal. It's unhealthy, and it can sabotage a relationship and can cause the parents and the kids to basically self-destruct in so many ways. What we're looking for is consistent patterns, but parents have got to realize that there will be some conflict...it's just normal.

Things related to peer pressure, style, taste, and preference may not be necessarily what the parents want, like, or prefer, but at the same time, as long as those things are not causing a son or a daughter to drift spiritually or relationally, then it's probably normal. However, when they start becoming major issues and there's a consistent pattern, then that's when parents need to understand that it's more serious.

### **When a parent becomes frustrated with a child who is consistently in conflict with them, what should they do?**

Scripture tells us that we are to speak the truth in love. The worst thing a parent can do is bottle up or keep things from their children if they're feeling a certain way. There's an old saying that says, "Bitterness is like holding a match. It only burns the one holding it."

The Bible also says that we are to confess our sins to each other and pray for each other so that we can be healed. It's important for parents to take the initiative to go to their son or daughter and speak openly and candidly in a spirit of love, humility, and transparency. A teen also needs to be able to experience that same openness and freedom to express those same feelings of hurt or anger to their parents.

The key is keeping that line of communication open and finding out what has caused the hurt and anger. I ask parents to ask their children the question, "How would you rate our relationship right now on a scale of 1 to 10?" Then I have them ask their kids, "How can we improve that rating?"

*To listen to this interview in its entirety and for much more parenting help, log on to [www.parentinghelpnow.org](http://www.parentinghelpnow.org).*

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**OUR MISSION:** Foothills Fellowship exists to be a worshipping community of God's people whose lives are shaped by the life, death, burial and resurrection of Jesus and who participate in the mission of God's kingdom by proclaiming the good news locally, nationally and globally.

**OUR CORE VALUES:** 1) Jesus Christ, the Head 2) Biblical Leadership 3) Everyone A Minister 4) Ancient/Future Worship 5) Hospitality Without Exception 6) Unity in Community 7) Intentional Families 8) Global Missions 9) Holistic Discipleship

## Upcoming Dates to Remember:

### **Men's Theological Discussion**

January 25<sup>th</sup> from 7:00 to 8:30pm at the church

### **Women's Ministry Breakfast**

January 28th, 8 to 10am at the church. Breakfast provided.  
Topic: "In the Bag"

### **PERSPECTIVES IS BACK in January!**

Starts: Sunday, January 22, 2017 5-8PM

Location: First Baptist Church of Rio Rancho

Scholarships: \$100 from FF if you want to attend. Email coming soon with all the details!

### **The 2017 Foothills Women's Retreat is in the works!**

The retreat is set for April 21 and 22nd. The cost is \$68 per person which covers lodging and 3 meals. Please let Melissa Eastman know by Wednesday January 11th if you can go so she can reserve the spot. Check your email for more details.

### **My Message Teachers Needed**

contact Shellie Koons for more information. JRBJLB@gmail.com