



"Monsters Inside of Me – The Case of the Tudes." Can you believe what she said? Why do I have all the problems, no one has it as bad as I do. I am sick and tired of doing all the work around here; can't folks pull their load? It's not my fault, if you knew what I had to live with you wouldn't enjoy life either! Apparently you do not know who I am! I'm tired of cleaning up your mess, can't you pick up after yourself? This is the sorriest lawn mower I have ever bought, piece of junk!

Slowly it happens, at first you don't realize what is going on but those around you begin to pick up on it. Folks begin to avoid you, you are cranky, grumpy; who knows it could be contagious. What is it... you got the tudes... a bad attitude. Irritable, hard to get along with, constantly negative, gripping, whining... it's like bad breath... everyone knows you have it before you do. You chose the right Sunday to come; we are going to do a little attitude adjustment today.

**Ralph Schneck, Lead Pastor** Follow me on Twitter...  
 ralph@fblex.org | ext. 103 @RalphSchneck

9:00 AM Celebration Service  
 10:30 AM Contemporary Service

Please help us create an atmosphere for worship...

- Take a moment to silence your mobile devices.
- We have a safe and loving environment for your children where they can learn about God. Take advantage of our Preschool & Children's Ministry.
- For security purposes, no backpacks or large diaper bags in the Sanctuary.

New to FBLEX?

How to become a Member

Before joining FBLEX, we ask that you attend our "Discovery Class." In this class you will become familiar with our history, beliefs and different ministries. **September 16 in the Student Center Conference Room. One day class from 9:00 - 11:45 AM. Sign up at fblex.org.**

Small Groups - Join One Today

This summer for 6 weeks we will be offering large group sessions located in the Student Center from our very own counseling staff. These sessions will be an in-depth look at our sermon series, "The Monsters Within Us." This week is "A Case of the Tudes...Attitude" taught by Lisa Wallace.

Life/Home Group leaders please schedule a time to meet with Pastor Reynold about the upcoming year. You can email jamee@fblex.org to schedule.

**See A Red Shirt?** Stop by and meet with our friendly staff at **Connection Point** in the Lobby. We can also be reached at (803) 957-0686 Ext. 115 or Reynold@fblex.org

Wednesday Nights at FBLEX

**Parenting by Personality will be from 6:30 - 8 PM in Room 208**  
 We will take a break on Wednesday from morning Bible study and Wednesday evenings during July. Bible study and activities will resume August 1. Wednesday dinner will resume August 22.

# MONSTERS INSIDE OF ME

"A CASE OF THE TUDES...ATTITUDE"

9 & 10:30 AM in the Student Center



Lisa Wallace, MA, LPC/I, NCC, CCMHC

It has been said "Life is 10% of what happens to you and 90% of how you respond to it." Our attitude about life and current circumstances has a major effect on thinking and behavior. Come and learn how our attitudes are formed and most importantly, how to change them.

NEXT WEEK: "STRETCH MARKS, HANDLING STRESS"  
 COUNSELOR: DR BEV PUZIA

HEY YOU!  
 See the tear out and find out how you can help our choir grow!

## CHOIR CONSTRUCTION

JOIN THE CHOIR WEDNESDAY AT 6:30 PM

COMING AUGUST 1ST

BBQ SLIDERS & FELLOWSHIP AFTER REHEARSAL AUGUST 1ST

"Seaside Escape" Ladies Retreat

Join us at the St. Christopher Camp & Conference Center in Seabrook Island, SC on Thursday, September 27 (7 PM start) through Saturday, September 29 (ending after lunch). ONLY 11 SPACES REMAIN! Registration is available online via Realm. For additional details, visit fblex.org, under Ministries/Adults/FBlex Women. For questions, email women@fblex.org.



Pardon Our Progress

Let the remodeling begin! We are in the process of re-carpeting the sanctuary, moving things around on the platform, adding outdoor signage to the campus and we are assessing the structural integrity of our Modulares. We are getting things ready for the fall... new look and new opportunities.



What's Up With MAN CAVE?

**MAN Cave** - It's not too late for you to jump in and be a part. Come tomorrow night at 7 PM in Modular 5. Bring your sword (Bible). Tony Evans is taking us through John 1, 2, and 3.

**MAN UP Weekend** - May 17-18, 2019 at Hickory Knob State Park. Save the dates. Details to come.

**Spotters:** 2 Kings 24 & 25, 2 Corinthians 1-3



Grief Share

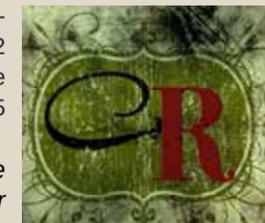
Grief Share starts today, July 22 for a 13 week series. (Modular 2 from 5 - 7 PM) This is for anyone who has lost a loved one and is dealing with grief. Childcare will be provided upon request. For more information contact Lewis Matthews at lewistennisnut@sc.rr.com



Celebrate Recovery

Come join us as we work on life's hurts, hand-ups, or habits. We offer a Christ centered 12 step program every Tuesday night. Dinner will be served at 6 PM and large group will begin at 6:45 PM. Don't Struggle Alone!

Please visit our Celebrate Recovery table in the Lobby for more information on our program.



Cafe' Wednesday

Wednesday Bible Study 10:30 AM (Student Center) and 6:30 PM (Fellowship Hall)

Enjoy the summer with your families!

Wednesday Bible study will resume on August 1st. We will be starting a brand new three part study titled Growing in Christ. Growing in Christ will walk us through the steps in growing our faith.



## SQUEAL on a SINGER!

If you hear someone beside you that can sing, "squeal" on them and drop it in the offering plate

Choir Prospect NAME

Choir Prospect PHONE

HOW DO YOU KNOW THEM?

### MAN UP Breakfast

MAN UP Breakfast - Join us on Saturday, August 18 at 8 AM to hear Corey Miller, WACH Fox sports anchor and former Gamecock and NFL player. We'll pass the helmet for Corey being with us. \$5.00 for breakfast. Kids and grand kids eat free!

### Pew Cards

Let us know what God is doing in your life (see decision card). If you have a prayer request; fill out the prayer card (reverse side of decision card) and place it on the altar or drop it off at connection point.

### Online Giving

As you take family vacations this summer and will be away, remember we have online giving available on our website and through Realm. Thank you for being faithful stewards.

### Prayer Need?

If you have a pressing prayer need, fill out a prayer card (pew pocket) and place it on the altar at the invitation. The prayer team will lift your request to the Lord. If you would like to be a part of the prayer team, email Noel Fields (fun4fields@aol.com).

**Connect Card**

Please complete this form and place it in the offering plate or bring it to Connection Point to receive a gift of chocolate covered pecans.

*I/We attended worship at:*

9:00 AM  10:30 AM

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Sub-division: \_\_\_\_\_

Phone (home): \_\_\_\_\_

**His:** Date of Birth: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Email: \_\_\_\_\_

**Hers:** Date of Birth: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Email: \_\_\_\_\_

**Children's Information:**

Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Grade: \_\_\_\_\_

*Did your children attend with you today?*

Yes  No

*Please check all that apply:*

First-time Guest  Returning Guest

Regular Attender  FBC Member

Visiting Family/Friends

New to the Community

Looking for a New Church Home

Married  Single  College

How did you hear about us?

*I would like information about:*

Beginning a relationship with Christ

Baptism

Membership at FBC/Discovery Class

Life/Home Groups



**Welcome Deb Runge**

We welcome Deb Runge our missionary from Haiti. She is working and training CR leaders in her area. Find out how you can pray for this exciting ministry as Deb shares this morning. She will also be sharing her testimony at Celebrate Recovery this Tuesday July 24. Visit Deb's table out in the foyer where she has handmade jewelry on display that supports other Haitian believers.

**Idea from Pastor Ralph**

Have you noticed the new neighborhoods being built around the church? We purchased 5 cases of Gatorade ready to be chilled and delivered to construction workers. I'd like to take a couple men with me and go show the love of Christ. If you are interested, come see me. I want to show you the ropes so you can do this without me the next time. On Thursday one of the HOA neighborhoods are meeting at the church to discuss business. Scheri is putting together 30 cookie boxes with church info in them. I will greet the group at 6:30 PM on July 26th and offer the gift. I would welcome someone's assistance and help prepare you to do this the next time without me. If interested, see me or send me an email...ralph@fblex.org.

**Youth Camp at SWO**

Tomorrow through Saturday FBLe youth will be at Snowbird Wilderness Outfitters for a great week of camp. We have 61 students and a few adults going and they will spend the week focusing on Jesus as the Hope of the World. Please pray that our students are safe, sensitive to the Holy Spirit as He works in their hearts and minds, and willingly vulnerable to confront sin and pursue righteousness this week. It will be life-changing!

**Volunteers Needed**

The kitchen crew at FBLe is looking for 2 new team members to join the team and help with Wednesday evening meals. If you are willing to help in one or more of either meal prep, serving or clean up, please contact Marilyn Shafer at 803-446-9486 or ittybittylady1@gmail.com

**Weekly Update**

*Last Week's Attendance:*

Worship AM.....808  
 First Time Guests.....16  
 Life/Home Groups.....423

*Last Week's Giving:*

**General Fund ..... \$27,923.08**  
 Budget Goal to date..... \$952,000.00  
 Giving to date ..... \$970,301.24  
**Missions ..... \$3,858.00**  
 Missions Budget Goal to date..... \$112,000.00  
 Missions Budget Given to date ..... \$117,102.20

**Message Series: "Monsters Inside of Me"**  
**Today's Sermon: "Case of the Tudes...Attitude"**

I imagine you are a positive, happy person on most days but occasionally you slip up and your attitude turns sour. Having said that, I have met a couple people that enjoy being grumpy all the time. We will look at the children of Israel as they journeyed to the Promise Land and see what their hang-up was and point out a couple things we can do to keep our attitude right. Don't let the "tudes" get you down; let's work on having a good attitude.

1) Remember this \_\_\_\_\_: You are what you \_\_\_\_\_.

*Proverbs 23:7, Proverbs 4:23, 1 Corinthians 10:5-11, Exodus 14:10-11, Exodus 16:1-2, Numbers 11:1, Numbers 14:1-4, Numbers 21:5*

2) \_\_\_\_\_ negative thinking.

*Philippians 1:27, Philippians 2:14-15, Numbers 13:31-33*

3) \_\_\_\_\_ the right attitude.

*Philippians 4:8-9, 1 Corinthians 15:33b, Joshua 1:8*

**CLOSE:**

- Remember this truth...what you think, you are.
- Reject negative thinking...you can't control life's circumstances but you can choose your response.
- Reclaim the right attitude...out with this bad and in with the good. Hang around positive people and memorize and meditate on God's word.

Don't let the "tudes" keep you from being who God created you to be!

**Next Week: Monsters Inside of Me, Stretch Marks, Handling Stress.** Stress has become a reality of life. We find pressures pressing in on every side of our lives. Stress it's everywhere, we find it at home, work, school, and even in sports. Stress hurts our family units. Sadly, it has now become a way of life. Giving up does NOT win the battle over stress. When we give up we lose and stress wins. Join us as we explore and learn from the life of Jesus how He handled the most stressful time of His life.

*(Dr. Bev Puzia will be doing the counselor session in the Student Center at 9 and 10:30 AM, focusing on overcoming the stress of life).*

**Listen to sermons online at [fblex.org/resources](http://fblex.org/resources)**

**OUR PURPOSE**  
**LOVING AND LIVING FOR GOD**

