

Raised to Life:  
May 3, 2026

**Secrets bring harm, but honesty can bring healing.**

### **How Do Secrets Harm Us?**

*<sup>8</sup> Then the man and his wife heard the sound of the LORD God as he was walking in the garden in the cool of the day, and they hid from the LORD God among the trees of the garden. <sup>9</sup> But the LORD God called to the man, "Where are you?" <sup>10</sup> He answered, "I heard you in the garden, and I was afraid because I was naked; so I hid."*

*<sup>11</sup> And he said, "Who told you that you were naked? Have you eaten from the tree that I commanded you not to eat from?" <sup>12</sup> The man said, "The woman you put here with me—she gave me some fruit from the tree, and I ate it." <sup>13</sup> Then the LORD God said to the woman, "What is this you have done?" (Genesis 3:8-13)*

Secrets break down our relationships with other people.

Sin drives a wedge between us.

We end up isolated and lonely.

Secrets break down our relationships with God.

Our instinct is to hide.

This breaks down our ability to hear from God.

### **How Can God Heal Us?**

*<sup>12</sup> For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart. <sup>13</sup> Nothing in all creation is hidden from God's sight. Everything is uncovered and laid bare before the eyes of him to whom we must give account. <sup>14</sup> Therefore, since we have a great high priest who has ascended into heaven,<sup>a</sup> Jesus the Son of God, let us hold firmly to the faith we profess. <sup>15</sup> For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin. <sup>16</sup> Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need. (Hebrews 4:12-16)*

The Word of God leads us to wisdom.

The Spirit of God leads us to listen.

The Son of God leads us to love.

### Reflections:

1. What are some ways that you tend to “hide” when you don’t want to resolve an issue?
2. Who are some people in your life that you trust deeply and why?
3. Share an experience when you were able to share something difficult with someone. How did it impact you?
4. Of the three ways God can heal us (wisdom, listening, love), which do you feel you need most in your life right now?

## Welcome to HOME Church

**Thank you for attending HOME Church.** If you are looking for a church to call HOME, feel free to connect with us. Details are on our website at [www.ourhomechurch.ca](http://www.ourhomechurch.ca) OR the welcome card in the seat in front of you.

### Upcoming News + Notes:

- **Summer Getaway at Summit Pacific College** (formerly Summer Camp) on July 3-5, 2026. Details on the church website. EARLY BIRD Registration ends today. Sign-up online and on-site.
- **HOME Groups.** Cantonese Monday Bible Study, Tuesday Prayer Night, Friday Fellowship. Details with Mayson, Nora, Pastor Paul. English Home Groups on Saturdays, Wednesdays, or Sundays. Details on the website.
- **The Prayer Space.** Starts on Wednesday, May 6<sup>th</sup>, from 10am-1pm. Drop in for prayer, to pray, and to be ministered to. Details with Pastor Paul. This invite is open to everyone.
- **Red Rope Rescue Game.** On Thursday, May 7<sup>th</sup> at 10:30am at the church. Details with Pastor Paul or Michelle. Thank you.
- **Pastor Andy + Pastor Vincent are away.** Andy is in Halifax for the PAOC General Conference. Vincent is in Abbotsford for the Youth Getaway.
- **HOME Church Vision Update** with Pastor Andy will be on May 17<sup>th</sup>, after each service.

**Giving Options at HOME Church.** Our preferred way of giving is through e-transfer debit. You can set this up with your banking platform by giving at [give@ourhomechurch.ca](mailto:give@ourhomechurch.ca). Please make cheques out to “HOME Church”. All giving details are on our website. **Thank you** for your continued generosity and support of HOME Church's mission and vision.