

*When you lie down, you will not be afraid; you will lie down,
and your sleep will be pleasant. Proverbs 3:24 (CSB)*

Are You Sleeping?

Do you ever have trouble sleeping? I have. Maybe I was concerned about a project or a personnel issue at work. Perhaps I was worried about not having enough money to pay that upcoming expense. Often I was concerned about a particular person, one who was ill, in trouble, grieving.

So maybe you tried an over-the-counter sleep aid. Perhaps you tried *not* to think about that “thing,” that “issue,” that kept you awake. But did it anyway.

I don’t have all the answers. I have been there and done that as well.

Along the way I have found ways that help me with this.

As a child, I memorized Psalm 23 (KJV). Sometimes when I am trying to sleep, I will quote it to myself, paraphrasing it to something like this:

Lord, You are my Shepherd: I have what I need. You treat me as a sheep, giving me a pleasant place to lie down, avoiding that rushing water that frightens me. You renew my life and lead me along the right path, for the sake of Your name.

Then I think through the rest of that song of David. Sometimes I think through a phrase, dig a little deeper, compare myself to a sheep.

Or I sing to Him—in my head. I sing a great old hymn, one of my favorites. Or I sing a newer song from Sunday worship.

Allow yourself to think about a particular person that our Father may bring to mind, praying for that person, about needs you may know or even may not know, asking for peace, for wisdom, for comfort for that one.

Think of other Scriptures that are meaningful to you. Pray for your church and staff, for your small group, for family, for friends.

Eventually I get the focus off me, or whatever troubles me, and I go ... to ... sleeeeeeep.

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“Peace I leave with you.
My peace I give to you.

I do not give to you as the world gives.
Don't let your heart be troubled or fearful.”

JOHN 14:27 (CSB)

Mililani Baptist Church

April 19, 2026

Welcome home!

Welcome to our 'Ohana. Mililani Baptist Church exists to glorify God with a *Passion* for Him and a *Compassion* for people! We are so glad that you could join us in worship today. If this is your first Sunday with us, or just the first time in a long time, please take a moment to fill out a "Welcome Card" located in the seat pocket in front of you. Feel free to either drop it in the offering plate or give it to any of our ushers. We'd love to connect and get to know you and your 'ohana better!

If you have any questions, our greeters and members would be happy to talk to you! For more information, visit our website at www.mbaptist.org. If you would like to schedule a meeting with our pastor, please email pastor@mbaptist.org or call our church office at 808-623-2559.

Prayer Requests

If you have a prayer request or would like a deacon or our pastor to pray with you, please use the "Prayer Request" form, also located in the seat pocket in front of you; or you can email your request to office@mbaptist.org. Please be sure to note if the request can be shared with our church family or if it is meant to be confidential (for just our pastor or deacons as well). Also, if you would like to receive our updated church prayer concerns, please email the secretary at office@mbaptist.org.

Find us on...

Website: www.mbaptist.org

YouTube: www.youtube.com/@mililanibaptistchurch1724

Facebook: www.facebook.com/MBChawaii

Mililani Baptist Church

94-293 Anania Dr., Mililani, HI 96789

808-623-2559

Office Hours: Mon – Thurs 8 am to 4 pm

MBC Guest Wi-Fi Password: welcomehome

LAST WEEK AT MILILANI

Worship: 8:00 – 43 11:00 – 78

Gifts and Offerings:

General Offering:

\$8,222.03

MBC Designated Offering:

\$403.48

Weekly amount needed for Budgeted Expenses:

\$9,137.82

E-GIVING AVAILABLE AT
MBAPTIST.ORG/GIVE



Each week we share totals from our General Offering and MBC Only Offering—our two main giving areas. Please note: These amounts reflect general giving and are not absolute totals. From the General Offering, 2% is sent to the SBC/IMB Co-Op, and 8% supports Dub Efurd Mission expenses. For questions, contact Ivy at the church office.

SERVING THIS WEEK

Deacons:

8 am Jack Okimoto

11 am Tim DeMello

Nursery:

11 am Stephenie Kunz

SERVING NEXT WEEK

Deacons:

8 am Roy Ogasawara

11 am Randy Grant

Nursery:

11 am Hannah Tapp



Pastor

Dennis Andrews, Dennis@MBaptist.org

Financial & Office Administrator

Ivy Capinpin, Ivy@MBaptist.org

Chairman of Deacons

Randy Grant, RWGrant@live.com

Ministry Assistant

Carter Sgambato, Carter@MBaptist.org

Ministry Intern

John Tapp, John@MBaptist.org

ANNOUNCEMENTS

Dine & Support: Please plan to eat a meal at the Mililani Raising Cane's today, Sunday, April 19th to support Mililani Baptist's mission teams to Japan and Alaska! Our church will receive 15% of the proceeds from any order where our fundraiser is mentioned!

MBC Game Night: Join us for a Church Game Night! Bring your favorite snacks, pūpū style, and board games on Friday, April 24, from 6-9 pm. We'll get together on the Lanai and enjoy some time together while playing various games. Contact Rachel Andrews for more information.

Feeding the Homeless: Please join us on Saturday, April 25th from 10am to 1pm as we feed the homeless at the Institute for Human Services in Honolulu. If you're unable to attend but would like to help, we are accepting donations in the form of cans of chili which can be dropped off at the church office anytime Monday – Thursday, 8 am – 4 pm. For more details, please contact Ray Gwin at RayGwin@hotmail.com.

VBS 2026 Volunteer Meeting: It is almost summer and that means it's time for Vacation Bible School! Please join us in room 209 after the second service on May 3rd for a brief volunteer interest and planning meeting. This year's VBS is tentatively scheduled for the week of July 12. Please contact Rachel Andrews at rachel@mbaptist.org if you have any questions!

Baptist Men-A Time to Refocus: In a world where truth can often feel blurred, we invite you to join us for "A Time to Refocus," an 8-week study through Paul's letter to the Colossians. Together, we will return to the foundation of what is true and anchor our hearts in God's Word. On Thursday, May 7, 2026, at 6:30 PM, please join us and feel free to invite a friend! Study materials will be provided. For more information, contact John Dionisio at 808-551-4187.

Interested in Doctrinal Studies? Sound doctrine strengthens our unity and our witness. Pastor Dennis is considering offering a small doctrinal study outside of regular Sunday School and family groups. We would love to know who might be interested. If this is something that would serve you, please sign up at the back of the Sanctuary or speak with Pastor Dennis.

This Week at MBC

Sunday: April 19, 2026

Deacons Prayer	7:00 am
Worship Service	8:00 am
Sunday School Classes	9:30 am
Worship Service	11:00 am
Ukulele Praise	2:00 pm

Monday:

Tuesday:

Wednesday:

AWANA	6:00 pm
Mid-Week Prayer Meeting <i>(Currently studying Psalm 130)</i>	6:00 pm

Thursday:

Praise Team Practice	6:00 pm
Ladies Bible Study <i>(Currently studying Anchored: The Life and Letters of the Apostle Paul)</i>	6:30 pm
Men's Bible Study <i>(Currently studying the book of Acts)</i>	6:30 pm

Friday:

Saturday:

Mom's In Prayer	1:30 pm
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JOIN OUR FUNDRAISER at 5

April 19, 2026

10:00 AM - 11:45 PM

95-1249 Meheula Parkway, Mililani, HI

Mention the fundraiser at the Restaurant or apply code **RCFUND96** to online or app orders at checkout and Cane's will donate **15% of Net Sales*** to:

Mililani Baptist Church Japan and Alaska Mission



Learn more about how we can support you at CanesAndCommunity.com

Minimum donation amount will be 15% of the Net Sales* donated directly to your organization. Not valid on kiosk orders. *Net Sales* means the purchase price of food and beverages sold during the event to customers who (i) mention your organization when ordering in person or (ii) use the code RCFUND96 when ordering online or in the Raising Cane's app. The purchase price excludes special or limited time offers, discounts, returns, and taxes. "Net Sales" does not include gift cards and retail merchandise purchases.

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