

Attacking Worry

Nothing is more natural, more a part of the human psyche than worry. It comes without effort to all of us. We legitimize this pattern of thinking while it robs us of sleep and peace, making our lives unhappy and unfruitful.

Jesus attacked worry aggressively: "Look at the birds. They don't need to plant or harvest or put food in barns because your heavenly Father feeds them. And you are far more valuable to him than they are. Can all your worries add a single moment to your life? Of course not." Matt. 6:26

Worry comes because your mind is divided. It means to "divide into parts". It is also described as "a preoccupation with things causing anxiety stress and pressure."

Do these things and worry will be a distant memory:

@ Keep the Word of God near you. Write out a scripture and quote it all day. Memorize a verse and meditate on it. It's God's word that settles doubts and fears!

@ Keep yourself in a state of constant praise. Worry is negative, praise is positive. Paul praised God at midnight in jail after a flogging; surely you can praise God with your trial.

@ Keep blessing people. Most of our negative emotions of worry are about people. Pray over

them, bless them, even if they are your enemy. It is a powerful release of the Spirit to pray for your enemies. Bless people you speak to, not only those you speak about. Keep the blessing flowing and worry will become a forgotten foe!

Pastor Chambers

Scripture For The Week

And why worry about your clothes? Look at the lilies and how they grow. They don't work or make their clothing, yet Solomon in all his glory was not dressed as beautifully as they are. And if God cares so wonderfully for flowers that are here today and gone tomorrow, won't he more surely care for you? You have so little faith! Matt. 6:29-30



Children's Harvest Party

ages 3 - 12

Sun., Oct. 31st

6pm-8pm

Educational Bldg.

*Games! Cookie/Cupcake Decorating! Crafts!
Face Painting! Candy! Contests!*

Non-Scary Costumes acceptable!

Bring a Friend!

Coming Events

Youth

Harvest Party

Fri., Oct. 29th

7-11pm – Youth Bldg.

Sasa Ivanovic

Teen Challenge – Serbia

Sun., Nov 7th

6:00pm

Youth Spaghetti Lunch

&

Christian Ed Bake Sale

Sun., Nov. 7th

12:00noon

Youth

Night at Powerstation

Fri., Nov. 19th

7-11pm

\$15.00

Sheila Raye Charles

Sun., Nov. 21st

10:30am