# DISARMING ANXIETY Philippians 4:6–9

What to do with Worry

What's True in the Bible?

1. Let your worries \_\_\_\_\_\_ your relationship with God.
Philippians 4:6 / Psalms 27:14, 105:3 / Matthew 11:28–30 / 1 Peter 5:6–7 Hebrews 4:14–16

**2.** Let God's peace \_\_\_\_\_\_ your heart and mind. Philippians 4:7 / Psalms 37:3–7, 121 / Proverbs 14:30

3. Let the truth \_\_\_\_\_ your thoughts and actions.

Philippians 4:8–9 / Colossians 3:2 / Proverbs 12:25

### What's Real in my life?

- What's my go-to method of relaxing when I'm worried or feeling anxious?
- How do I typically handle anxiety or times of worrying?
- Read 1 Peter 5:6–7. What does it look like for me to "cast my cares (anxiety or worries) on God?"

#### What's Next?

• Share about a time when you felt God with you in the midst of anxiety. Take the commands in Philippians 4:6–9 and apply them to situations of anxiety and worry.

Love God, Love People, Lead Others To Do The Same!

gccnewton.com

# Grace Community

September 25, 2022



We exist to Love God, Love people, and Lead others to do the same.



gccnewton.com

**f** GraceCommunityChurchNewton



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316,202,8482

# Welcome to Grace

**Hello!** We are so glad you're joining us this morning!

We have a strong desire to know and experience God's love. It is His love for us which, in turn, inspires us to love God, love people, and lead others to do the same.

If you're a guest with us, we would love to hear from you! Go to *gccnewton.com* and click the blue button that says *Connect With Us* and tell us how we can serve you or pray for you. We would love to have you join us every Sunday at 9:00am or 10:45am!

If you have any questions or want more information about who we are and what we do, please take some time to browse our website at *gccnewton.com* or visit the connection desk in the foyer.

# Connect With Us



Have you signed up for our weekly email? Every Wednesday we send out our Prayer Line. The prayer line is filled with people and ministries that we have been praying for.

**Next step:** Click the *Connect With Us* button at *gccnewton.com* and let us know in the info box, or pick up a copy of the prayer line from the Connection Desk in the foyer.

# Next Steps with Grace



#### **Rightnow Media**

We have a subscription with Rightnow media, a video streaming resource. You'll find bible studies and helpful video series on parenting, marriage, outreach, mental health, finances, apologetics, and more. All Grace attenders can get their own personal login!

**Next Step:** Click on the *Connect With Us* button on our website and let us know you'd like access!

# Giving to the Lord

We believe that regular giving to the local church is an essential act of worship in response to God's generosity and provision for us. You can give at *gccnewton.com/give*, in the Church Center app, or at one of the baskets by the exits of the Worship Center.

Fiscal Year as of July 31

Income: \$625,945.07 Expense: \$564,587.46 Budget: \$625,287.32 **Attendance from September 18** 608

# Growing with Grace



#### September 27 | 6:30pm | Activity Center

Ladies, come join us for an evening of fun at Legacy for the melodrama, "Western Woes or How Sushi Came to Kansas." If you aren't familiar with melodramas, they are rather silly plays - a little over the top, filled with lots of cheers and boos, villains and heroes, and fun!

**Next Step:** Deadline to sign up is **TODAY.** <u>Childcare provided gccnewton.com/upcoming-events</u>



Each fall we do a sermon series focusing on family. God's design for the family is under attack, and we want to address these challenges from a biblical perspective. This years Fall Family Focus will be highlighted by an event designed to help us understand and love the next generation that families are raising today.

**Next Step:** Keep your eyes and ears open for fun family activities and teachings.



### October 2 | 12:00pm | Activity Center

Church, we are having an All-Church Pot Luck! Come with enough food to share and hear about the great things that are happening with the global and local missionaries that we support as a church.

**Next Step:** The potluck will begin after the second service at noon in the Activity Center. See you there!



#### **HOSTESS CALL**

Hello ladies, some of you may know that we a throwing a tea party in the Worship Center on November 5th. Each table will have a separate hostess who will choose the theme for the table, pour the tea, and be a welcoming presence at the table.

**Your Step:** If this seems like something you would enjoy please go to *gccnewton.com/upcoming-events* to read more and sign up!

## For More Information

There are many opportunities for you to get connected and involved here at Grace! For more details, take some time to browse *gccnewton.com*. We especially recommend checking out the *Upcoming Events* page!