

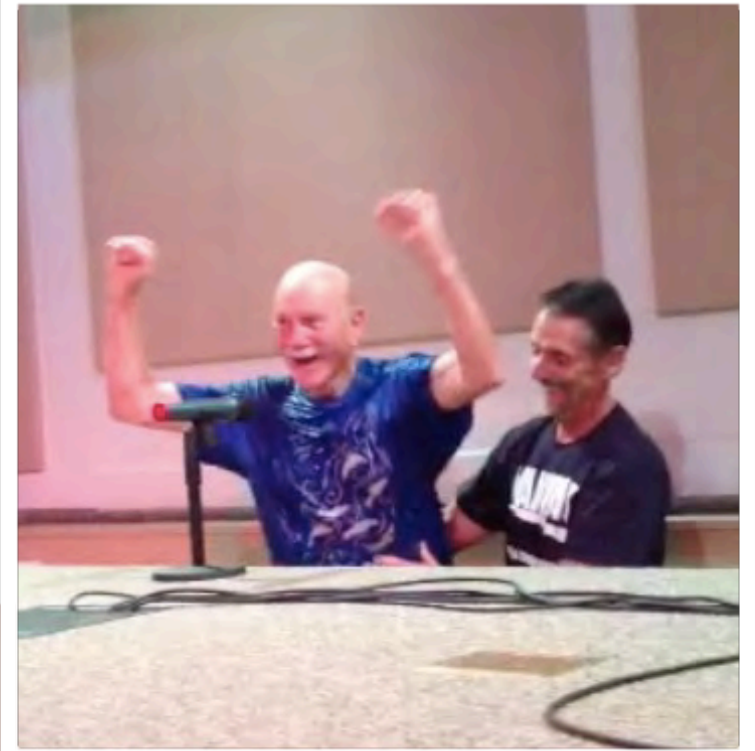
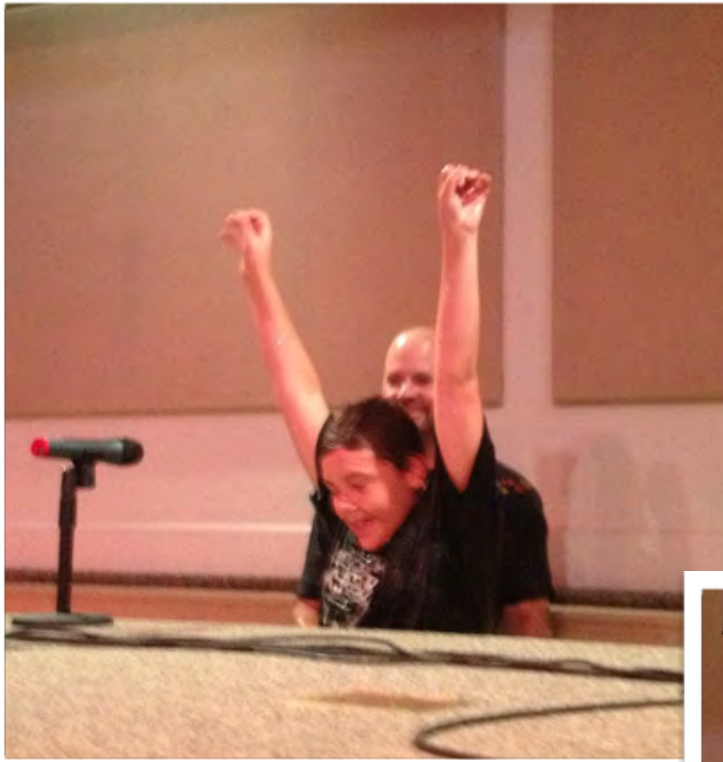
A scenic view of a lake with large rocks and evergreen trees under a blue sky. The water is clear and blue, reflecting the sky. The rocks are large and light-colored, scattered along the shoreline. The trees are tall and green, forming a dense forest in the background.

Welcome to Sierra Community Church

Text

“Be still, and know that I am God” -Psalm 46:10

7/28/13



Baptisms





Sundays

9am

10:45am

6:30pm

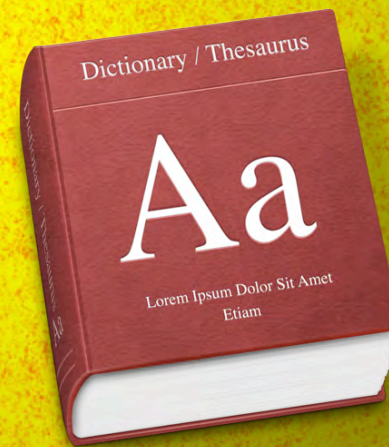
**Forgiveness
Humility
Authenticity
Community
Service
Grace
His Word**

**God's
Ingredients
For Growth**



**Growing by
facing life's
Anxieties**

ANXIETY: Whatever causes you to worry, stress or feel uneasy about life or the future.



 **Growing by facing life's Anxieties**



 Growing by facing life's Anxieties

Keep in Mind:
***Not all* anxiety**
is bad for you!

"A genuinely delightful movie." DVD

 **Growing by facing life's Anxieties**

Anxiety #1 Finances

- ❖ Debt

- ❖ Retirement/Saving

- ❖ Relational Conflict
on Spending/Saving

- ❖ Giving



 **Growing by facing life's Anxieties**

Antidote #1: *Prayer*

⁶Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ⁷And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. -*Philippians 4:6-7*

 **Growing by facing life's Anxieties**

Antidote #1: *Prayer*

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Antidote #1: *Prayer*

⁷Cast all your anxiety on
him because he cares
for you. -1 Peter 5:7

 **Growing by facing life's Anxieties**

Anxiety#2 Family

❖ Children

❖ Spouse

❖ Belonging/
Acceptance



 Growing by facing life's Anxieties

Antidote #2:

Focus on TODAY

Give us today our
daily bread.

-Matthew 6:11

 **Growing by facing life's Anxieties**

“Worrying is *carrying*
tomorrow's load with today's
strength— *carrying* two days at
once. It is moving into tomorrow ahead
of time. Worrying doesn't empty
tomorrow of its sorrow, it empties today
of its strength.”

—Corrie ten Boom



Antidote #2:

Focus on TODAY

²⁵“Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing? ²⁶Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? ²⁷And which of you by being anxious can add a single hour to his span of life?”

 **Growing by facing life's Anxieties**

Antidote #2:

Focus on TODAY

²⁸And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, ²⁹yet I tell you, even Solomon in all his glory was not arrayed like one of these. ³⁰But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O you of little faith? ³¹Therefore do not be anxious, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?'

 **Growing by facing life's Anxieties**

Antidote #2:

Focus on TODAY

³²For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. ³³But seek first the kingdom of God and his righteousness, and all these things will be added to you. ³⁴“Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. *Sufficient for the day is its own trouble.*”

 **Growing by facing life's Anxieties**

Anxiety:

is simply
living out the
future before
it gets here.



#3 Future

- ❖ College/Marriage?

- ❖ Uncertainties related to work.

- ❖ Making significant life change.



Growing by facing life's Anxieties

Antidote #3:

Address Unresolved Issues

“Never put off till tomorrow
what you can do today.”

-Thomas Jefferson



Proverbs: “*Sluggard*” 13 Times!

Antidote #3:

Address Unresolved Issues

²³if you are offering your gift at the altar and there remember that your brother or sister has something against you, ²⁴leave your gift there in front of the altar. First go and be reconciled to them; then come and offer your gift. -*Matthew 5:23&24*

 **Growing by facing life's Anxieties**

A scenic view of a lake with large rocks and evergreen trees under a blue sky. The water is clear and blue, with several large, smooth rocks scattered throughout. The sky is a deep blue, and the trees are lush green. The overall scene is peaceful and natural.

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7/28/13