

IN PURSUIT



# When Anxiety Attacks

Philippians 4:2-9

11/7/2004



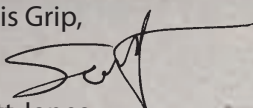
Come on in! The doors are wide open to you here at Grace. The people sitting around you this morning are some of the kindest, most welcoming people in the world. And they would love nothing more than for you to experience the joy of being part of this community. So on their behalf, I say "Welcome!"

If you are visiting our church or exploring the Christian faith, we would

love to help you get connected to others to help you on your spiritual journey. Visit the Discover Grace Counter in the Lobby for more information or attend the Discover Grace Coffee, held every Sunday at 10:45am in Room A1.



**Discover Grace Coffee  
10:45am, Room A1**

In His Grip,  
  
Scott Jones

The Carnations on our stage represent the lives of those who have recently accepted Christ as their Savior through the outreach efforts of those at Grace.

- Four GCC people were part of a 27 member medical/dental clinic team where 263 people made decisions for Christ
- Three GCCS students were led to the Lord by their teacher
- Two chaplains from Grace led two people to the Lord
- A Pastor led a man to Christ last Sunday
- Three students prayed to receive Christ last Wed. night



## Today's Memory Verse

Philippians 4:6-7

<sup>6</sup>Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God.  
<sup>7</sup>And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

# When Anxiety Attacks

Pastor Richard Gotthardt - Philippians 4:2-9

1. Hit the \_\_\_\_\_

- Acknowledge my \_\_\_\_\_
- Discern its \_\_\_\_\_
- \_\_\_\_\_ trying to figure \_\_\_\_\_ out

2. Find the right \_\_\_\_\_

- On my knees
- At God's feet
- With a \_\_\_\_\_ heart

3. Expect God's provision of \_\_\_\_\_

~Notes~

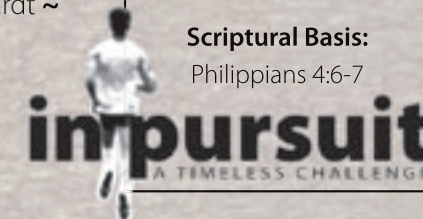
## Today's Service

- ~ prelude ~
- ~ praise & worship ~
- ~ welcome ~
- ~ offertory - *Days of Elijah* ~  
sung by Worship Team
- ~ praise & worship ~
- ~ drama ~
- ~ message - Pastor Richard Gotthardt ~
- ~ response ~
- ~ benediction ~
- ~ postlude ~

**Core Competency:**  
Peace

**Creed:** "I am free from anxiety because things are right between God, myself and others."

**Scriptural Basis:**  
Philippians 4:6-7



**Attacking Anxiety - by Richard Gotthardt**

It's the knot gripping the pit of your stomach. It's the heart beat that won't slow to something that feels like normal. It's the palms sweating and the mouth full of cotton, too. But mostly it's just the thoughts that won't slow down, racing from one unpleasant scenario to another, one fearful thought to another, one more thing to do, to try, or just to try and figure out. Call it what you want- anxiety, fear, or worry- maybe you just call it "feeling stressed out"; but most of us face it in one form or another.

And many of us have also heard that we shouldn't do it. "Don't worry!" "Fear not!" (one of the most common expressions in the entire Bible) "There's nothing to fear but fear itself." (Great, one more thing to worry about- fear itself) And then there's today's passage, "Don't be anxious about anything." I memorized this verse as a child, and was taught that worry was a sin- an evidence of lack of faith and trust in God. While this may be true, it didn't seem to help my worrying; it just gave me one more thing to feel guilty (and worried) about. So, simply telling people not to worry doesn't solve the problem. Most of us realize that anxiety is not very helpful, or even right.

And yet as we look at the interaction of Jesus with His followers, we find Him often telling them not to worry and not to be afraid. But what we often fail to capture is Jesus' tone- His heart and spirit toward these people that He cared about so very deeply. In one instance, Jesus came to His disciples in the middle of the night, walking on top of the water, in the midst of a storm. They were, as you and I would have been, simply terrified. Scared spit-less, if you will. And what did Jesus tell them? "Don't be afraid." "Fear not." Sound familiar? But what we often miss here is that Jesus is not reprimanding them for their panic, but rather reminding them of His presence. His words are not a stern rebuke, but a soothing and gentle breath of calming wind. Here Jesus is like a parent who holds a child close and reminds them, "It's OK, I'm here. I'm right here. Don't be afraid." Kind of changes the picture, doesn't it?

Perhaps this is a good starting point for many of us today. Rather than beating ourselves up for giving in to fear, we can allow Jesus to speak His peace to us. He's right here you know. And He's reminding, gently but clearly, that He's got us, and it's going to be OK. Will you let Him speak His peace to you?

- What kinds of things do you tend to worry about?
- If Jesus were sitting down with you today, what do you think He would say to you about your anxiety?

**DEVOTIONAL**



**Christmas Choir**

We invite all singers to join the choir for the Sunday mornings of Advent and for a special Christmas Eve service. Join us for a kick-off dinner Friday, Nov. 12 and workshop the following morning. Call Nancy or Lauri, x237 for info.



**Pray for Students**

Join **Moms in Touch** to pray for students of GCCS and James Madison Prep. Contact Rhonda Howman, 480.899.7339.

**Men's Bible Study Groups**

Small groups with accountability and a way to grow closer to God. Contact Ken Kohlmeier, kenkohlmeier@gccaz.org or x262.



**Seniors XYZ Meeting**

Thursday, Nov. 4, 10:30am, Davidson Center. Music by Orpheus Choir. Speaker: Oasis Readers on Stage. Still room for the Calif. trip Nov. 27-29 to "Glory of Christmas," Saddleback Church, Tour of TBN, Disney Parade of Lights. Res. needed now for Broadway Palm Dinner/Musical Show Dec. 8. Call Paul/Dottie Hartzler 480.592.9186.



**East Valley Young Life Fall Fundraiser**

Monday, Nov. 8, 7:00-9:00pm at the Stone House Pavilion at the Phoenix Zoo. Guest speaker Hugh Hewitt. Refreshments served. Seating is limited, RSVP, Joe & April West, 480.730.0983.

**Singles Project CURE**

Monday, Nov. 8, 6:00pm. Help sort medical supplies at the Tempe warehouse. Contact Singles ALIVE, VM125.

**Full-Time Ministry Assistant**

Support facilities staff with strong administration, organization and communication skills. Must enjoy an environment of varied tasks and customer svcs. Contact HR at x215.

**Flowers Today**

In honor of Bill and Iris Kilgore's 50th Wedding Anniversary, November 6th, flowers have been provided with love from the Daniels, Simpsons, Minors and Kilgores.



**International Turkey Network**

Word of Grace Church, Mesa, Nov. 10-12. This conference is for anyone interested in God's work in Turkey, anyone considering cross cultural work there, and anyone with a burden to pray for this country. Registration for the full conference costs \$110, but evening sessions at 7:00pm are free to the public. For more information, contact Pat Lew, 480.464.3983.

**grace community church**

1200 e. southern avenue - tempe, az 85282 - 480.894.2201  
on the web @ [www.gracecommunityaz.org](http://www.gracecommunityaz.org)

During the month of November a special offering will be received to support eight global missions projects. Prayerfully consider how you can participate in supporting this part of the mission of Grace to bring the love of God to the nations of the world. Offerings can be designated with special Thanksgiving Offering envelopes or by writing "Thanksgiving" in the memo line of your check. This year's goal is to raise \$40,000 for local and global missions.

**Thanksgiving offering**



**The Grace Series**

Discover 101, "Discovering the Master and His Church" Saturday, November 20, 8:30am-3:30pm, Room A2.

Discover 101 provides Biblical instruction about the purpose of "the church" and who makes up the body of Christ. Participants learn about the history of GCC, what we believe, our vision, mission and core values. Discover 101 is required for membership at Grace.

Registration for The GRACE Series takes place through Discover Grace Ministries, x214. Pick up a registration form and brochure at the Worship Center Discover Counter, GCC Information Center or, you may call or email to request a form, [getconnected@gccaz.org](mailto:getconnected@gccaz.org).

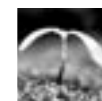


**Fry's Parking**

Vehicles that are parked in the Fry's parking lot must be parked in designated parking spaces or they will be towed at the owners' expense.

**Everybody Needs a Little Help**

Sometimes, life's circumstances can take us all by surprise and we need a little help. Grace offers several ways for you to connect with others during the difficult times in life. Check out the C.A.R.E. Program card (next to Discover Grace Counter in the lobby) or ask a greeter for further assistance.



**Financial Stewardship Update**

Budget-to-date, Nov. 3, 2004	\$ 1,250,800
Actual-to-date, Nov. 3, 2004	\$ 1,167,349

So, why should I give to my church?

There are numerous reasons why an individual gives to his or her church. Some people give because the general financial health of the church is at stake. Some may give out of a sense of embarrassment, while some may feel peer pressure to give. Others will give due to a motivation for a tax advantage or benefit.

However, the greatest reason why we should give to our church is to be involved in the Lord's service here at Grace. After all, our church can only implement its vision when each of us chooses to become a vital part of it.

Remember Grace in your will or trusts.