Tithes and Offerings











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CHURCH OF THE NAZARENE



Order of Worship 30 July 2023 Ninth Sunday of Ordinary Time

We Gather to Worship God

Welcome Worship in Song Call to Worship Worship in Song

We Listen to the Word

Prayer

Sermon Series: Brain Games Sermon: "Part 2— When Anxiety Attacks"

We Come to the Table

Prayer of Confession and Consecration
The Lord's Prayer
We Eat and Drink Together
We Celebrate the Eucharist in Song
Prayer

We Go to Live in the Reign of God

Community Life
Gossiping the Good Stuff
Doxology
Blessing and Sending

Words to music, responsive readings and The Lord's Prayer will be on the screen





For a complete list of ongoing ministries and upcoming events, please visit tablelifechurch.org.

Doggy Bag-Some questions to chew on:



- 1. What part of this message was most impactful for you and why?
- 2. Where are you on the anxiety spectrum? How do you typically handle it and what would you like to do differently the next time you feel anxious?
- 3. When have you felt like Jehoshaphat, with three enemies coming at you? What are things that are making you anxious right now? How could you and/or others begin praying over those things?
- 4. Why was it good for Jehoshaphat to pause before responding? Why is it important to pause when you feel anxious?
- 5. When was a time you felt God with you in the midst of an anxious situation? What did praising him look like? How can you begin to praise God in the midst of anxiety?

If you'd like to talk personally and confidentially w/ Pastor Kris about your relationship with Christ, please email pastorkris@tablelifechurch.org or call 717-774-6444 to set up an appointment.



Brain Games "Part 2 - When Anxiety Attacks" Pastor Kris Beckert

What's your go-to method of relaxing when you're feeling stressed or anxious?

Philippians 4:4-6 Rejoice in the Lord always. I will say it again: Rejoice! ⁵ Let your gentleness be evident to all. The Lord is near. ⁶ Do not be anxious about anything...

I. The Spectrum of Anxiety:



II. A Story of Anxiety:	
King of	_ 873-849 BC
• The Problem:	
III. Anxiety isn't a	; it's a
or	<u> </u>
1. It's time to	

2 Chronicles 20:3 Jehoshaphat was terrified by this news and begged the LORD for guidance. He also ordered everyone in Judah to begin fasting.

2 Chronicles 20:6, 9 "LORD, the God of our ancestors, are you not the God who is in heaven? You rule over all the kingdoms of the nations. Power and might are in your hand, and no one can withstand you..". 9 '...If calamity comes upon us, whether the sword of judgment, or plague or famine, we will stand in your presence before this temple that bears your Name and will cry out to you in our distress, and you will hear us and save us.'

2 Chronicles 20:12 "...For we have no power to face this vast army that is attacking us. We do not know what to do, but our eyes are on you."

2. It's time to _____

2 Chr 20:12-13 "...We do not know what to do, but our eyes are on you." ¹³ All the men of Judah, with their wives and children and little ones, stood there before the LORD.

Psalm 46:10 ...Be still, and know that I am God.

2 Chronicles 20:15-17 He said: "Listen, King Jehoshaphat and all who live in Judah and Jerusalem! This is what the Lord says to you: 'Do not be afraid or discouraged because of this vast army. For the battle is not yours, but God's.

16 Tomorrow march down against them. They will be climbing up by the Pass of Ziz, and you will find them at the end of the gorge in the Desert of Jeruel. 17 You will not have to fight this battle. Take up your positions; stand firm and see the

deliverance the Lord will give you, Judah and Jerusalem. Do not be afraid; do not be discouraged. Go out to face them tomorrow, and the Lord will be with you.'"

3. It's time to _____

2 Chron 20:29-30 The fear of God came on all the surrounding kingdoms when they heard how the LORD had fought against the enemies of Israel.

30 And the kingdom of Jehoshaphat was at peace, for his God had given him rest on every side.

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

Big Idea:	