

Avoiding the Stress Trap 2

Hope Community Christian Church – November 1, 2015
www.hopecommunitysite.com

Ephesians 5:15-20 NIV

Philippians 4:4-9 NIV

Luke 12:22-34 NIV

Hebrews 10:19-39 NIV

A Call to Persevere in Faith

19 Therefore, brothers and sisters, since we have confidence to enter the Most Holy Place by the blood of Jesus, 20 by a new and living way opened for us through the curtain, that is, his body, 21 and since we have a great priest over the house of God, 22 let us draw near to God with a sincere heart and with the full assurance that faith brings, having our hearts sprinkled to cleanse us from a guilty conscience and having our bodies washed with pure water. 23 Let us ***hold unswervingly to the hope we profess, for he who promised is faithful.*** 24 And let us consider how we may spur one another on toward love and good deeds, 25 ***not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.***

26 If we deliberately keep on sinning after we have received the knowledge of the truth, no sacrifice for sins is left, 27 but only a fearful expectation of judgment and of raging fire that will consume the enemies of God. 28 Anyone who rejected the law of Moses died without mercy on the testimony of two or three witnesses. 29 How much more severely do you think someone deserves to be punished who has trampled the Son of God underfoot, who has treated as an unholy thing the blood of the covenant that sanctified them, and who has insulted the Spirit of grace? 30 For we know him who said, “It is mine to avenge; I will repay,”^[d] and again, “***The Lord will judge his people.***”^[e] 31 It is a dreadful thing to fall into the hands of the living God.

32 Remember those earlier days after you had received the light, ***when you endured in a great conflict full of suffering.*** 33 Sometimes you were publicly exposed to insult and persecution; at other times you stood side by side with those who were so treated. 34 You suffered along with those in prison ***and joyfully accepted the confiscation of your property,*** because you knew that you yourselves had better and lasting possessions. 35 So do not throw away your confidence; it will be richly rewarded.

36 You need to persevere so that when you have done the will of God, you will receive what he has promised. 37 For, “In just a little while, he who is coming will come and will not delay.”^[f]

38 And, “***But my righteous***^[g] ***one will live by faith.*** And I take no pleasure in the one who shrinks back.”^[h]

39 But we do not belong to those who shrink back and are destroyed, but to those who have faith and are saved.

Wise Living - Ephesians 5:15-20

Thankfulness and Good Thinking - Philippians 4:4-9

- Dealing with Anxiety – Prayer & Thanksgiving
- The ABSOLUTE NEED to REJOICE ALWAYS and in EVERYTHING!
- Learning to pray in EVERY situation
- Focusing on what God wants you to focus on.

Worry and Fear - Luke 12:22-34

- Worry and Fear focus on what you don't have

- Sometimes we worry about ourselves and other times we worry about the world... God has Lordship of both.
- God knows what we need.
- Peace comes from focusing on Who/What you do have!
- Do you need a more simple form of life?
- Treasure is not what you have it's where your heart is. The more you have, the more that you have to care for.

Surrendering To His Lordship – Hebrews 10:19-39

- “Holding unswervingly to the **HOPE** we profess” VS. 23
- Having our **FAITH** rooted in **Him** VS. 23
- Being **JOYFUL** when everything seems to be going wrong VS. 34
 - Kids? Marriage? Finances? Work? Relationship? Reputation?
- Getting used to not knowing what's next and not trying to control it...
- Dealing with the baggage VS. 30
 - Is insecurity, fear, worry or doubt driving your decisions and need for control??? The route issue is a sin issue... It is not of faith (**Romans 14:22-23**)
- Healing – **James 5:16 NIV**... “Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.”

Announcements:

www.hopecommunitysite.com

705-812-2833

Morning Prayer Monday to Friday 9 to 10 am at the church

Woman's Walking/Exercise Group – Tuesday's 7:00 pm at the church

Mom's Hangout – Wednesdays 10-11:30 am... A time for Moms and kid's to hang out and get to know each other.

Upward Basketball: Grades SK to 6 **Wednesday nights & Saturday mornings** contact **Barry Elliott at 705-955-4893.**

God Squad Jr. High: Thursdays, 6:30 to 7:30 pm. Students grades 6-8 are invited to this great program.

Sr. High Youth: Thursdays: 7:30 to 8:45 pm. Students grades 9-12

Good Food Box – Orders on the **first Monday** of each month from 3-6 pm and pick up on the **third Wednesday** of each month from 3-6 pm. Fresh Fruit and Vegetables... Small box \$10, Large box \$15

Communion Lunch Meal – First Sunday Service (10:00 am) of each month as part of the morning service. Invite a friend and bring food to share in this pot luck style meal.

Women's Beth Moore – Living Proof Live Conference: November 6 & 7 at the Hershey Centre in Mississauga
Tickets are \$69 US dollars

Men's Promise Keepers Conference: November 13 & 14 at Queensway Church in Toronto Tickets are \$60 (\$50 if we can get a group of 10)