

**Anxious for Nothing Pt. 1 When You've Had Enough (The Lord Is Near)**

Lead Pastor Joshua Ray

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, 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.

1 Kings 19:3-4 Elijah was afraid and ran for his life. When he came to Beersheba in Judah, he left his servant there, 4 while he himself went a day's journey into the wilderness. He came to a broom bush, sat down under it and prayed that he might die. "I have had enough, Lord," he said. "Take my life; I am no better than my ancestors."

## Four Mistakes

1. We \_\_\_\_\_ ourselves into the \_\_\_\_\_

2. We \_\_\_\_\_ \_\_\_\_\_ out

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3. We \_\_\_\_\_ \_\_\_\_\_ the negative

4. We \_\_\_\_\_ \_\_\_\_\_

1 Kings 19:11-12 The Lord said, "Go out and stand on the mountain in the presence of the Lord, for the Lord is about to pass by." Then a great and powerful wind tore the mountains apart and shattered the rocks before the Lord, but the Lord was not in the wind. After the wind there was an earthquake, but the Lord was not in the earthquake. 12 After the earthquake came a fire, but the Lord was not in the fire. And after the fire came a gentle whisper.

## Manna News:

Outreach Opportunity - Trunk or Treat - October 29th. Sign up at [capitalarea.manna.church/outreach](http://capitalarea.manna.church/outreach)

## Info Guide

### Welcome

We're glad you're here! This Info Guide will help you learn how to get connected at Manna and share what is available to you at the service today. We hope you feel at home and enjoy your time with us.

### What to Expect

During today's worship experience you can expect about a 65 minute service that will begin with approximately 20-25 minutes of worship, we will also have a brief time of announcements, followed by a 35-minute biblical and practical message delivered by our Pastor.

### Connection Card

If you're a first-time guest, we would love for you to fill out a connection card. No one is planning to call you or come by your house—We just want to thank you for joining us today and let you know what is available to you here at Manna.

### Free Gift

If it is your first time with us, we have a gift available for you in the lobby at the end of service— We simply want to give you a gift to thank you for being with us today!

### NextStep

If you want to learn more about Manna Church, who God has called you to be, and how you can make a difference, NextStep is for you.

It is a 4-week small group that meets the first four Sundays of every month. Childcare is provided and you can learn the times and locations at the info center in the lobby. We would love for you to take this step!

### Manna Kids

We promise a clean and safe environment where children can experience and enjoy the love of Jesus. The Nursery/Preschool experience is available for kids 6 weeks through 5 years, and the Elementary experience is for children in kindergarten through 5th grade. We would love to have your child join us!

### Manna Students

Manna Students meets weekly, at Manna Capital, Sunday afternoons nights at 11:30am. We play games, fellowship, and grow together in our relationship with Jesus. Middle School and High School age both welcomed! Our current focus is on learning to hear the voice of God.

### Small Groups

Life-change happens in the context of small groups. Get involved in one today! Visit our website for a list of small groups.

[capitalarea.manna.church](http://capitalarea.manna.church)