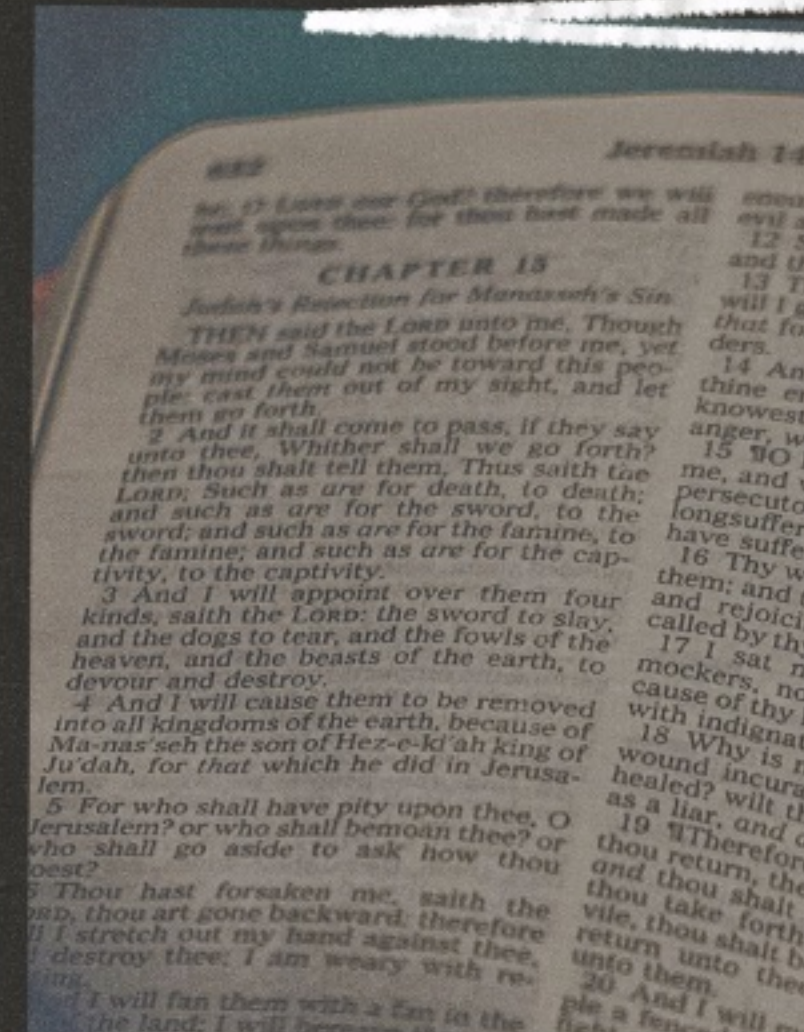
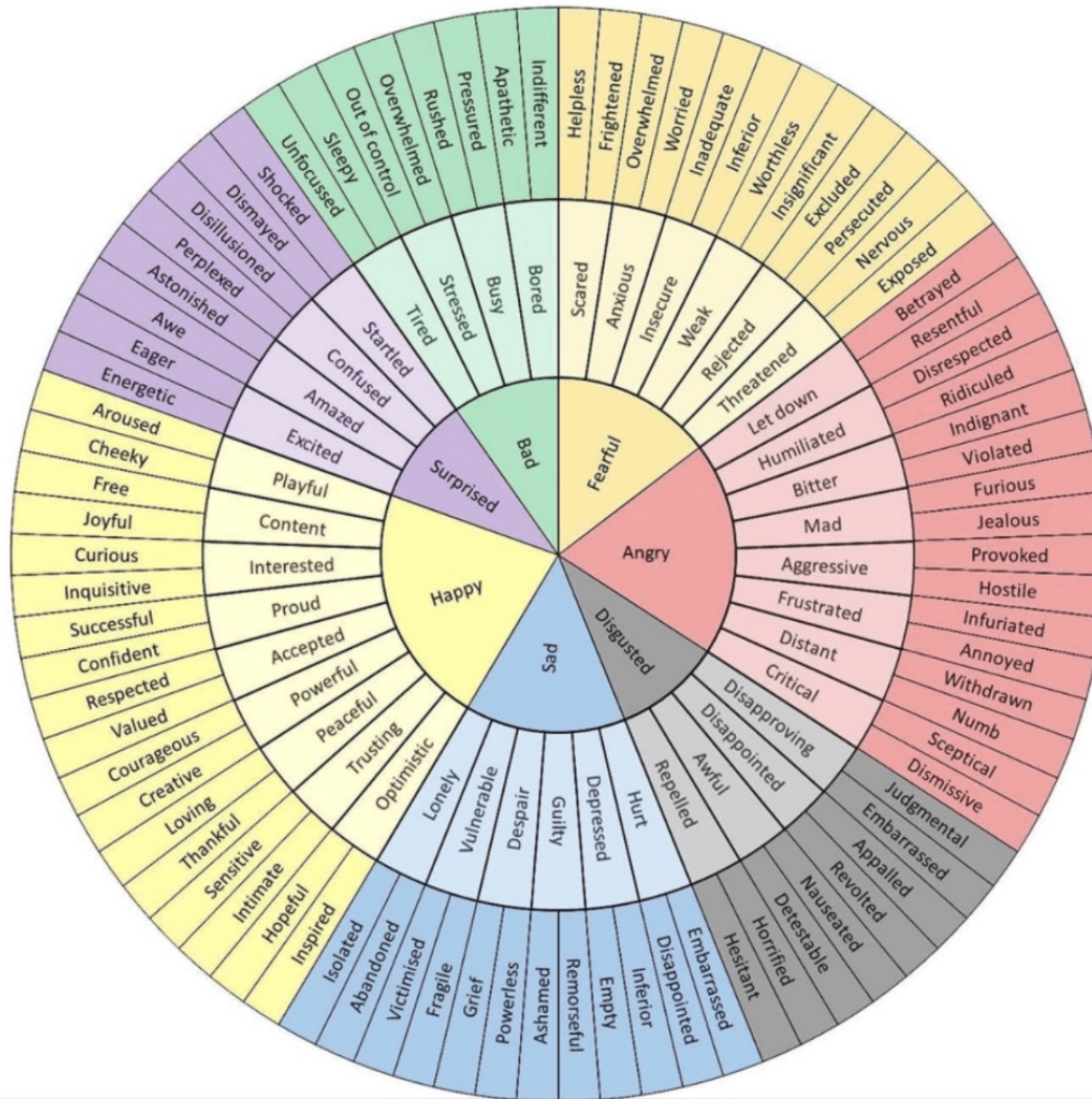




# THAT THEY *BE ONE*



ONE CHURCH. ONE HEART.  
**ONE MISSION.**



# WHAT'S ACTUALLY HAPPENING INSIDE OF ME?

*ONE CHURCH. ONE HEART.  
ONE MISSION.*

## 1 SAMUEL 1:9-16

ONCE WHEN THEY HAD FINISHED EATING AND DRINKING IN SHILOH, HANNAH STOOD UP. NOW ELI THE PRIEST WAS SITTING ON HIS CHAIR BY THE DOORPOST OF THE LORD'S HOUSE. IN HER DEEP ANGUISH HANNAH PRAYED TO THE LORD, WEeping BITTERLY. AND SHE MADE A VOW, SAYING, "LORD ALMIGHTY, IF YOU WILL ONLY LOOK ON YOUR SERVANT'S

# 1 SAMUEL 1:9-16

MISERY AND REMEMBER ME, AND NOT FORGET YOUR SERVANT BUT  
GIVE HER A SON, THEN I WILL GIVE HIM TO THE LORD FOR ALL THE  
DAYS OF HIS LIFE, AND NO RAZOR WILL EVER BE USED ON HIS HEAD.”  
AS SHE KEPT ON PRAYING TO THE LORD, ELI OBSERVED HER MOUTH.  
HANNAH WAS PRAYING IN HER HEART, AND HER LIPS WERE MOVING  
BUT HER VOICE WAS NOT HEARD. ELI THOUGHT SHE WAS DRUNK AND  
SAID TO HER,

*ONE CHURCH. ONE HEART.  
ONE MISSION.*

## 1 SAMUEL 1:9-16

**“HOW LONG ARE YOU GOING TO STAY DRUNK? PUT AWAY YOUR WINE.” “NOT SO, MY LORD,” HANNAH REPLIED, “I AM A WOMAN WHO IS DEEPLY TROUBLED. I HAVE NOT BEEN DRINKING WINE OR BEER; I WAS POURING OUT MY SOUL TO THE LORD. DO NOT TAKE YOUR SERVANT FOR A WICKED WOMAN; I HAVE BEEN PRAYING HERE OUT OF MY GREAT ANGUISH AND GRIEF.”**

## LUKE 10:38—42

<sup>38</sup> AS JESUS AND THE DISCIPLES CONTINUED ON THEIR WAY TO JERUSALEM, THEY CAME TO A CERTAIN VILLAGE WHERE A WOMAN NAMED MARTHA WELCOMED HIM INTO HER HOME. <sup>39</sup> HER SISTER, MARY, SAT AT THE LORD'S FEET, LISTENING TO WHAT HE TAUGHT. <sup>40</sup> BUT MARTHA WAS DISTRACTED BY THE BIG DINNER SHE WAS PREPARING.

## LUKE 10:38—42

**SHE CAME TO JESUS AND SAID, “LORD, DOESN’T IT SEEM UNFAIR TO YOU THAT MY SISTER JUST SITS HERE WHILE I DO ALL THE WORK? TELL HER TO COME AND HELP ME.”<sup>41</sup> BUT THE LORD SAID TO HER, “MY DEAR MARTHA, YOU ARE WORRIED AND UPSET OVER ALL THESE DETAILS!<sup>42</sup> THERE IS ONLY ONE THING WORTH BEING CONCERNED ABOUT. MARY HAS DISCOVERED IT, AND IT WILL NOT BE TAKEN AWAY FROM HER.”**

*ONE CHURCH. ONE HEART.  
ONE MISSION.*

## NEHEMIAH 1:4

**AS SOON AS I HEARD THESE WORDS I SAT DOWN AND WEPT  
AND MOURNED FOR DAYS, AND I CONTINUED FASTING AND  
PRAYING BEFORE THE GOD OF HEAVEN.**

*ONE CHURCH. ONE HEART.  
ONE MISSION.*

## NEHEMIAH 1:10-11

THE PEOPLE YOU RESCUED BY YOUR GREAT POWER AND STRONG HAND ARE YOUR SERVANTS. O LORD, PLEASE HEAR MY PRAYER! LISTEN TO THE PRAYERS OF THOSE OF US WHO DELIGHT IN HONORING YOU. PLEASE GRANT ME SUCCESS TODAY BY MAKING THE KING FAVORABLE TO ME. PUT IT INTO HIS HEART TO BE KIND TO ME.

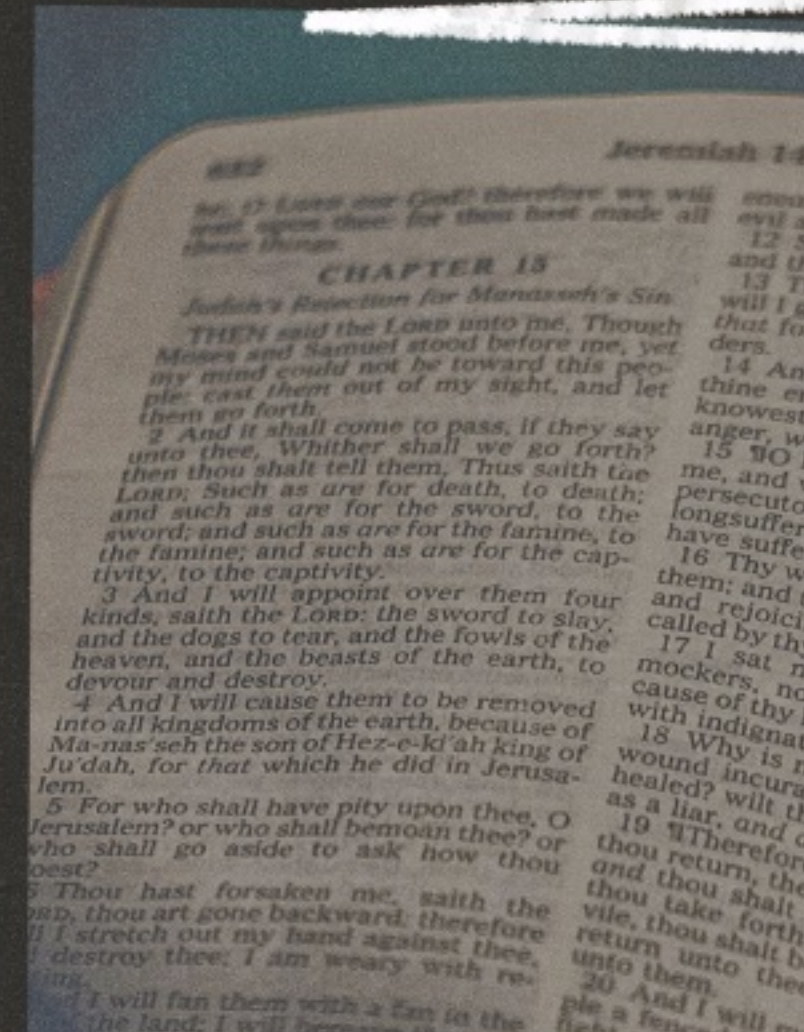
# FOUR STEPS TO PROCESSING OUR EMOTIONS WITH GOD:

1. ASK: WHAT AM I FEELING?
2. INVITE GOD INTO WHAT I'M EXPERIENCING.
3. ALLOW GOD'S TRUTH TO SHAPE HOW I THINK.
4. CHOOSE A HEALTHY RESPONSE.



ONE CHURCH. ONE HEART.  
ONE MISSION.

# THAT THEY BE ONE



ONE CHURCH. ONE HEART.  
ONE MISSION.