



ANXIOUS FOR NOTHING

Part 1: When You've Had Enough

“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.” - Philippians 4:4-7 NIV

Lessons from the life of Elijah

Now Ahab told Jezebel everything Elijah had done and how he had killed all the prophets with the sword. 2 So Jezebel sent a messenger to Elijah to say, “May the gods deal with me, be it ever so severely, if by this time tomorrow I do not make your life like that of one of them.” - 1 Kings 19:1-2 NIV

Three Mistakes We Make When We're Anxious:

1. Run Ourselves Into The Ground.

Elijah was afraid and ran for his life. - 1 Kings 19:3 NIV

“Be still and know that I am God.” - Psalm 46:10

2. Shut People Out.

When he came to Beersheba in Judah, he left his servant there, 4 while he himself went a day's journey into the wilderness. - 1 Kings 19:3-4 NIV

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. - Hebrews 10:24-25 NIV

3. Focus On The Negative.

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.” - 1 Kings 19:4 NIV

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. - Philippians 4:8 NIV

What God Can Do When We're Anxious:

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. - 1 Kings 19:11-12 NIV

TALK IT OVER


- Of the three anxiety-causing mistakes—running ourselves into the ground, shutting people out, focusing on the negative—which mistake do you struggle with most?
- How can you encourage yourself to trust that God will carry you through every difficulty you face?
- How can you reassure someone else of God's presence who may be feeling brokenhearted or overwhelmed?

Suggested Reading Plan: [Anxious For Nothing](#)

Announcements:

- **Sunday Service @ 10 AM.** Nursery for children up to age 4 on weeks 2,3 & 4; KidZone for ages 5-11.
 - **CandyPalooza!** In KidZone on 10/29!!!
- **Girl's Ministry** for grades K-6 *on Wednesdays @ 5:30 PM!*
- **Finish Line Youth** for ages 12-12th grade *Wednesdays @ 7 PM!*
- **Women's Bible Study** - *Abide: A Study of 1,2, & 3 John*, Thursdays from 6:30-8 PM.
- **Pizza with Pastor** following the Sunday Service 10/22 - 11/12 for those who pre-registered.
- **Family Movie Matinee** November 4 @ 4 PM! See Sharee for more info.
- **Operation Christmas Child** shoebox packing and collection 11/12. See Melissa Lasher for more info.
- **Angel Tree** is a ministry to children of incarcerated parents. 11/26 - Take an "angel;" 12/10 - return wrapped gift; 12/17 - Deliver gifts. See Shirley Lane if you are interested in participating.

For more information, visit newlife-saugerties.org and download our mobile app!



The image displays the New Life Assembly of God mobile app interface across multiple devices: a tablet, a smartphone, and a Roku TV. The app's logo, "NewLife", is prominently featured at the top of each screen. The interface includes sections for "Core Values", "Assemblies of God", and "About New Life". A navigation bar at the bottom of the app shows icons for Home, Sermons, and Events. The background of the app interface features a photograph of a large group of people, likely a church service or event.

New Life Assembly of God

Available in App Stores

