

WELCOME to
CROSSBRIDGE CHURCH
 WE'RE GLAD YOU'RE HERE

1. [Group] Lighting Cue!

Thanks For Being Our Guest

NEW @
CROSSBRIDGE

CONNECT CARD

Fill out a Connect Card or Visit the Info Table
 in the Lobby to learn more about the Church

2. [Group]



STEP 1 - INTRO TO CROSSBRIDGE

Sunday **October 7th** immediately following the 11:30 service. Lunch and childcare provided.

Sign up at crossbridge.cc/nextsteps

3. [Group] NextSteps new 2018



THREE WAYS TO GIVE

- ENVELOPE**
In person or by mail
- ONLINE**
crossbridge.cc/give
- TEXT**
"CrossbridgeTX" to 77977

4.



5. blue5.jpg



6. [Group] You Asked Title



“How Do I Handle Stress?”



7. You Asked Slides



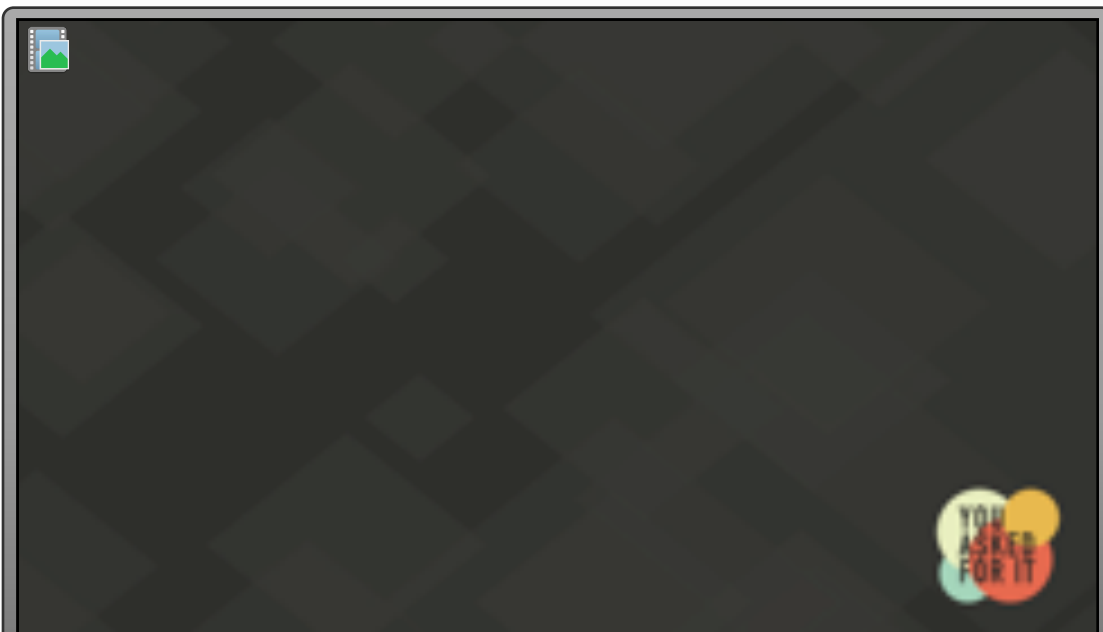
“Stress is a condition or feeling experience when a person perceives that demands exceed the personal and social resources the individual is able to mobilize.”



8. You Asked Slides



9. Stress pic



10.



11. Paul pic



How Do I Handle Stress?



12. You Asked Slides



How Do I Handle Stress?

1. Choose Joy in the Lord



13. You Asked Slides



**Rejoice in the Lord always.
I will say it again: Rejoice!**

Philippians 4:4 CSB



14. You Asked Slides



**Serve the Lord with gladness
come before him with joyful songs.**

Psalm 100:2 CSB



15. You Asked Slides



How Do I Handle Stress?
1. Choose Joy in the Lord
2. Be Gentle with People



16. You Asked Slides



**Let your graciousness be known
to everyone. The Lord is near.**

Philippians 4:5 CSB



17. You Asked Slides



How Do I Handle Stress?

- 1. Choose Joy in the Lord**
- 2. Be Gentle with People**
- 3. Talk to God About My Stress
and Concerns**



18. You Asked Slides



6 Don't worry about anything, but in everything, through prayer and petition with thanksgiving, present your requests to God. 7 And the peace of God, which surpasses all understanding, will guard your hearts and minds in Christ Jesus.

Philippians 4:6-7 CSB



19. You Asked Slides



How Do I Handle Stress?

- 1. Choose Joy in the Lord**
- 2. Be Gentle with People**
- 3. Talk to God About My Stress and Concerns**
- 4. Focus My Thoughts**



20. You Asked Slides



Finally brothers and sisters, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable - if there is any moral excellence and if there is anything praiseworthy - dwell on these things.

Philippians 4:8 CSB



21. Philippians 4:8 (ESV)



22.



How Do I Handle Stress?

- 1. Choose Joy in the Lord**
- 2. Be Gentle with People**
- 3. Talk to God About My Stress and Concerns**
- 4. Focus My Thoughts**
- 5. Do the Right Things I Have Learned**



23. You Asked Slides



Do what you have learned and received and heard from me, and seen in me, and the God of peace will be with you.

Philippians 4:9 CSB



24. You Asked Slides



Peace of God (v.7) and God of Peace (v.9)



25. You Asked Slides



Peace with God



26. You Asked Slides



He who did not spare his own Son but gave him up for us all, how will he not also with him graciously give us all things?

Romans 8:32 ESV



27. You Asked Slides



“Heavenly Father, forgive me of all my sins. Change me and make me new. I believe Jesus died for my sins and He rose again so I could be Yours and live for You. Fill me with Your Spirit so I can serve You for the rest of my life. Thank You for new life in you. I give You my life. In Jesus name, I pray.”

