

## TAKE HOME SHEET



**Series:** Unsettled  
**Message:** Learning to Let Go  
**Speaker:** Steven "Bulldog" Frazier  
**Date:** October 19/20, 2019

**How Can I Let Go of all This Stress, Worry, Fear, and Anxiety?**

**Learning to Let Go:**

<sup>6</sup> *Humble yourselves, therefore, under God's mighty hand, that He may lift you up in due time.*

<sup>7</sup> *Cast your anxiety on Him for He cares for you.*  
1 Peter 5:6-7 (NLT)

**Which of the list below have challenged you?**

**Are there other things that are not listed that bring you stress, anxiety, fear?**

**Write down your areas of challenge and recall the challenge.**

**Beside each challenge write down how you coped with the challenge at the time.**

- Death - particularly of a loved one
- Divorce - even when the relationship is poor
- Bullying - in school or at work

- Loss of a job - finding a new job
- Too much work - long hours
- Discrimination in the workplace
- Financial pressures of all kinds
- Getting married and learning to live together
- Moving - again
- Chronic illness or injury
- Emotional problems (depression, anger, grief, guilt, fear, low self-esteem)
- Addictions

**Did you use any of God's solutions to cope with these stresses, worries, or anxieties?**

**These are tools from God that help us refocus our attention on God's way of dealing with stress, anxiety, worry, and fear:**

1. Worship - It is hard to be angry with or ignore God when we are worshipping Him. (Psalm 95)
2. Prayer - seems too obvious, but it is harder than it seems. (Jeremiah 29:11-14)
3. Ask for Help - When we ask for help from others, we are reminded that we are finite and fallible. (Romans 12:4-5)
4. Seek Community (Church) - The Body of Christ is designed to strengthen and support us. (Hebrews 10:24-25)
5. Scripture - God's word repeatedly reminds us that fear and worry do not come from God, and that He is always there to go through the tough times with us. (Matthew 4:4)
6. Examine Your Load - You are responsible for all that is on your plate. (Galatians 6:1-10)

**Now pick at least two from the list that you will be faithful to try when stress, anxiety, and worry come your way. Write them down, with the Scripture, and place them in your Bible as a ready reference for when you need them.**

**BIBLE TRANSLATIONS:**

NIV – New International Version  
NLT – New Living Translation

## MESSAGE NOTES



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How can I let go of all this stress, worry, fear, and anxiety?

Learning to let go.

Today, we are going to look at how we can let go of all this stuff (stress, anxiety, fear, panic, tension, and worry). It is going to require plenty of diligence, but it can be done with God's power given to us.

<sup>6</sup> *Humble yourselves, therefore, under God's mighty hand, that He may lift you up in due time.*

<sup>7</sup> *Cast your anxiety on Him for He cares for you.*  
1 Peter 5:6-7 (NLT)

We are too focused on self - what we think we want/need.

The result of this stress, anxiety, fear and worry in our lives:

- limits our ability to function
- takes a heavy toll on our whole self - things begin to look hopeless
- derails our relationship with God
- distracts us from God's provision and goodness
- dims the Holy Spirit's direction of our lives

### Scriptural Tools:

1. Worship - It is hard to be angry with or ignore God when we are worshipping Him. (Psalm 95)
2. Prayer - seems too obvious, but it is harder than it seems. (Jeremiah 29:11-14)
3. Ask for Help - When we ask for help from others, we are reminded that we are finite and fallible. (Romans 12:4-5)
4. Seek Community (Church) - The Body of Christ is designed to strengthen and support us. (Hebrews 10:24-25)
5. Scripture - God's word repeatedly reminds us that fear and worry do not come from God, and that He is always there to go through the tough times with us. (Matthew 4:4)
6. Examine Your Load - You are responsible for all that is on your plate, and we are responsible to help carry one another's burdens. (Galatians 6:1-10)

*Finally brothers, 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)



Whether you call it stress, anxiety or feeling unsettled, the impact is similar. It can be mild or debilitating, robbing us of our peace, contentment and hope. Even if you aren't experiencing it personally, you have friends and family that are. God offers all of us a different way to live where we don't have to live under the tyranny of stress and anxiety. Come join us as we discover how God created us to live in an unsettled world, but with peace, hope and confidence.

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## FIRST TIME GUESTS

We promise we're not going to make you stand up in front of everyone or track you down, but we'd love to know you were here today! Simply fill out your communication card in the seat back in front of you and check the "First Time Guest" box. On your way out, stop by Guest Services at the front doors and get your FREE welcome gift. We're glad you are here!

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**WE'RE  
SO GLAD  
YOU JOINED  
US TODAY!**

**newhope**  
CHURCH

We're honored when people choose to do church with us. New Hope is for anyone who wants to seek God - from those exploring if He even exists, to devoted Christ-followers. Wherever you are, you'll find we are committed to showing the love of Jesus and helping people establish a relationship with Him. We are casual, laid-back and far from perfect. **ALL are welcome!**



# Calling all Crafters!

Donate ★ Shop ★ Sell ★ Volunteer

## Saturday, December 7

All proceeds help fund our MobilePack with Feed My Starving Children

Volunteer: [bit.ly/2019cmvol](http://bit.ly/2019cmvol)

Donate: [bit.ly/2019cmparticipant](http://bit.ly/2019cmparticipant) (Proceeds go to FMSC)

Sell: [bit.ly/2019cmvendor](http://bit.ly/2019cmvendor). (Register for a table to sell your product.)

Questions? Contact Kim Feld at [kim.feld@newhope.org](mailto:kim.feld@newhope.org)

## FINANCE UPDATE - SEPTEMBER OFFERING

SEPTEMBER BUDGET \$198,466

SEPTEMBER ACTUAL \$196,754

SEPTEMBER OVER/(UNDER) **(\$1,712)**

YTD BUDGET \$1,717,634

YTD ACTUAL \$1,654,129

YTD OVER/(UNDER) **(\$63,505)**

#MADENEW

Our next Baptism Celebration is on Saturday, November 2nd at 2 pm. Find out more at our Baptism Information Meetings in the auditorium following all services this weekend! You can also sign up or ask questions by emailing us at [baptism@newhope.org](mailto:baptism@newhope.org).



## DISCOVERING PARTNERSHIP

For those of you ready to investigate partnership at New Hope, we are offering a Discovering Partnership Class, on Sunday, October 27th from 12:45 - 2:45 pm upstairs in the Large Room. We'll even provide lunch and childcare. Register online at [bit.ly/dpcf2019](http://bit.ly/dpcf2019).



The Landing is a unique group for students in 6th-12th grade who want help dealing with difficult life issues. Being a teenager is tough. Don't worry, we got you! We want to know YOU and what it's like to be YOU. This is a safe place to talk openly about real life, learn new ways of coping, & even have a little fun.

This week we're talking about bullying. Dealing with bullying can be very scary, but when we have faith in God and ask for His help in those situations, He will be there for us always.

The Landing meets on Tuesdays from 7- 8:30 pm. Learn more at [www.thingscansuck.com](http://www.thingscansuck.com). You can also reach us via email at [info@thingscansuck.com](mailto:info@thingscansuck.com) or call 703.971.4673 ext 120.



### TRYING TO EAT HEALTHY...SALAD WITH BACON BITS

Men's breakfast next Saturday , October 26th at 8 am  
Cost is \$5 (guests are free) • Register at [bit.ly/oct19men](http://bit.ly/oct19men)

# mark your calendar

oct	nov	dec	jan
<b>10.19/20</b> Baptism Information Meetings	<b>11.02</b> Baptism Celebration	<b>12.07</b> Christmas Market	<b>1.26</b> Mission Muffins
<b>10.26</b> Men's Breakfast	<b>11.10</b> Mission Muffins	<b>12.14</b> Family Breakfast	
<b>10.27</b> Mission Muffins	<b>11.16</b> Holiday of Hope Begins	<b>12.18</b> Women's Christmas Party	
<b>10.27</b> Discovering Partnership	<b>11.22-24</b> FMSC Mobilepack	<b>12.22</b> Mission Muffins	
	<b>11.23</b> Coat Drive Begins	<b>12.24</b> Christmas Eve Services	

## DIFFERENCE MAKER (N.)

*a follower of Jesus who wants to use their gifts, passions and stories to make a difference in the places God has given them influence.*

One of the first things new people do before visiting a church is watch a service online. That means we need to provide the same friendly New Hope welcome online that we offer in person. Our Livestream Team needs of your help. If you're not currently serving, this might be the perfect place for you! Please let us know at [worship@newhope.org](mailto:worship@newhope.org).

**newhope**  
CHURCH

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