

TAKE HOME SHEET



Series: Unsettled
Message: Learning the Symptoms
Speaker: Rusty Coram
Date: October 5/6, 2019

How does it make you feel when you read Psalm 90:10?

Seventy years are given to us! Some even live to eighty. But even the best years are filled with pain and trouble; soon they disappear, and we fly away.

There are two extremes of thought we need to be aware of and avoid:

The **first** extreme is to give into hopelessness that all of life is destined to be miserable. The **second** is to believe the hype that some try to sell (usually the price of a book, seminar or subscription) that if we just do the right things, we can avoid all pain and suffering in this life – basically have heaven on earth.

God tells us in the Bible that we will have difficulty, pain, loss and suffering in this life but that we can also experience peace, joy and fulfillment as blessings from Him. The following are promises that God makes to all of us when we choose to surrender our lives to trust and follow His son Jesus.

¹¹ “For I know the plans I have for you,” says the LORD. “They are plans for good and not for disaster, to give you a future and a hope. ¹² In those days when you pray, I will listen. ¹³ If you look for me wholeheartedly, you will find me. ¹⁴ I will be found by you,” says the LORD.” I will gather you out of the nations where I sent you and will bring you home again to your own land.”
Jeremiah 29:11-14 (NLT)

Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. ⁷ Then you will experience God’s peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

Philippians 4:6-7 (NLT)

I know how to get along with humble means, and I also know how to live in prosperity; in any and every circumstance I have learned the secret of being filled and going hungry, both of having abundance and suffering need. ¹³ I can do all things through Him who strengthens me.
Philippians 4:12-13 (NASB)

Even when I walk through the darkest valley, I will not be afraid, for you are close beside me. Your rod and your staff protect and comfort me.
Psalm 23:4 (NLT)

³ All praise to God, the Father of our Lord Jesus Christ. God is our merciful Father and the source of all comfort. ⁴ He comforts us in all our troubles so that we can comfort others. When they are troubled, we will be able to give them the same comfort God has given us.
2 Corinthians 1:3-4 (NLT)

BIBLE TRANSLATIONS:

MSG – The Message

NASB – New American Standard Bible

NLT – New Living Translation

MESSAGE NOTES



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Our lives on planet earth will never be stress and anxiety free.

Seventy years are given to us! Some even live to eighty. But even the best years are filled with pain and trouble; soon they disappear, and we fly away.
Psalm 90:10 (NLT)

No one is exempt.

²³ I've been jailed [and] beaten up more times than I can count, and at death's door time after time. ²⁴ I've been flogged five times with the Jews' thirty-nine lashes, ²⁵ beaten by Roman rods three times, pummeled with rocks once. I've been shipwrecked three times, and immersed in the open sea for a night and a day. ²⁶ In hard traveling year in and year out, I've had to ford rivers, fend off robbers, struggle with friends, struggle

with foes. I've been at risk in the city, at risk in the country, endangered by desert sun and sea storm, and betrayed by those I thought were my brothers. ²⁷ I've known drudgery and hard labor, many a long and lonely night without sleep, many a missed meal, blasted by the cold, naked to the weather. ²⁸ And that's not the half of it, when you throw in the daily pressures and anxieties of all the churches. ²⁹ When someone gets to the end of his rope, I feel the desperation in my bones. When someone is duped into sin, an angry fire burns in my gut.

2 Corinthians 11:23-29 (MSG)

Not even Jesus!

Jesus came home and, as usual, a crowd gathered—so many making demands on him that there wasn't even time to eat.

Mark 3:20 (MSG)

Troubles and trials help us see our need for God.

² Dear brothers and sisters, when troubles come your way, consider it an opportunity for great joy. ³ For you know that when your faith is tested, your endurance has a chance to grow. ⁴ So let it grow, for when your endurance is fully developed, you will be perfect and complete, needing nothing.

James 1:2-4 (NLT)



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.

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!

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

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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!**



The Landing is a unique group for students in 6th-12th grade who want help in dealing with difficult life issues. It's also a place for the students who haven't faced those intense battles, but want to have greater wisdom in case life gets tough down the road. Being a teenager today is tough. Sometimes things can just plain suck. Don't worry,

we got you! We want to know YOU and what it's like to be YOU. This is safe place to talk openly about real life, learn new ways of coping, hear some music, and even have a little fun.

In two weeks (10/15 & 10/22) we're talking about bullying. Dealing with bullying can be one of the scariest things you do, 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. You can also reach us via email at info@thingscansuck.com or call 703.971.4673 ext 120. Follow us on Twitter, Instagram and Facebook @thingscansuck.



CELEBRATE RECOVERY

Celebrate Recovery is a Christ-centered 12 Step recovery program to help find freedom from all kinds of hurts, habits and hang-ups. This freedom creates peace, serenity, joy and most importantly, a stronger personal relationship with God and others. Please join us Friday nights at 7 pm at New Hope Church. All are welcome! Find out more at cr.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 in the Large Room. We'll even provide lunch and childcare. You can register online at bit.ly/dpcfall2019.

We ♥ Our Volunteers

Each week, we like to recognize volunteers who serve with excellence.

This week, we'd like to recognize partners in crime that serve on our worship team - **Jake Stovall and Preslie Rose**.

You often see Jake playing

drums in our adult weekend services, but you may not know Jake and Preslie regularly lead our Takeover students in worship. They are both very busy seniors in high school and we're so grateful for the time and talents they regularly share with all of us at New Hope. **Thanks, Jake and Preslie!** We really appreciate you! Do you sing or play an instrument? Or maybe you're more of a behind the scenes kind of person? If so, there are many positions on our Tech Team. You don't need special knowledge - we'll teach you everything you need to know. Email Stacey at worship@newhope.org to find out more.



New Hope Church

Available in App Stores



Download Today: bit.ly/nhclortonapp



QUALITY 5K RUN/WALK RIGHT IN LORTON!

HOPE FOR HELP

5K RUN/WALK

OCTOBER 19TH, 2019

Run Thru the Crosspointe Community

**AMAZING COLOR RUN FOR AGES 2-12!
VIRTUAL & TEAM OPTIONS**



The seventh annual Hope for Help 5K Run/Walk will take runners and walkers through the beautiful Crosspointe subdivision in Lorton and promises a fast finish. The course is great for race enthusiasts as well as families and friends coming out to walk the course and experience the thrill of being a part of a great cause. With the Chronotrack timing system, coupled with a fast course, the run promises awesome and accurate "chip times" at this 5K.

A Mini Color Run is a unique experience focused less on "speed" and more on "crazy color fun" for the kids. Color runners come from all different ages and speeds; but everyone participating has a blast! Color Run races will be broken up by age groups (all under the age of 12) and take place entirely on the New Hope Church campus. It's a great way to end the event by watching your kids have a blast. Medals and t-shirts for all participants!

TO FIND OUT HOW YOU CAN GET INVOLVED OR TO REGISTER, GO TO HOPEFORHELP5K.COM TODAY!

All of the proceeds for this event will benefit Feed My Starving Children, an organization committed to feeding starving children around the world.



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SO, HOW CAN YOU GET INVOLVED?

REGISTER for the Hope for Help 5K and/or Kids' Mini Color Fun Run. You can run or walk. You don't want to miss this day of fun for the entire family. You can register today by going to **hopeforhelp5k.com**. We are incredibly excited to announce that each person registering for the event will have an opportunity to promote your fundraising page. Through this page, you can raise awareness and donations for the much-needed meals for starving children. With 6,200 children dying each day from undernutrition around the world, hope is needed. Through all of our efforts, we are making a difference.

VOLUNTEER your time. We need over 100 volunteers to assure that our event is first class. We have jobs to fit any person. To sign up to volunteer, please stop by Guest Services to see a list and description of all of the volunteer positions, You can also go online to **bit.ly/5kvols2019** to reserve your spot today.

SPONSOR the race! 100% of the money that comes from sponsors will be used to fund the food for the MobilePack event November 22nd through 24th. If you are interested in becoming a sponsor, please stop by Guest Services to get a copy of the Sponsorship Booklet, check out the sponsorship tab on the website, or send an email to **5k@newhope.org**.

**THANKS FOR BEING PART OF HELPING
TURN HUNGER INTO HOPE!**

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Saturday, December 7th · 9 am – 2 pm

Calling all crafters and DIY experts! All proceeds from our Christmas Market go to fund our upcoming mobilepack with Feed My Starving Children, happening here at New Hope on November 22-24. There are many ways that you can be involved:

Volunteer - there are lots of ways to help out! Please sign up at bit.ly/2019cmvol.

Be a Market Participant (please note that participants donate all the proceeds from the sale of their items to our work with FMSC). Sign up at: bit.ly/2019cmparticipant.

Be a Vendor – this is for those of you who own your own businesses and would like to register for a table to sell your product. Sign up at: bit.ly/2019cmvendor.

Questions? Contact Kim Feld at kim.feld@newhope.org



TWO SMALL GROUP INVITATIONS:

A women's group in Lorton is starting a new study called, *Just Open the Door* by Jen Schmidt. This is a seven-session series looking a biblical hospitality. Come learn how to replace cultural expectations with biblical hospitality to create a legacy of invitation and reflect Jesus through simple acts of service. We'll start on Tuesday, October 15th from 9:30 - 11 am. Please send an email to Sherry at sherry.feehs@newhope.org to join in.

A men's group in Lorton is starting new study called, *Grace Filled Marriage* by Tim & Darcy Kimmel. Why isn't the love that gets couples married enough to keep them married? Come and participate in this eight-session series and learn how a grace filled marriage can lead to a life that truly makes a difference! We'll start on Wednesday, October 16th at 7 pm. Please contact Bill at 703.599.7807 to join in.



MEN'S BREAKFAST



WE'RE MAKING PLANS • SAVE THE DATE
SATURDAY, OCTOBER 26TH @ 8AM



Maternal Health Community Roundtable

The Virginia Office of Health & Human Resources is hosting a community roundtable on maternal health in Prince William County in partnership with Delegates Elizabeth Guzman, Jennifer Carroll Foy and Hala Ayala, and the Virginia Interfaith Center for Public Policy. It is on Tuesday, October 8th at 7:30 pm at Sentara Medical Center's Hylton Education Center (2300 Opitz Blvd, Woodbridge). In Virginia, Black women are 3-4 times more likely to die from factors related to pregnancy and childbirth. This free public dialogue is one of 10 sessions throughout VA organized by the Northam Administration to develop a five-year strategic plan to eliminate this racial disparity by 2025.

mark your calendar

oct

10.12
Parent/Child
Dedication

10.19
Hope for Help
5K/Color Run

10.26
Men's
Breakfast

10.27
Mission Muffins

10.27
Discovering
Partnership

nov

11.02
Baptism
Celebration

11.10
Mission Muffins

11.16
Holiday of
Hope Begins

11.22-24
FMSC
Mobilepack

11.23
Coat Drive
Begins

dec

12.07
Christmas
Market

12.14
Family
Breakfast

12.18
Women's
Christmas
Party

12.22
Mission Muffins

12.24
Christmas Eve
Services

jan

1.26
Mission Muffins

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