

Regular Sunday Service Times: 8:40, 9:50, and 11 AM

- **Watch Online:** at laurelridgechurch.org/watch
- **Nursery/Preschool:** At all service times
- **Kids Church (K-6th) Services:** At all service times
- **THE RIDGE (MS and HS) (7-8th grades, 9-12th grades) Community Group:** Now at all service times.
- **Wednesdays, Kids and Preteen Adventure**
(K-4th grades, 5-6th grades) 6:15-8:00 PM
- **Wednesdays, THE RIDGE (MS and HS)**
(7-8th grades, 9-12th grades) 6:15-8:00 PM
- **Tuesdays: Celebrate Recovery:** 6:00 PM, Oakley Campus
- **Thursdays Prayer Team:** 5:30 PM, Room 104
- **Thursdays, Grief Share:** 7:00 PM, Room 301

For other opportunities and Community Group info, visit laurelridgechurch.org

| Oakley Campus Planner | |
|---|---|
| <p>9/7: Fall Community Groups Begin</p> <p>9/7: Baptism Sunday, 11am</p> <p>*9/7: Base Camp Starts, 9:30am, Rm 301</p> <p>9/8: Mommy Meet-up, 9-11:30am, Gym</p> <p>*9/14: Secret Sister's Luncheon, 1pm, Gym</p> <p>9/16: SALT 60+, Picnic, 11:30am, Brentwood</p> <p>9/30: Worship Night, 7pm</p> <p>10/4: Men's Breakfast, 8-9:45am, Gym</p> <p>10/8: K-3rd Parent/Child Game night, 6:15-8pm, Gym</p> <p>10/24: Harvest Carnival, 6-8:30pm</p> <p>11/2: Child/Teen Baptism Class, 12:10pm, Rm 301</p> <p>*11/2: Growth Pathway-9-10:45 am, Rm 301 1st Base, Connect with Jesus and the Church</p> | <p>*11/9: Growth Pathway- 9-10:45 am. Rm 301 2nd Base, Developing Daily Habits with Jesus</p> <p>11/16: Baptism Sunday, 11am</p> <p>*11/16: Growth Pathway- 9-10:45 am. Rm 301 3rd Base, Living Faithfully for Jesus</p> <p>*11/23: Growth Pathway- 9-10:45 am. Rm 301 Home Base, Sharing Jesus with confidence</p> <p>*Register at laurelridgechurch.org/register</p> |
| Laurel Ridge Church: Seek God. Build Community. Unleash Compassion. | |



HABITS THAT LEAD TO HAPPINESS
How to Live Stress-Free
September 7, 2025

Philippians 4:7 - **If you do this**, you will **experience God's peace**, which is far more wonderful than the human mind can understand. **His peace** will keep your thoughts and your hearts quiet and at rest as you trust in Christ Jesus. TLB

- **With every promise there's a premise.**

1. **MAKE A _____ DECISION**
_____ TO WORRY ABOUT ANYTHING.

Philippians 4:6 - Do not be anxious about **anything**,...

- **JESUS SAID THAT WORRY IS _____**

Matthew 6:25 - "Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes?"

- **JESUS SAID THAT WORRY IS _____**

Matthew 6:26 - Look at the birds of the air; they do not sow or reap or store away in barns, and yet **your** heavenly Father feeds them. Are you not much **more valuable** than they?

Matthew 6:28-29 - "And why do you worry about clothes? See how the lilies of the field grow. They do not labor or spin. ²⁹ Yet I tell you that not even Solomon in all his splendor was dressed like one of these.

- **JESUS SAID THAT WORRY IS _____**

Matthew 6:27 - Who of you by worrying can add a single hour to his life?

- **JESUS SAID THAT WORRY IS _____**

Matthew 6:30 - If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you, O you of little faith?

1 Peter 5:7 - "Unload **all your worries** on God since He is looking after you!" (JB)

2. **MAKE A _____ DECISION
TO _____ ABOUT EVERYTHING!**

Philippians 4:6 - Never worry about anything. Instead **in every situation** let God know what you need **in your prayers** and requests... (GW)

James 4:2 - You do not have, because you do not ask God.

3. **MAKE A _____ DECISION
TO THANK GOD _____ THINGS!**

Philippians 4:6 - ...When you ask God for what you need also **thank him for all he's done.**" NLT)

Philippians 4:6 - ...always ask **with a thankful heart.** (TEV)

1 Thessalonians 5:18 - "**In everything give thanks,** for THIS is the will of God in Christ Jesus for you!"

4. **MAKE A _____ DECISION
TO _____ ABOUT
GOOD THINGS**

Philippians 4:8 - **Fill your minds** with those things that are **true** and **good** and **right**. **Think about** things that are **pure** and **beautiful** and **respected**. If anything is **excellent** or if anything is **worthy of honor**, think about those things. (NCV/NAS)

5. **MAKE A _____ DECISION
TO BE _____!**

Contentment is enjoying what I have right now rather than waiting for something else to happen in order for me to be happy.

Philippians 4:11-12 - I am not saying this because I am in need, for I have **learned to be content** whatever the circumstances. ¹² I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being **content in any and every situation**, whether well fed or hungry, whether living in plenty or in want.

- **Stop comparing**
- **Stop thinking that having more is better**
- **Start learning to admire without having to acquire**

Ecclesiastes 4:6 - It's better to only have a little with peace of mind, than to be busy all the time with both hands, trying to catch the wind.(TEV)

HOW?

Philippians 4:13 - I have the strength to face anything and everything by the power that Christ gives me.

NEXT STEPS:

- **Spend 15 minutes a day with the Lord.**
- **Accept Jesus.**

Free Wi-Fi: LRCC-GuestWifi Password: lrccguest

Five Easy Ways to Give:

1. In Person: Place your offering in an offering box at either exit.
2. Our App: Search for "Laurel Ridge Community Church" on iOS and Android.
3. Online: laurelridgechurch.org/give
4. Bill Pay: Setup LRCC on your bank's Bill Pay. Your name is your account number.
5. Mail a check to the church: 2459 Laurel Road, Oakley, CA 94561

Questions? Call 925-625-9500