

Oakley Campus | Week at a Glance | April 28-May 4

Sunday Service Times: 8:40, 9:50, and 11:00 AM

- **Watch Online:** at laurelridge.online.church
- **Nursery/Preschool:** At all service times
- **Kids Church (K-6th) Services:** At all service times
Watch online at 9:50 AM: "Ridge Kids" on YouTube
- **THE RIDGE (MS & HS) Community Group:**
Now at all service times.

Tuesdays, Celebrate Recovery: 6:00 PM, Oakley Campus

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

Thursdays, Prayer Team: 5:30 PM, Conference Room

Thursdays, Grief Share: 7:00 PM, Room 301

For all Nursery-12th Grade programs, contact brandon@laurelridgechurch.org

Bethel Island Campus | Week at a Glance

Sunday Service Times: 11:00 AM

Wednesday Bible Study: 7:00 PM, Fellowship Hall

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

Oakley Campus Planner

*4/28: VBS worker Sign Ups	5/29: Summer Game Night, Gr 4-7, 6:15-8pm
*4/28: Kids In House Signups for VBS. Password: scuba	5/30: High School Night, 6:15-8pm
*4/28: Child-Teen Baptism Class, 12:10pm, Rm.301	6/2: Volunteer VBS Training, 1pm
*5/3: Children's Awake-a-thon, Gr 2-6, 6pm-7am	*6/8: Men's Breakfast, 8-9:45am, Gym
*5/5: Next Steps Starts, 9:30am, Rm 301	6/10-14: VBS, 9am-12:30pm
5/5: VBS Opens to Community	6/12: Summer Camp Meetings and Balances Due, 1pm or 6:15pm
5/12: Mother's Day	*6/23-28: Summer Camp, Gr 2-6
5/13: Mommy Meet Up, 9-11:30am, Gym	*7/8-13: Summer Camp, Gr 7-12
5/19: Baptism Sunday, 11am	
*5/19: Secret Sister's Lunch, 1pm, Gym	
5/21: Boomers BYO Lunch & Bingo, 11:30am	
5/27: Office Closed for Memorial Day	*Register at laurelridgechurch.org/register

Laurel Ridge Church: Seek God. Build Community. Unleash Compassion.



FINDING PEACE OF MIND
How to Stop Worrying
April 28, 2024

2 Timothy 1:7- For **God has not given us the spirit of fear**; but of **power**, and of **love**, and of a **sound mind**. KJV

Sound mind: (discipline) has the literal meaning of a secure and sound mind, but it also carries the additional idea of a self-controlled, disciplined, and properly prioritized mind.

A WORRYING HEART

- _____ **Are you rattled when things don't go as you expected?**
- _____ **Do you often worry about things beyond your control?**
- _____ **Do you lose sleep over pressing issues?**
- _____ **Is it hard to "turn off" your mind?**
- _____ **Does the unknown intimidate you?**
- _____ **Do you often imagine the worst case scenario?**

Research on Worry: _____% never happens _____% concern the past _____% needless about health _____% insignificant/petty issues _____% legitimate concerns

FEAR/WORRY: *"Assuming RESPONSIBILITY that God never INTENDED for me to have."*

- **About 60% of adults in the United States struggle with worry and stress *daily*.**

➤ **What's the difference between worry and anxiety?**

1. We tend to experience worry in our _____.
2. We generally experience anxiety in our _____.

Jesus says not to worry about...

- **Finances - Food - Fitness - Fashion - Future**

Matthew 6:24-25 - "**No one can serve two masters.** Either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve both God and Money. 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?"

Matthew 6:34 - "Therefore do not worry about tomorrow, for tomorrow will worry about itself. ..."

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?**"

➤ **What's the difference between concern and worry?**

1. Concern focuses on challenges and moves you to _____.
2. Worry focuses on what's beyond our control and results in _____.

Matthew 6:27 - "Can any one of you by worrying add a single hour to your life?"

➤ **Hard truths about worrying:**

1. “God, I _____ trust your plan.”

2. What you worry about most reveals where you trust God the _____.

➤ How do we overcome worry?

Matthew 6:33 - “But **seek first** [God’s] kingdom and his righteousness, and **all these things will be given to you as well.**”

1. You seek _____ God's kingdom and his righteousness.

What does it look like to seek Him first?

Matthew 6:32 - For the pagans run after all these things, and **your heavenly Father knows that you need them.**

- He says the solution to worry is redirecting your _____.

Matthew 6:33 - “**But seek first** [God’s] kingdom and his righteousness, and **all these things will be given to you as well.**”

Matthew 6:10 - your kingdom come, your will be done on earth as it is in heaven.

Matthew 6:33-34 - But seek first his kingdom and his righteousness, and all these things will be given to you as well. ³⁴ **Therefore** do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

Wi-Fi 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