

Oakley Campus | Week at a Glance | May 5-May11

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

*5/5: VBS worker Sign Ups	6/2: Volunteer VBS Training, 1pm
*5/5: Next Steps Starts, 9:30am, Rm 301	*6/8: Men's Breakfast, 8-9:45am, Gym
5/5: VBS Sign ups open to Community	6/10-14: VBS, 9am-12:30pm
5/12: Mother's Day	6/12: Summer Camp Meetings and Balances Due, 1pm or 6:15pm
5/13: Mommy Meet Up, 9-11:30am, Gym	6/16: Father's Day
5/19: Baptism Sunday, 11am	*6/23-28: Summer Camp, Gr 2-6
*5/19: Secret Sister's Lunch, 1pm, Gym	*7/8-13: Summer Camp, Gr 7-12
5/21: Boomers BYO Lunch & Bingo, 11:30am	
5/27: Office Closed for Memorial Day	
5/29: Summer Game Night, Gr 4-7, 6:15-8pm	
5/30: High School Night, 6:15-8pm	
6/2: Spring Quarter of Community Groups Ends	*Register at laurelridgechurch.org/register

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



FINDING PEACE OF MIND
How to Stop Runaway Negative Thoughts
May 5, 2024

WHY I MUST MANAGE MY MIND?

1. BECAUSE MY THOUGHTS _____ MY LIFE!

Proverbs 4:23 - “Be careful how you think; your life is shaped by your thoughts.” (GTN)

My life is always moving in the direction of my strongest thoughts.

2. BECAUSE MY MIND IS THE BATTLEGROUND FOR _____.

Romans 7:22-23 - “I love to do God’s will so far as my new nature is concerned; ²³ but there’s something else deep within me that is **at war with my mind** and wins the fight and makes me a slave to the sin within me. **In my mind** I want to be God’s servant, but instead I find myself still enslaved to sin.” (LB)

3. BECAUSE IT’S THE _____ TO MY PEACE AND HAPPINESS

Romans 8:6 - “If your sinful nature controls your mind, there is death. But if the Holy Spirit **controls your mind**, there is **life and peace**.” (NLT)

Negativity Bias

- **Negative events imprint on our brains more quickly and linger _____ than positive ones.**
- **Negativity becomes a _____.**

Where are _____ most prone to negativity?

- **Relational Cynicism**
- **Negative Filtering**
- **Absolute Thinking**
- **Blaming**

1 Samuel 30:3-4, 6 - When David and his men reached Ziklag, they found it destroyed by fire and their wives and sons and daughters taken captive.⁴ **So David and his men wept aloud until they had no strength left to weep.** ...⁶ David was **greatly distressed because the men were talking of stoning him; each one was bitter in spirit** because of his sons and daughters. **But David found strength in the LORD his God.**

1 Samuel 30:6 - ... but David **encouraged himself in the LORD his God.** KJV

Psalms 103:1-5 - Praise the LORD, my soul; all my inmost being, praise his holy name.² Praise the LORD, my soul, and forget not all his benefits—³ who forgives all your sins and heals all your diseases,⁴ who redeems your life from the pit and crowns you with love and compassion,⁵ who satisfies your desires with good things ...

Psalms 103:8 - The LORD is compassionate and gracious, slow to anger, abounding in love.

Psalms 86:15 - But you, Lord, are a compassionate and gracious God, slow to anger, abounding in love and faithfulness. NIV

Psalms 145:8 - The LORD is gracious and compassionate, slow to anger and rich in love. NIV

Exodus 34:6 - And he passed in front of Moses, proclaiming, "**The Lord, the Lord, the compassionate and gracious God, slow to anger, abounding in love and faithfulness,**

Romans 15:13 - May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.

- **Relational** _____

God, by your power, I choose to get rid of all bitterness and skepticism. I choose to be kind and compassionate and believe the best in others. I choose to love and forgive others as Jesus has loved and forgiven me. *Ephesians 4:3, John 13:34-35*

- _____ **Filtering**

God, by your power, I take every thought captive and make it obedient to the truth of Christ. Because you are a good God and desires for me to have my thoughts on what is good, right, true, helpful, and worthy of praise. As I believe your peace will guard my heart, soul and mind in Christ Jesus. *2 Corinthians 10:5, Philippians 4:7-8*

- _____ **Thinking**

God, by your power, I choose to love and accept others as Jesus has accepted me. With a humble heart like Jesus, I choose to love others above myself. *John 13:34-35. Philippians 2:3*

- _____

God, by your power, I choose to remind myself that you have given everything I need to accomplish everything God wants me to do. In Christ, by his power, by his blood. I am an overcomer by the blood of the lamb and by the words of this testimony. *2 Peter 1:3, Revelations 12:11*

In Christ, I will overcome.

Wi-Fi password: lrccquest

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