

Oakley Campus | Week at a Glance | April 14-20

Sunday's Service Times: 8:40, 9:50, and 11:00 AM
or online at laurelridge.online.church

Sunday Nursery/Preschool: 8:40, 9:50, and 11:00 AM

Sunday Kids (K-6th) Services: 8:40, 9:50, and 11:00 AM
Streaming online at 9:50 AM: "Ridge Kids" on YouTube

Sunday, THE RIDGE (MS & HS) Community Group:
8:40 (NEW), 9:50 and 11:00 AM

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

Wednesdays, Kids (K-4th) and Preteen (5th-6th) Adventure
6:15-8:00 PM

Wednesdays, THE RIDGE (MS and HS): 6:15-8:00 PM
(7-8th grades, 9-12th grades)

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

4/14: Contribution statements available
<https://laurelridgechurch.org/giving-statement>

*4/14: VBS worker Sign Ups

*4/14: Join a Community Group

4/15: Mommy Meet Up, 9-11:30, Gym

4/16: Boomers at Celia's, 11:30am

4/16: Worship Night, 7-8pm

*4/20: Women's Brunch, 10am-12noon, Gym

*4/21: Kids In House Signups for VBS begin

*4/27: Father Daughter Dance, 6-8pm

*4/28: Child-Teen Baptism Class, 12:10pm, Rm.301

*5/3: Children's Awakeathon, Gr 2-6, 6pm-7am

*5/5: Next Steps Starts, 9:30am, Rm 301

5/12: Mother's Day

5/19: Baptism Sunday, 11am

*5/19: Secret Sister's Lunch, 1pm, Gym

5/29: Summer Game Night, Gr 4-7, 6:15-8pm

5/30: High School Night, 6:15-8pm

*6/8: Men's Breakfast, 8-9:45am, Gym

*6/23-28: Summer Camp, Gr 2-6

*7/8-13: Summer Camp, Gr 7-12

*Register at laurelridgechurch.org/register

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



FINDING PEACE OF MIND
Controlling My Anxious Heart
April 14, 2024

Philippians 4:4-6 - Rejoice in the Lord always. I will say it again: Rejoice! ⁵ Let your gentleness be evident to all. The Lord is near.⁶ **Do not be anxious about anything.**

- In 2019, two out of three Americans said they were anxious or extremely anxious.
- 91% of high school and college students reported consistent and significant levels of anxiety associated with stress.

Mark 14:34 - "My soul is overwhelmed with sorrow to the point of death," he said to them. "Stay here and keep watch." . . . "Abba, Father," he said, "everything is possible for you. Take this cup from me. Yet not what I will, but what you will."

- Anxiety isn't a sin, it's a signal telling you to _____
to God, it's time to pray.

Three steps:

1. IT'S TIME TO _____.

2 Chronicles 20:3 - Jehoshaphat was terrified by this news and begged the LORD for guidance. He also ordered everyone in Judah to begin fasting. NLT

2 Chronicles 20:6, 9 - ...“LORD, the God of our ancestors, are you not the God who is in heaven? You rule over all the kingdoms of the nations. Power and might are in your hand, and no one can withstand you. ...⁹ ‘If calamity comes upon us, whether the sword of judgment, or plague or famine, we will stand in your presence before this temple that bears your Name and will cry out to you in our distress, and **you will hear us and save us.**’

- FOCUS ON GOD, _____ MY PROBLEM.

“It has been found that 12 minutes of daily focused prayer over an 8-week period can change the brain to such an extent that it can be measured on a brain scan.” –Dr. Caroline Leaf

Not only does prayer touch the heart of God, but prayer changes the chemistry of your brain.

merimnao: dwelling or pondering on fearful or anxious thoughts.

2 Chronicles 20:12 - “... For we have no power to face this vast army that is attacking us. **We do not know what to do, but our eyes are on you.**”

1 Peter 5:7 - Cast all your anxiety on him because he cares for you.

2. IT'S TIME TO _____.

2 Chronicles 20:12-13 - “... We do not know what to do, but our eyes are on you.”
¹³ All the men of Judah, with their wives and children and little ones, **stood there before the LORD.**

Psalms 46:10 - ... “Be still, and know that I am God ...”

2 Chronicles 20:15, 17 - ... “Do not be afraid or discouraged because of this vast army. **For the battle is not yours, but God's.** ¹⁷... **Go out to face them tomorrow, and the LORD will be with you.**”

- **WAIT AND WATCH WHAT _____ WILL DO.**

3. IT'S TIME TO _____.

2 Chronicles 20:8-9 - They have lived in it and have built in it a sanctuary for your Name, saying, ⁹ 'If calamity comes upon us, whether the sword of judgment, or plague or famine, **we will stand in your presence before this temple that bears your Name** and will cry out to you in our distress, and you will hear us and save us.'

2 Chronicles 20:29-30 - The fear of God came on all the surrounding kingdoms when they heard how the LORD had fought against the enemies of Israel. ³⁰ **And the kingdom of Jehoshaphat was at peace, for his God had given him rest on every side.**

- _____ **GOD TO TURN BATTLES INTO BLESSINGS.**

Next Steps:

Pick up the paper: "Ten things that you can do in overwhelming times."

Start the Wisdom for Mental Health Bible Plan using Plans with Friends:

laurelridgechurch.org/mentalhealth

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