

(prayed over by the elders) Prayer Requests							
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The Sabbath was made for man, not man for the Sabbath.

Mark 2.27

Why do we need to rest when we are stressed?

Phil 4.6-7

Introduction: God has prescribed ways for us to handle the stress, anxiety, and fears of life. Today we will look at some of them and the possible outcomes.

I. Don't be anxious about anything. (Anxious- Gr. Merimnao *distracted, drawn in opposite directions, to go to pieces, to be divided, worried.)

- A. Worldly troubles. Jn 16.33
- B. Food (daily bread) Ps 127.2 & Mt 6.25-27
- C. Fears. 2 Tim 1.7, Isa 41.10, Jn 14.27

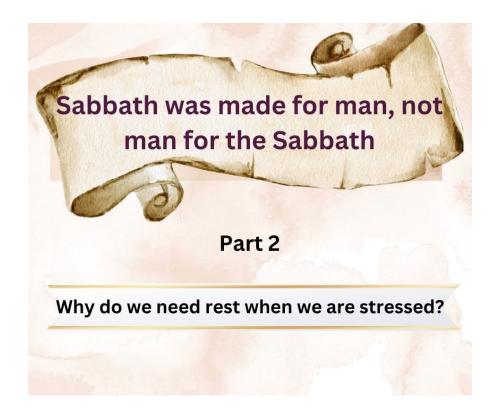
II. Pray about anything.

- A. Prayer. Phil 4.6 (addressed to God)
- B. Petition. Phil 4.6 (entreaty, supplication, heart-felt, arising out of a deep per sonal need, sense of lack, want, personal, urgent.)
- C. With thanksgiving. Phil 4.6 (grateful language to God as an act of worship)

III. Accept God's provision.

- A. Peace (Eirene: peace of mind, wholeness, the welfare of an individual) of God. Phil 4.7, Jn 16.33
- B. Which transcends all understanding (reason, comprehension, mind). Phil 4.7
- C. He will guard out hearts (inner self, intention center, volitional desire) ...Phil 4 7
- D. ...and minds (thoughts, design, systematic understanding). Phil 4.7
- E. Sleep. Ps 4.8 & 127.2
- F. Sound mind. 2 Tim 1.7

Conclusion: God offers to give us rest (in Him), even when we are stressed. Could you relate to some of the feelings that were described today? (worry, anxiety, fear, etc...) Do you usually just try and deal with it by yourself? Just try and distract yourself? Or do you pray and seek God's presence and peace?



May 12, 2024



Greenview Alliance Church

1955 Warrensville Road Montoursville, PA 17754 / 570-433-4506 greenviewalliance.com

Welcome!

We're glad you're here.

If you are a visitor today or church member with a prayer request or if you need to contact a staff member or elder, please take a moment to fill out the attached connection card and place it in the offering plate, located at the back of the sanctuary.

Nursery is available for children ages 0 up to 4 years old. KidZone is available today. The volunteers are: Molly Kadash and Heather Way.

Pastor Ron will lead us in prayer.

Pastor Ron will be giving the message today. Why do we need rest when we are stressed?

The worship team will lead the following songs: Glorious Day, Blessed Be Your Name, Psalm 8, Son of Heaven, and One True God.

Thank you for spending your morning with us!

See Church Center App for our Event Calendar

10:00am Sunday Worship Service



Contact Information for Staff and Elders Or email the office at greenviewalliance@comcast.net

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Announcements

Second Offering for May is our People Helping People Fund

The PHP fund is our financial program designed to provide assistance to congregants and people in the community facing unexpected financial hardships or crises.

GREENVIEW WORK DAY

May 18th will be work days here at Greenview. This is your opportunity to help out where needed! It will entail everything from cleaning, filling in ruts, maintenance, technology cleanup, playground mulch, weeds, windows, etc. Bring you work gloves, norwex rags, rakes, shovel, anything you think you would need to put your skills to work. There is something for everyone!! Please do not bring children under 10 years old. We will start at 8:30am. I don't know how long we will be here, (noonish?) but stay and help as long as you can. Many hands make light work.

Library

Do you enjoy reading? Feel free to love up on our books in the library. We have great opportunities to read recreational, educational, resource books, children's books, DVDs, etc. There is something for everyone of all ages. If you have guestions. Please see Carol Fish.

Parents' Night Out

We need adult volunteers that have their clearances or are willing to get their clearances. The more help we get the more kids we can accommodate. I am hopeful that we have enough interest that we can rotate adults, so everyone has an opportunity to have a night out. It also gives our children a chance to get together in a safe, fun environment while growing together. PNO would be held the 3rd Friday of the month from 6 pm to 8:30 pm. The activities will vary month to month. Sign up to be a volunteer at the welcome table.

VBS



Let's cruise through the jungle on an epic adventure exploring seven ports of call this summer. June 24th-28th, 6-8pm. Kids ages 4-10, as of June 23rd. Register on the church website, click the Great Jungle Journey link. Interested in helping with crafts, games, snack, bible stories, and guiding kids in applying God's Word to their lives? Attend a short Volunteer Meeting after church May 19th in the library to learn more.



Address

00 a a **Returning Guest** 1st Time Guest

recommitted my life to Jesus today

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Phone:

O Change in contact information