

## Crossroads Community Church

Sunday September 7th, 2014

This Sunday Evening at the Jack Downing Park we rejoiced as we offered Free Music, Free BBQ and a Little Line dancing too!

Thanks Brian, Terri, George, Hope, Robert, Sheila and Robin, you make it look so easy?

This past week has been full of excitement as students settled into their new classes and routines. Children and adults alike have met the challenge and we thank God for His strength. Pastor Don shared announcements and prayer needs of the community, then He prayed, ? Dear Father God we humbly come to thank you for being with us through every new situation that we face, we choose to trust in you for you promise to be with us always, bless us now with your peace, in Jesus name Amen.?

How many of you were anxious this past week while preparing to go back to school? Whether you are a student or a teacher, a new year can present many variables. How about a new job, becoming a new parent or finding yourself in the unemployment line or even facing a less than favorable health diagnosis? Those experiences or challenges can surely cause feelings of uncertainty, stress, and anxiety. The fear of the unknown has the potential to cripple us, we hesitate to act, we distrust and withdraw from opportunities or people and we can fall into depression. Is there any hope to overcome this battle with anxiety? There most certainly is, Life is uncertain but God is certain! ?Therefore Give all your worries and cares to God because he cares about you,? 1 Peter 5:7.

God is a God of peace not fear and chaos, His desire is for us to trust and depend on Him, to submit to Him not the circumstances we find ourselves in. God is always thinking good thoughts concerning us, He loves us and wants the best for us, (Jeremiah 29:11).

Anxiety is the opposite of trust and peace and it causes ravage on the lives of many because people have a tendency of anticipating the worst possible scenario. When we give into anxiety we worry about everything and it is exhausting, we become insomniacs fretting over things that won't even happen. This becomes a vicious circle, the less we sleep the less energy we have to face tomorrow, and the less energy the more overwhelmed we feel and the more we worry, (Proverbs 12:25).

Jesus foreknew that life would be filled with uncertainty and fearful moments, so he prayed for our strength and that we would find it united with others who believe and trust in Him, ?I am praying not only for these disciples but also for all who will ever believe in me through their message. I pray that they will all be one, just as you and I are one?as you are in me, Father, and I am in you. And may they be in us so that the world will believe you sent me,? John 17:20. Gods promises over and over again that He will never leave us or forsake us and that He is with us even to the end of time, (Hebrews 13:5, Matthew 28:20).

God tells us to never be anxious for anything and that he will provide for all our needs, (Isaiah 46:4), also we ought to be satisfied with what we have for this is the secret of contentment. The more we are grateful the less we will be anxious, and the less anxious we are, the more patient and gentle we are with ourselves and one another and this promotes joy, contentment, peace and unity. That is what God does for us and it should be evident in our daily lives, (Philippians 4:4,5). This doesn't mean we should ignore situations, but it means our focus should be on Jesus, when we take our focus off the problem at hand and place it in God's hands, we will have a calmer clearer point of view. When we pray about things, the conflict may not be resolved immediately, although many times it may; but our ability to face it and work through it will be more positive and will have a much better outcome.

Beloved Our Heavenly Father deeply cares for us and He is interested in every aspect of our lives, no situation is too big or small, He tells us not to worry about anything; instead, pray about everything. Tell Him what we need, and thank Him for all he has done. He promises that when we trust Him in prayer we will have a peace that surpasses all understanding and this peace will guard our hearts and minds as we live for Jesus. And now, dear brothers and sisters, one final thing, let us focus our thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable, things that are excellent and worthy of praise. Let us keep putting into practice all we've learned and received from Jesus, then the God of peace will be with us until the day of His return, Asherey Shalom! (Philippians 4:6-9).

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