

PRAYER LIST

DANNY ANTHONY, Edna Toole's cousin - cancer
CHERYL BARRON, Stan Raley's sister
BECKY BROWN, Sherri Clopton's mom
LINDA BULLOCK, medical issues/tests; Covid
LINDA COLLIE, knee surgery recovery; Anderson South, moved to room 312; would like visitors
ALAN DES ORMEAUX, Vinson friend; cancer
ROBERT DUNCAN, Andy's brother, health issues
TAMMIE DUNN, Linda Bullock's daughter
ALANA FAIR
JAMES GORDON, Bridget Smith's dad
ANTORIAS GROVES, Ethel Clark's son-in-law,
EVELYN GUY, health issues
BUD HARPER, Cindy's bro-in-law, health issues
TERRY HARPER, Cindy's husband health issues
THERMAN HODGE
JACK HUNTLEY, Callens friend
BILLY JOHN, health issues
JORDAN KEMBLE, Warren friend; brain tumor
LAMAR KING
WALTER KING, Lamar's dad
JACK MEARS
CHARLENE RALEY, Stan's mom – health issues
STAN RALEY
GRADY RICHARDSON, Angela Duncan's dad
AL ST. CLAIR
THELMA TALBERT, Shirley Raley's mom
RUTH TAYLOR, Brookdale/Meridian
ANNIE THOMAS, Edna Toole's mother, health
TERRY TRIBBLE, Renée Cumberland's friend
PERRY TUBBY, Brandie Madison's dad
DICK VINSON, Bladder Cancer; surgery 6/17
ANNIE WEBB, Cindy Harper's g-grand-daughter
MAX WEBB, Cindy's grandson, deployed
MEMBERS of our ARMED SERVICES
OUR GOVERNMENT – NATIONAL & STATE
CHURCH MISSION WORK WORLDWIDE

ANNIVERSARY & BIRTHDAY

September 5 to 11 : NONE

Pine Vale Children's Home Fall



Week of October 4th

Pine Vale Children's Home Fall Pantry Drive is beginning and our list of items to gather will be posted on the foyer bulletin board. Thanks in advance for your continued generosity in helping the Home and their children. This year's items requested are:

Muffin Mixes
(Blueberry,
Chocolate Chip, etc.)
Honey Mustard
Parchment Paper
~or~
Saran Wrap

~see bulletin board for more info~

Overcoming Anxiety

One of the most prevalent struggles for Christians today is anxiety. It seems to me that, in whatever we do, there is deep-seeded pressure which causes us to feel as though a lapse in performance will cause us to be labeled as failures. Based on the teachings of Scripture, anxiety is not a newly found issue in the twenty-first century. In our Lord's famous Sermon on the Mount, we are taught that through ultimate trust in the Father, we can rid ourselves of anxiety. The question we often find ourselves asking, however, is how to practically overcome anxiety. Thankfully, in Philippians 4, Paul teaches a message similar to Jesus', and in that message, he gives three practical pieces of advice to help Christians overcome anxiety. I would ask that you stop here and read Paul's words in Philippians 4:6-9.

First, we are reminded to pray (Philippians 4:6). Here, Paul does not simply tell us to "pray" and leave it up to us to figure out the rest. Rather, he uses three words to describe what it should look like to spend time before the throne of God. First, the word "prayer", in its rawest form, points to the idea of exchanging wishes. As we make our requests known to God, or as we exchange our wishes, may we approach God's throne with adoration, knowing that He is faithful, willing, and able to bless those who are faithful to Him. The second word, "supplication", carries the idea of heart-felt petitions. May we rest in knowing we serve a God who cares for us more than we could ever imagine. Peter reminds us in 1 Peter 5:7 to cast "all your anxieties on him, because he cares for you." Finally, Paul uses the word "thanksgiving", indicating that in our prayers, we should not only make requests of God, but shower God with our thankfulness for what He has done and will continue to do for us.

Second, we are reminded to think on godly things (Philippians 4:8). From cable news to social media to lunchtime discussions at work, negativity is just around every corner. One of the easiest ways to be trapped by anxiety is to participate in the negativity that is so pervasive in our world. Based on Paul's teaching, when we think on godly things, we will be one step closer to participating in the "peace of God" spoken of in verse 7.

Third, we are reminded to live faithfully (Philippians 4:9). In 1 Corinthians 11:1, Paul urges his readers to imitate him. He gives a similar command to the Philippians in verse 9. Why? Because Paul was an imitator of Christ! His message in verse 9 is clear: If you will practice the righteous way of living learned through the gospel, "the God of peace will be with you" (Philippians 4:9b). God loves you, and so do I.

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