



5 CONVERSATIONS WITH CHRIST: ANXIETY/WORRY

Aug 9, 2020 • Pastor Gregg Matte • Matthew 6:25-33 & Luke 12:22-33 (matthew.bible & luke.bible)

► Why do we worry?

- _____: we care
- _____: exhausted
- _____: cognitive errors
- _____: fear of provision
- Worry won't change the situation, but it will change you.

► How to turn worry back.

- _____ God to provide.
- Realize _____ our need.
- Work _____ the worry.
 - Capture the thought. *Romans 10:5*
 - Examine the thought for truth and lies. *Psalms 139:23-24*
 - Redirect the thought. *Philippians 4:8*

SCRIPTURES TO HELP WITH WORRY/ANXIETY

John 14:27

"Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid."

Psalms 139:23-24

"Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting (the way of shalom and flourishing)."

Isaiah 26:3 KJV

"Thou wilt keep him in perfect peace, whose mind is stayed on Thee: because he trusteth in Thee."

Matthew 6:34

"Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."

John 14:1

"Do not let your hearts be troubled. You believe in God; believe also in Me."

Philippians 4:6-7

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

MOST COMMON COGNITIVE DISTORTIONS

1. All-or-Nothing Thinking

(“If I’m not perfect, get something wrong, I’m a failure.”)

2. Overgeneralization

(“I always...”)

3. Mental Filter

(Focuses on a single negative piece of information and excludes all the positive ones)

4. Disqualifying the Positive

(“Anyone can do that.”)

5. Jumping to Conclusions

(Mind reading)

6. Magnification

(Catastrophizing) or Minimization

7. Emotional Reasoning

(“I feel it, therefore it must be true.”)

8. Personalization

(Assuming you are to blame)

Feeling Good Handbook (1989) by David D. Burns

ONLINE OPTIONS

Our worship services are available online each Sunday at 9a, 11a, and 5p at HoustonsFirst.org, [YouTube.com/HoustonsFirst](https://www.youtube.com/HoustonsFirst), and [Facebook.com/HoustonsFirst](https://www.facebook.com/HoustonsFirst).



HOUSTON'S FIRST
BAPTIST CHURCH

WEEK AT A GLANCE

Generosity

AT HOUSTON'S FIRST

Fiscal year to date (July 1, 2020–Aug 2, 2020)

First Time Givers	20
Total Givers	2,506
Generosity to Date	\$2,403,213
Generosity Goal to Date	\$2,893,120
Cumulative revenue less expenses (July 1, 2019–June 30, 2020)	\$644,526

Thank you for your continued giving to God's mission at Houston's First. We invite you to visit HoustonFirst.org/Giving for additional financial information and to set up recurring opportunities to give.



ATTENDANCE

Week ending Aug 2, 2020

Life Bible Study 1,523



DECISIONS

Week ending Aug 2, 2020

For Baptism

Kim Poirier
Madi Townsend

Statement

Christina Lloyd

From Other Fellowship

Amanda Lee



Mon, Aug 10 @ 7–8p — Online

Pastor Gregg & Kelly Matte are hosting this week's online Night of Prayer on Monday evening. You can connect via YouTube, Facebook, or HoustonFirst.org.

What questions do you have?

Whatever is on your mind or heart, text **PRAYFIRST** to **41411**. You'll receive a link to our Prayer & Connection Card where you can tell us how we can pray for you, ask questions about Jesus, request information about our church, ask for somebody to contact you, and more. We look forward to hearing from you soon!

ROADMAP TO REUNION

THE **NEXT** SURVEY

As the church prepares to provide in-person worship service and Life Bible Study options again, we want to hear from you! Each adult (18+) is asked to complete a short survey by Thu, Aug 13, to let us know your thoughts. Find the survey at HoustonFirst.org or text **FEEDBACK** to **41411** for a link.



Houston's First has Talent

Wed, Aug 19 @ 6:30p — Online

Make plans to watch the LIVE show online as members of the Houston's First family show us their talents! You'll get to vote to see which acts walk away with 1st, 2nd, and 3rd place prizes. Visit HoustonFirst.org or text **HFBCTALENT** to **41411** for info on how to watch.

CONTACT: Doug.Bischoff@HoustonFirst.org





CONNECT

WITH YOUR CAMPUS

Look for the **CONNECT** item on the HoustonFirst.org homepage to learn how you can connect with your campus and various ministries. You'll find social media links, a helpful phone number and email address, and more.

GIVING

One way we worship the Lord is by giving back a portion of what He has given us. We invite you to contribute to what He is doing through the ministry of Houston's First.

-  Text **HFBGIVE** to **41411**
-  Place contribution in drop boxes at your campus
-  Visit HoustonFirst.org/SundayToolkit
-  Mail contribution to:
Houston's First Baptist Church
7401 Katy Freeway
Houston, TX 77024

VISIT HoustonFirst.org for messages via on-demand audio, video and live webcast

DOWNLOAD the Houston's First app for iOS or Android (text **HFBCCAPP** to **41411** for links)



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