



## 5 CONVERSATIONS WITH CHRIST: ANXIETY/WORRY, PART 2

Aug 16, 2020 • Pastor Gregg Matte • Matthew 6:25-33 & Luke 12:22-33 (matthew.bible & luke.bible)

### ► How to turn worry back.

- \_\_\_\_\_ God to provide
- Realize \_\_\_\_\_ our need v. 30-31
- 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*

### ► Live with heavenly treasure in mind.

#### 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](http://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 9, 2020)

First Time Givers	28
Total Givers	2,605
Generosity to Date	\$3,030,038
Generosity Goal to Date	\$3,483,120
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](https://HoustonFirst.org/Giving) for additional financial information and to set up recurring opportunities to give.

## ATTENDANCE

### Week ending Aug 9, 2020

Life Bible Study 1,550

## DECISIONS

### Week ending Aug 9, 2020

#### From Other Fellowship

Jaymie Allen

## SYMPATHIES

- Sheila Ford in the loss of her husband, Jerry Ford
- Kimberly Nguyen in the loss of her husband
- David Funk in the loss of his mother
- Tom & Dianna Tyrrell in the loss of their son, Jackson
- Samiah Thomas in the loss of her grandmother
- Family and friends in the loss of Thelma Guest
- Family and friends in the loss of Ethel Humphries

## Night of Prayer

### Mon, Aug 17 @ 7–8p – Online

Campus Pastor Lee Hsia and Minister of Campus Development Leon Brooks III from our Downtown Campus host us this week, with worship led by our Downtown Campus worship team. You can connect via YouTube, Facebook, or [HoustonFirst.org](https://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!

## iWorkHouston HIRING EXPO

### Tue, Aug 25 @ 9a–4p – Online

The WorkFaith Connection and Gallery Furniture, along with our Downtown Campus, are hosting a virtual hiring event designed to connect Houstonians with employers, 2nd chance job opportunities, free resources, and more. Interview with hiring managers on the spot, receive tips from career experts, and engage in job readiness workshops. It's more than a job fair, it's a hiring expo! Register by Sun, Aug 23, at [workfaithconnection.org/iwork-houston](https://workfaithconnection.org/iwork-houston).

CONTACT: [iwork@workfaith.org](mailto:iwork@workfaith.org)

## 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](https://HoustonFirst.org) or text **HFBCTALENT** to **41411** for info on how to watch.

CONTACT: [Doug.Bischoff@HoustonFirst.org](mailto:Doug.Bischoff@HoustonFirst.org)

## CONN=CT WITH YOUR CAMPUS

Look for the **CONNECT** item on the [HoustonFirst.org](https://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](https://HoustonFirst.org/SundayToolkit)
- ✉ **Mail contribution to:**  
Houston's First Baptist Church  
7401 Katy Freeway  
Houston, TX 77024

**VISIT** [HoustonFirst.org](https://HoustonFirst.org) for messages via on-demand audio, video and live webcast

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



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