

SERIES: CHALLENGES

DATE: Saturday - Sunday, September 24-25, 2022

SERMON: The Challenge of Living Peacefully in a Time of Fear and Anxiety

SCRIPTURE: 1 Kings 19:1-10

[1] Now Ahab told Jezebel everything Elijah had done and how he had killed all the prophets with the sword.

[2] So Jezebel sent a messenger to Elijah to say, "May the gods deal with me, be it ever so severely, if by this time tomorrow I do not make your life like that of one of them."

[3] Elijah was afraid and ran for his life. When he came to Beersheba in Judah, he left his servant there,

[4] while he himself went a day's journey into the wilderness. He came to a broom bush, sat down under it and prayed that he might die. "I have had enough, LORD," he said. "Take my life; I am no better than my ancestors."

[5] Then he lay down under the bush and fell asleep. All at once an angel touched him and said, "Get up and eat."

[6] He looked around, and there by his head was some bread baked over hot coals, and a jar of water. He ate and drank and then lay down again.

[7] The angel of the LORD came back a second time and touched him and said, "Get up and eat, for the journey is too much for you."

[8] So he got up and ate and drank. Strengthened by that food, he traveled forty days and forty nights until he reached Horeb, the mountain of God.

[9] There he went into a cave and spent the night. And the word of the LORD came to him: "What are you doing here, Elijah?"

[10] He replied, "I have been very zealous for the LORD God Almighty. The Israelites have rejected your covenant, torn down your altars, and put your prophets to death with the sword. I am the only one left, and now they are trying to kill me too."

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1. Live in the _____.

2. Don't wallow in your _____.

- _____ and _____ don't get better with age.

3. Do what you _____.

4. Stay close to _____.

- We all need people around us to talk us _____.

5. Stay close to _____ and listen to _____.



Connect Groups and Mental Health

All this month we have been emphasizing the importance of Connect Groups - our small group Bible studies. We all know why they are important; Bible study, the community of believers, and the opportunity to pray and serve together. These groups meet here at the church building before/after services, and options are – Saturday at 5:00pm, or Sunday at 8:30am, 9:30am, and 11:00am.

When I think of Connect Groups, I also think of good mental health. All of us need the blessing and encouragement of other people. We simply cannot exist alone. When God created the world, He repeatedly said that “it was good,” but when He created the man He said something was “not good.”

The “not good” was because the man was alone. As human beings, we simply do not handle “alone” very well. We desperately need other people.

That’s where Connect Groups come in. ***Our Connect Groups are friendship groups, support groups, and “praying for one another” groups.***

All of this leads to good mental health. It keeps us on track. It allows us to see that we are not alone, that everyone has problems, and that we all need the support of other people.

When someone invariably says “*I don’t need other people,*” I respond by reminding them that “*they need you and they need someone to minister to them.*”

I want to ask you to look at Connect Groups in a different way by seeing them as an opportunity to be ***blessed*** and to ***bless others***.

Our pastors will be happy to recommend a group for you and for your family members. Please let us help you.