Worry, Fear and Phobias

Health Consequence of Worry and Stress

What does the Bible Say?
1. Sermon on the Mount/Plains-Matthew 6:25-34
2. The Final (Upper Room) Discourse-John 14:27
3. Fruits of the Spirit- Galatians 5:22-23
4. Psalm 23:4
5. Psalm 56:3-4
6. Philippians 4:6-9

The Cure
1. Professional Help
2. Worry is Useless- Matthew 6:27
3. Worry is the devil’s plan
   a. 1 Peter 5:6-8
   b. Ephesians 6:10-11
4. What do you Value-Matthew 6:19-21
5. Trust in God.
   a. Proverbs 3:5-6
   b. Jeramiah 29:11-14

Jesus was in the stern, sleeping on a cushion.
The disciples woke Him and said to Him, “Teacher, don't you care if we drown?”
He got up, rebuked the wind and said to the waves, “Quiet! Be still!”
Then the wind died down and it was completely calm.
He said to His disciples, “Why are you so afraid? Do you still have no faith?”
Mark 4:38-40 NIV

Our mission is to be a Christ-centered, Spirit-filled church that demonstrates the power of grace and intentionally shares the good news of Christ’s soon return.
Coming up next in July-Aug

July 23 Sabbath 6:00 pm  Herb Larsen #7 & #8
July 25 Monday 6:30 pm Ping Pong
July 27 Wednesday 3:00 pm Prayer & Study Group
July 28 Thursday 6:30 pm Ping Pong
July 30 Sabbath 6:00 pm Herb Larsen #9 & #10
Aug 1 Monday 6:30 pm Ping Pong
Aug 3-6 ASI International Convention   Aug 3 Wednesday 3:00 pm Prayer & Study Group   Aug 4 Thursday 6:30 pm Ping Pong
Aug 6 Sabbath 6:00 pm Herb Larsen #11 & #12
Aug 8 Monday 6:30 pm Ping Pong
Aug 10 Wednesday 3:00 pm Prayer & Study Group
Aug 11 Thursday 6:30 pm Ping Pong
Aug 13 Sabbath Church Potluck
Aug 14 Sunday 7pm Lee & Morris Venden Series #1
Aug 15 Monday 6:30 pm Ping Pong
Aug 16 Tues 7pm Lee & Morris Venden Series #2

To Know Jesus is to have eternal Life
From billionaires and Hollywood celebrities to street derelicts, Herb Larsen, Jr. has made it his passion to use every opportunity to communicate the extreme life changing power of Jesus.

Today!  July 23 at 6pm
Next Week July 30 at 6pm
The Last One Aug 6 at 6pm

DVD presentations will continue Saturdays at 6 pm
For information, please call 541-469-3030

Stand in the gate of the Lord’s house, and proclaim there this word, and say, Hear the word of the Lord, all ye that enter in at these gates to worship the Lord.
Jeremiah 7:2

**Special updates**

- Church Family Prayer Requests—The family of Shirley Morey ..Carol Badger & family … the Heinrichs…Jack Tefertiller to make correct choic-es…our country & the military serving our country … persecuted Chris-tians in the world… Pastoral search committee ..paying off the church mortgage…the unspoken requests.

- **TODAY, please join us after church for “Picnic in the basement”**
- **TODAY, 6:00 pm  Herb Larsen #7 & #8**
- **Friday night Ohana group will resume in the fall.**
- **In Sept at 6pm - Wayne Howard’s Testimony - come hear Wayne tell his special story of how he loves Jesus.**
- **Send Carol Badger a card or note as she recovers**
  Carol Badger, 625 SW Ninth St #28, Dundee, OR 97115

**Week at a Glance**

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>Today</td>
<td>12:30 pm</td>
<td>“Picnic in the Basement”</td>
</tr>
<tr>
<td></td>
<td>6:00 pm</td>
<td>Herb Larson DVD</td>
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<td></td>
<td>8:46 pm</td>
<td>Sunset</td>
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<tr>
<td>Monday</td>
<td>Noon</td>
<td>Soup Kitchen</td>
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<tr>
<td></td>
<td>6:30 pm</td>
<td>Ping Pong (and Thursday)</td>
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<tr>
<td>Tuesday</td>
<td>8:30 am</td>
<td>Exercise Class (and Thursday)</td>
</tr>
<tr>
<td></td>
<td>3:00 pm</td>
<td>Prayer &amp; Study Group</td>
</tr>
<tr>
<td>Wednesday</td>
<td>8:40 pm</td>
<td>Sunset</td>
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**Cheerful Givers Report As of June 30, 2016**

- Needed for Budget: $3,400.00
- Needed for Building: $3,941.00
- June Budget: $2,781.29
- June Building: $3,940.88
- Principal Balance-Building $162,874.43
Ping Pong Game
Every Monday and Thursday
evening @ 6:30 pm

Free
Game Night
Come one
come all
Bring your Friends

SEVENTH-DAY ADVENTISTS BELIEVE:

As a people we hold the Bible in supreme regard as the revealer of God’s
thrust to guide us to salvation. Our love and devotion is rooted supremely in Christ
who we worship as our Savior, Creator, Lord and King.

We believe that forgiveness, healing and eternal life are offered freely to
all on the basis of what Jesus has already accomplished for us at the cross, and
continues to do as He ministers on our behalf in the heavenly sanctuary above.
God’s mercy and grace are infinite and are received by faith, to prepare a people
for Jesus’ second coming.

The “New Covenant” provides not only forgiveness for sin, but also God’s
promise to write His law on our hearts so that our greatest joy will be to do His will.
We keep His commandments, not in order to be saved, but because He has
already encircled us in His saving arms. His law includes also the fourth com-
mandment Sabbath which invites us to spend a special time of fellowship with God
on the seventh day.

Today
Sermon
Dwight Winslow
Elder
Dwight Winslow
Deacon In Charge
Dale Hoie
Greeters
Linda Merritt, Sonia Mosier, Ernest Madden

Next Week
“Picnic in the Basement”
Sermon
Pastor Charles Shultz
Elder
Mary Kirk
Deacon In Charge
Don Kirk
Greeters
Charlotte White, Todd VanHorn

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Home of KSEP Radio — 99.9 FM
Jesus loves you