

Grow at CPC



In this class, you will learn the values, beliefs, and practices of CPC, have the opportunity to grow in your spiritual walk, and find your unique place at Center Point Church. The Growth Track is a requirement for CPC Membership.

GROWTH TRACK
Oct 7th | 1-4pm
in the Edge Room

To learn more or register:
CenterPointChurch.com/connect/discovering-church-membership/

Worship In Pink Weekend

Join us as we support Breast Cancer Awareness by wearing pink and stopping by the table in the Soul Cafe in between services on October 13th & 14th. This program shares the importance of early breast cancer detection, general breast health knowledge, and educates congregations about how funds raised by Komen North Texas saves lives in their communities. We'll also have additional educational information on hand from other cancer awareness organizations.



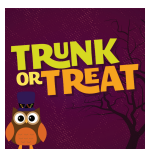
Fix-It Blitz

Saturday October 20th is Make A Difference Day, the largest national day of community service. Millions of volunteers around the world will unite in a common mission to improve the lives of others. Celebrate by volunteering with the Neighborhood Initiative Program in NRH as they help individuals and families struggling to make needed minor property repairs. Visit the CPC website for more information or to sign up.



Trunk or Treat

Our Annual Trunk or Treat will be Sunday, October 28th from 5-7pm. There are many ways to be involved with this event. Check out today's insert for more information! Be sure to invite your friends and neighbors to this great community outreach event.



Upcoming Events

10.08 Celebrate Recovery
7pm in the Student Life Center

10.13 Worship in Pink
Weekend

10.24 Student Life
Spooktacular @ 7pm

11.10 CPC 20th Anniversary
Celebration Weekend

10.09 Pastor-Led Prayer
Every Tuesday @ 7:30am

10.20 Baptism Weekend

10.28 Trunk or Treat @ 5pm

11.11 Annual Business
Meeting @ 5pm

For more information and other events, visit CenterPointChurch.com



Order of Service | October 6-7, 2018

Worship Team	Mighty Warrior
Welcome/Greeting	
Worship Team	Only King Forever Here Again Stand In Your Love
Message	Senior Pastor Jay Bruner Crushing Anxiety (Part 1 of 4)
Offering/Announcements/Dismissal	

7 Steps to Crushing Anxiety

The Bible says... *Do not be anxious about anything...*

Philippians 4:6 (NIV)

HOW TO CRUSH THE ANXIETY THAT IS CRUSHING ME...

(Lesson from Uncle Eli... 1 Kings 19:1-18)

1. I must **admit** there is a problem. (Anxiety and fear are NOT from **God**.)

"I have had enough, Lord,"... 1 Kings 19:4 (NLT)

Cast all your anxiety on Him because He cares for you. 1 Peter 5:7 (NIV)

2. I must quit trying to fix it **my way**. (Stop doing unhealthy things.)

Elijah was afraid and fled for his life. He went to Beersheba, a town in Judah, and he left his servant there... 1 Kings 19:3 (NLT)

3. I must take care of myself **physically**. (God's Temple)

Then he lay down and slept under the broom tree. But as he was sleeping, an angel touched him and told him, "Get up and eat!" ... So he ate and drank and lay down again. Then the angel of the Lord came again and touched him and said, "Get up and eat some more, or the journey ahead will be too much for you." 1 Kings 19:5-7 (NLT)

4. I must get in God's presence and feed my spirit. (Get away and listen.)

*So he got up and ate and drank, and the food gave him enough strength to travel forty days and forty nights to **Mount Sinai, the mountain of God**... the Lord said to him, "What are you doing here, Elijah?" 1 Kings 19:8-9 (NLT)*

5. I must stop buying the lies and listen to His truth. (Capture what goes into my mind.)

*"I have zealously served the Lord God Almighty. But the people of Israel have broken their covenant with you, torn down your altars, and killed every one of your prophets. **I am the only one left**, and now they are trying to kill me, too... (God said) Yet I will preserve 7,000 others in Israel who have never bowed down to Baal or kissed him!" 1 Kings 19:14 & 18 (NLT)*

6. I must get in the presence of other believers, REGULARLY. (Don't isolate.)

Then the Lord told him, "Go back the same way you came, ...anoint Hazael...anoint Jehu ...anoint Elisha ... I will preserve 7,000 others in Israel who have never bowed down to Baal... 1 Kings 19:15-18 (NLT)

7. I must remember what God has already done. (Rejoice in the Lord.)

Then the Lord told him, "Go back the same way you came..." 1 Kings 19:15 (NLT)

Going deeper on your own. Read 1 Kings chapters 17-19 slowly and out loud, making notes about what God reveals to you. Now review the message notes from today's teaching. Pastor Jay made the statement, "Extended anxiety leads to depression." Do you see how that could happen? Are you currently dealing with anxiety? What is the issue at the heart of this feeling? Now review the 7 Steps to Crushing Anxiety. What step, or steps, do you need to take to help overcome this anxiety? Write out the steps you are going to take and then do them.