

# Grow at CPC



In this class, you will learn the values, beliefs, and practices of Growth Track, 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**  
Nov 4th | 1-4pm  
in the Edge Room

To learn more or register:  
[CenterPointChurch.com/connect/discovering-church-membership/](http://CenterPointChurch.com/connect/discovering-church-membership/)



## Trunk or Treat

The Annual Trunk or Treat is THIS SUNDAY NIGHT from 5-7pm! If you haven't brought your candy donations yet, there is still time! Also, be sure to invite your friends and neighbors to this great community outreach event.

## 20th Anniversary Celebration

Join us for one of our four special worship services on November 10th and 11th as we remember all that God has done in the lives of so many individuals, families, and our community. We will also be looking forward to the many years that are still before us. The last 20 years have truly been a blessing. We will have a Come & Go reception with Pastor Jay and Regina Bruner following the Saturday service and a Meet & Greet between each Sunday service. Come help us celebrate!



## Upcoming Message: Don't Speak For Me

Everything gets politicized these days. It's never been easier for churches to also get caught up in waves of political enthusiasm and social activism. Discover how we as followers of Christ handle this politically charged world. Join us next weekend for a one-week message, "Don't Speak For Me".



## Upcoming Events

**10.29** Celebrate Recovery  
7pm in the Student Life Center

**10.30** Pastor-Led Prayer  
Every Tuesday @ 7:30am

**11.09** Family Game Show  
Night @ 7pm

**11.11** Annual Business  
Meeting @ 5pm

**11.17** Veteran's Fellowship  
Gathering @ 11am

**11.17** Baptism Weekend

**12.02** Women's Christmas  
Event @ 5pm

**12.07** One Starry Night Family  
Christmas Event @ 7pm

For more information and other events, visit [CenterPointChurch.com](http://CenterPointChurch.com)



# CRUSHING ANXIETY

Order of Service | October 27-28, 2018

Worship Team .....	Stand In Your Love
Welcome/Greeting	
Worship Team .....	Here Again Overcome This Is How I Fight My Battles
Message .....	Executive Pastor Rusty Sieck Crushing Anxiety (Part 4 of 4)
Offering/Announcements/Dismissal	

## FOMO PHOBIA

**Definition:** Fear of missing out, or FOMO: is "a pervasive apprehension that others might be having rewarding experiences from which one is absent". This social anxiety is characterized by "a desire to stay continually connected with what others are doing"

FOMO at its core is wanting and desiring something that someone else has that you do not possess.

"You must not covet your neighbor's house. You must not covet your neighbor's wife, male or female servant, ox or donkey, or anything else that belongs to your neighbor." **Exodus 20:17 (NLT)**

Then he said, "Beware! Guard against every kind of greed. Life is not measured by how much you own." **Luke 12:15 (NLT)**

### L.I.F.E.

## Four Ways to Escape FOMO

### 1. Listen to Jesus.

*I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. Psalm 139:14 (NIV)*

*... "I am the way, the truth, and the life..." John 14:6 (NLT)*

*"The thief comes only to steal and kill and destroy. I came that they may have life and have it abundantly." John 10:10 (ESV)*

*“For what does it profit a man if he gains the whole world and loses or forfeits himself?”* **Luke 9:25 (ESV)**

## **2. Instruct your heart.**

*“And my God will supply every need of yours according to his riches in glory in Christ Jesus.”* **Philippians 4:19 (ESV)**

*“Therefore I tell you, do not be anxious about your life... Is not life more than food, and the body more than clothing?”* **Matt. 6:25 (ESV)**

[Do not] *“set [your] hopes on the uncertainty of riches, but on God, who richly provides us with everything to enjoy”* [and seek to] *“take hold of that which is truly life.”* **1 Timothy 6:17 & 19 (ESV)**

*Not that I was ever in need, for I have learned how to be content with whatever I have. I know how to live on almost nothing or with everything. I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little. For I can do everything through Christ, who gives me strength.* **Phil. 4:11-13 (NLT)**

## **3. Fast from feeding “The Thing”.**

*“All things are lawful for me,” but not all things are helpful. “All things are lawful for me,” but I will not be enslaved by anything.* **1 Corinthians 6:12 (ESV)**

*Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we an imperishable.* **1 Corinthians 9:25 (ESV)**

## **4. Engage in Kingdom work.**

*“As each has received a gift, use it to serve one another, as good stewards of God’s varied grace.”* **1 Peter 4:10 (ESV)**

**Going Deeper On Your Own...**We are daily engulfed in a sea of images that feed our fear of missing out. I want to challenge us to all unplug from the grid of the constant bombardment of social media. Join with me this week in participating in a 24-hour social media fast from 12am Monday until 12am Tuesday. As we unplug from social media I ask that we plug into God’s word by mediating on the passages listed in our Message Map. Allow these passages to speak and remind us that we are enough, that God will provide for our needs and that God did not call us to a life of anxiety but a life of abundance.