

overwhelming. This happens when we begin to replace our faith with anxiety, shifting the burden from God's strong shoulders to our frail ones. We fret. We're afraid. We can't sleep.

At times like this we need to remind ourselves that God is always on the alert. He never sleeps (Ps. 121:4). He knows everything, including what we fear (44:21). He is everywhere (139:7-10). He is in charge of our world (Eph. 1:11). Therefore, we do not need to be afraid.

Do you really believe that God sees all, knows all, is all-powerful, and is in control? Then put your cares in His hands. Entrust Him with whatever it is that's keeping you awake at night. He'll take care of it. He's the One who never slumbers nor sleeps. --DCE

*When fear and worry test your faith
And anxious thoughts assail,
Remember God is in control
And He will never fail. --Sper*

Worry is a burden God never meant for us to bear.



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Please feel free to contact the Pastors for any needs you may have, queries, or questions about our church family.

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CENTRAL MOUNTAINS BAPTIST CHURCH

18 JANUARY, 2009

Information for Visitors.

* We're glad you're here. Sit back, relax, and enjoy the service. You're very welcome to join us for a cuppa after church.

* a Cubbies programme is normally provided, during the sermon for the toddler to Kindy age bracket.

He's Up Anyway!

Behold, He who keeps Israel shall neither slumber nor sleep. --Psalm 121:4

Linus Mandy wrote, "A friend was telling me she helped out at a kid's summer camp a few years ago. After rounding up the troops for the night, she told them, 'Let's go to sleep and put our cares in God's hands.' 'Yeah,' said one of the kids, 'He's up all night anyway!'"



We all battle with the problem of worry. Fears about the future gradually creep in. Then they get stronger and stronger, and can eventually become



Soaring: Dropping the Heavy Baggage- Worry

In the sermon on the mount (Matthew 6) Jesus gave two major clues on overcoming worry:

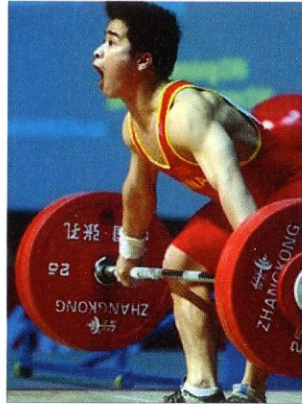
1. Focus on _____, verse 25

Jesus mentioned two:

◆ Focus on what you _____, verse 27

(John 8:34) "... whoever commits sin is a slave of sin."

◆ Focus on the _____, verse 34



2. Focus on _____, verses 30, 33

◆ God _____, verses 25-26, 28-30

◆ God _____, verses 31-32

(Isaiah 26:3) "You will keep him in perfect peace, Whose mind is stayed on You, Because he trusts in You."

(Isaiah 26:3) You will keep in perfect peace all who trust in you, whose thoughts are fixed on you!
[paraphrase]

(Isaiah 57:15-21) "For thus says the High and Lofty One Who inhabits eternity, whose name is Holy: "I dwell in the high and holy place, With him who has a contrite and humble spirit, To revive the spirit of the humble, And to revive the heart of the contrite ones. {16} For I will not contend forever, Nor will I always be angry; ...{18} I have seen his ways, and will heal him; I will also lead him, ... {19} "I create the fruit of the lips: Peace, peace to him who is far off and to him who is near," Says the LORD, "And I will heal him." {20} But the wicked are like the troubled sea, When it cannot rest, Whose waters cast up mire and dirt. {21} "There is no peace," Says my God, "for the wicked.""

(James 1:5-8) "If any of you lacks wisdom, let him ask of God, who gives to all liberally and



without reproach, and it will be given to him. {6} But let him ask in faith, with no doubting, for he who doubts is like a wave of the sea driven and tossed by the wind. {7} For let not that man suppose that he will receive anything from the Lord; {8} he is a double-minded man, unstable in all his ways."
(Luke 12:32-34) ""Do not fear, little flock, for it is your Father's good pleasure to give you the kingdom. {33} "Sell what you have and give alms; provide yourselves money bags which do not grow old, a treasure in the heavens that does not fail, where no thief approaches nor moth destroys. {34} "For where your treasure is, there your heart will be also."



◆ God will _____ me, ALWAYS

(Romans 8:35) "Who shall separate us from the love of Christ? .."

◆ God will _____ the _____ I need, ALWAYS

(2 Corinthians 9:8) "And God is able to make all grace abound toward you, that you, always having all sufficiency in all things, may have an abundance for every good work."

◆ God is _____ me, ALWAYS

(Hebrews 13:5) "... "I will never leave you nor forsake you.""

◆ God will _____ my genuine _____, ALWAYS

(Philippians 4:19) "And my God shall supply all your need according to His riches in glory by Christ Jesus."

◆ God has a good _____ for my _____, ALWAYS

(Jeremiah 29:11) "For I know the thoughts that I think toward you, says the LORD, thoughts of peace and not of evil, to give you a future and a hope."

(Philippians 4:13) "I can do all things through Christ who strengthens me."

(2 Corinthians 10:5) "...bringing every thought into captivity to the obedience of Christ,"

(Isaiah 40:31) "But those who wait on the LORD Shall renew their strength; They shall mount up with wings like eagles, They shall run and not be weary, They shall walk and not faint."