

One Sure Way To Deal With Your Stress

Dr. Jack Graham

Isa 12:6 Cry out and shout, thou inhabitant of Zion: for great *is* the Holy One of Israel in the midst of thee.

There's a man I heard about who went to the doctor one day suffering from stress. The doctor gave him a regimen of exercises to do. But one thing he told him to do first was to go off by himself for a while and look at something big.

"Look at something big?" the man asked.

"Yes," replied the doctor. "The first step in dealing with stress is to get perspective on yourself."

In **Jesus'** life on earth, He often slipped away from the crowds to spend time with His Father and reflect upon His greatness. We, as believers in **Christ**, can learn from His example, taking time away by ourselves to gain perspective on our own lives and reflect upon the greatness of God.

The key to overcoming stress is to walk humbly with God every day. Take time at the beginning of your day to reflect upon His infinite vastness. When you do, you'll find that reflection will energize you and melt away whatever stresses you face!

SPEND TIME DAILY REFLECTING UPON GOD'S GREATNESS AND YOU'LL BE ABLE TO OVERCOME WHATEVER STRESS YOU FACE.



Sermon Notes



God Wants to Encourage You

Acts 18:1-11

God's people need Encouragement!

Examples:

<u>M</u>	Numbers 11:15
<u>J</u>	Joshua 7:7
<u>E</u>	I Kings 19:4
<u>J</u>	Job 3:3
<u>J</u>	
<u>P</u>	Acts 18, I Cor. 2:3, II Cor. 12:15

3 Thoughts for those who are Discouraged:

1. He is **With Us** v. 10a
2. He is **Shielding us** v. 10b
3. He Has **Surrounded Us** v. 10c,
I Cor. 6:9-11



March 19, 2023

*Welcome to Harvest
Baptist Church*

If you are visiting with us for the first time, we hope that you have already received a warm welcome from our Church Family. Our prayer is that the singing, teaching and preaching of the Word of God will meet a need in your heart and life.

HARVEST BAPTIST CHURCH

Pastor Douglas M. Cook, Jr.
535 N. Sarival Ave.
Goodyear, AZ 85338

Church phone: 623-759-7691

Website: www.hbcgoodyear.org
Email: harvestbcpastor@icloud.com

Men's Prayer Meeting 9:00 am
Morning Worship 10:00 am
Sunday Evening 6:00 pm
Wednesday Prayer & Bible
Study 7:00 pm

Harvest Baptist Church

'Where church still feels like church'

Worship Service

Welcome and Opening Prayer

Choir Special

Psalms 98: 1

There's Power In The Blood - 50

It's Amazing What Praising Can Do

Greetings & Brief Fellowship

It's Amazing What Praising Can Do

Announcements

At The Cross - 55

Burdens Are Lifted At Calvary - 59

Offering and Offertory Ministry

Rock Of Ages - 185

Prayer

Message: Pastor Cook

Invitation

Closing Prayer: Pastor Cook



ASSISTIVE LISTENING DEVICES
are available for use during the church
services. Please see Robert in the sound booth if you
wish to use this equipment.

Events and Opportunities

THANK YOU

Thank you to all our church members
who give of their time, energy and
talents to keep our church looking nice.



Saturday March 25 - 9:45 AM

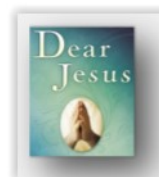
- Men's coffee fellowship—HBC Fellowship Hall : Tuesday 8:15 am
- Ladies Discipleship class:
Weekly on Thursdays at 10 AM.
- Blood Drive: Tuesday, March 28, 2023, 9:00 am - 1:00 pm,
HBC Parking Lot
- Sunday evening, May 7th, WCBC Tour Team will be
preaching/singing. A meal will need to be provided after
the evening service for the ministry group.

"IF YOU WISH TO KNOW GOD, YOU
MUST KNOW HIS WORD. IF YOU
WISH TO PERCEIVE HIS POWER,
YOU MUST SEE HOW HE WORKS BY
HIS WORD. IF YOU WISH TO KNOW
HIS PURPOSE BEFORE IT COMES
TO PASS, YOU CAN ONLY
DISCOVER IT BY HIS WORD."

Charles Spurgeon

OFFERING UPDATE

	For The Week of 3/12/2023 - 3/18/2023	Month Total March
General	8,698.08	17,141.41
Missions	1,150.00	2,561.00
TOTAL	9,848.08	19,702.41
Deacon Fund		1,667.00
Native American Missions, Inc.	2,250.00	2,620.00
Love Offering Kim Gray		1,732.50
Special Projects	200.00	1,100.00



Trust Me in the midst of a messy
day. Your inner calm, your peace,
in My Presence, need not be shaken
by what is going on around you.

Messy is a very apt description
of this day. Many things feel out of control, but I'm
trying to trust You to help me. My yearning to re-
store order in my little world tends to give me an
outward focus on my circumstances. I confess that
my inner calm is easily shaken by what is going on
around me. I know Your peace is still available to
me, but I'm having trouble accessing it

*Beloved, your honesty appeals to Me and draws
Me near to you when a messy day interrupts your
peace. You discover that your sense of security is
quite dependent on circumstances. This is a very
common problem, and there are ways you can over-
come it. The best way is to stop what you are doing
and seek My assistance. Even a brief timeout from
the confusion is extremely beneficial. As you turn
your attention to Me, I help you see from My per-
spective. You realize you are not in the midst of an
emergency, so you give yourself permission to slow
down. This slower pace makes it easier to stay
conscious of Me when you return to the messy situa-
tion. Sometimes it is impossible for you to leave the
situation even briefly. In this case, your challenge is
to retreat to a place of inner calmness, while your
mind and body remain largely engaged in problem
solving. This is difficult, but it is still possible. Since I
live in your heart, My peace is accessible to you
there. Ask Me to increase your awareness of My
peaceful Presence. Keep returning your thoughts to
Me by whispering, "Jesus." My name is a strong
tower as you run to it. You know you are safe.*

John 16:33 Psalm 121:2 Proverbs 18:10

Sarah Young