



MOUNTAINSTREAMNEWS

eBulletin weekly issue No. 199 • January 29, 2024

www.mountainstreamchurch.com

ANXIOUS? PRAY

MESSAGE FROM PASTOR



Philippians 4:6-7
Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

We face numerous anxiety-inducing circumstances in our lives. There are the daily stresses of life such as responsibilities we are not sure we can meet, and relationship tensions we are not sure we can manage. Then there are major calamities that can descend in a flash or creep inexorably towards us as slow-moving disasters. If those real-world scenarios aren't enough, we often conjure up numerous dreadful possibilities in our minds that are scarier than reality. The result of this

volatile cocktail is stressed out, anxious people – more than 50% of Americans report that they experience stress regularly. Is there any solution to this quandry?

Yes, there is! God invites us to turn to Him in times of difficulty and distress. God does not promise us that there will be no challenges, but He tells us that instead of descending into worry, we should come to Him in prayer. And yet for many of us prayer itself can be another cause for anxiety because many times we do not receive the answers we desire. Therefore, we fret about the cause of this “denial.” Do we have the right prayer “formula”? Are we praying according to the will of God? Are we living perfect lives? Is God mad at me? We compound our anxiety because of a common misunderstanding about prayer.

We often forget that God loves to answer our prayers. We convince ourselves that we must somehow impress God in order to make

Him favorable to us. We forget Jesus' teaching in the Sermon on the Mount that God takes constant care of us (Matthew 6:25-34). When we come to God in prayer, we should lay our requests before Him and trust Him to answer in His own time and in His own way because God's way and timing are always best. Even when we are bothered by doubts in our prayers, we should pray about that. Be honest with God and ask Him to help us to rest in Him. The Bible promises that as we choose to pray instead of worry God will dispatch His unbelievable peace to guard our hearts.

Whatever is causing you anxiety today, may God help you to bring it humbly and trustingly to Him in prayer, and may His peace descend upon your soul as He promised.

God bless you,
 Pastor James

ANNOUNCEMENTS

WHAT'S HAPPENING

CORPORATE PRAYER
TUE @ 7 PM

JAN 30

Join us via Zoom video
 Please contact Pastor James for log on information at rcantio@gmail.com

YOUTH GROUP
FRI @ 6:45 PM

FEB 2

In-person at church.
 For teens ages 13 and over

EVENING SERVICE
1st & 3rd
SUN @ 6 PM

FEB 4 & FEB 18

Join us in-person at church

KIDZONE & NURSERY
SUN @ 11 AM

FEB 4

These ministries are available every Sunday during the morning service
 Kidzone for ages 6-12 yrs. old.

WORSHIP SERVICE
SUN @ 11 AM

FEB 4

In-person service and Livestreaming on Facebook, Youtube and our webpage.

- Growth Groups begin February 8th and February 9th. Sign up at the Information Counter or online to attend one convenient to you.
- We need a few more members to help us in our nursery. Please speak to Candice if you are able to help.
- We need some members to volunteer to assist with audio. Training will be provided. Please speak to Pastor James if you are interested.
- If you'd like a one-year Bible reading plan for 2024 you may find Pastor Jimmie Van Sant's at PJVS1.blogspot.com.
- Help Needed: If you'd be willing to bring refreshments on a Sunday, speak to Becky or Lori.
- Join us on 1st and 3rd Wednesdays at 3:15pm at the Garden at Stroud as we sing and share the gospel with the residents. Contact Tom for more information.

QUICK TIPS ON WAYS TO GIVE YOUR OFFERING

Traditional during the Sunday morning service, with a check by mail or through our secured website. Please remember to hit "SAVE" after you give if you did not set up an account so the church can have a record of who gave for tax purposes. Thank you!