

# THIS WEEK'S MESSAGE

WHAT DO I DO WITH THIS ANXIETY?

John 20:19-31

## Message Notes

**THIS WEEK:**  
**Sunday, 4/12** Sunday School/  
 Life Groups 9:15am; 10:30am  
 Worship  
**Wednesday, 4/15** Supper  
 5:45pm; Bible Study/Kids/Youth  
 6:30pm  
**Sunday, 4/19** Sunday School/  
 Life Groups and WiFi 9:15am;  
 10:30am Worship

**MENU this Wednesday**  
 Breakfast for Supper  
 With Biscuits and Gravy

**THIS MONTH:**  
 4/14 M&M Meetings  
 4/19 WiFi  
 4/22 Quarterly Business Mtg \*\*  
 4/25 Youth Rummage Sale  
 \*\* Note Date Change

**University Heights Baptist Church**  
 1010 S National Ave  
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 417-862-0789  
 Website: Uhbc.org  
 Email: uhbc@uhbc.org

*Dr. Nolan Porter* Senior Pastor  
*Joe Miller* Associate Pastor  
*Chris Brammer* Worship Pastor  
*Heather Twibell* Youth Pastor  
*Alicyn Jennings* Children's Pastor

### WHO WE ARE

If you've been wondering if there's a place where people are more important than dogma, where people are warm and welcoming, thoughtful, and gentle, and where grace is a verb, University Heights Baptist Church might just be the place for you.

We are a church that believes worship doesn't end with a benediction, but spills out into classrooms, neighborhoods, shelters, hospital rooms, dinner tables, and streets, right here in Springfield.

UHBC is a faith community that is going to encourage deep thinking, generous grace and compassion, and encourage everyone, men and women, to lead and to serve.

*There's room at the table for you.*

*UHBC is affiliated with both Cooperative Baptist Fellowship & American Baptist Churches.*

# ORDER OF SERVICE

April 12, 2026



*Great Things  
Praise*

**Welcome** Joe Miller

*#161 Crown Him With Many Crowns*

**Scripture Reading** Claudia Young  
*John 20:19-31*

*Agnus Dei*

**Offertory Prayer** Rick White

**Offertory** Worship Team  
*Evidence*

**Children's Message** Chris Brammer

\*\*After the children's message, children K-5th grade will be escorted to the 3rd floor Treehouse Room to participate & enjoy children's church the rest of morning worship. Parents, please pick up your children there after worship.

*Fairest Lord Jesus (My Soul's Glory)*

**Message** Nolan Porter  
*What Do I Do with this Anxiety?*

**Song of Response**  
*Agnus Dei*

**Closing Thoughts**

**Doxology**

*University Heights Baptist Church*

**A Church of Thoughtful, Gentle Grace**

Spring Cleaning? Moving and have more “junk” than you thought? Clearing space in some closets?

Save all that good stuff for the youth rummage sale and bring it up to the church beginning April 20. Put your extra “stuff” to good use!



The Quarterly Business Meeting has been moved up one week, from April 29 to **April 22, 6:30pm.**

Because of prepping for the rummage sale, there is no supper that evening, and the meeting will take place In the sanctuary.

### SUPPORT OUR HOMEBOUND MEMBERS!

We have a number of our congregation’s members who have physical issues and illnesses that prevent them from joining us in person.

They are so grateful to know that they are remembered by their faith community.

If you would like to drop a postcard to one of these beloved brothers and sisters, there is a board outside of the parlor with pre-addressed and stamped cards for each of them.

Feel free to take several, write personal notes and drop them in the mail.

You’ll make someone’s day!

Are you a new UHBC member or thinking about joining? What does that even mean?

**WIFI @ UHBC (Where I Fit In) takes place during Sunday school NEXT SUNDAY, April 19** in the parlor with the pastor and a couple of other leaders.

Learn more about UHBC, its rich history, our vision for the future, and where you can find places to serve.

Please sign up by talking to Pastor Nolan or Pastor Joe after worship, or email [uhbc@uhbc.org](mailto:uhbc@uhbc.org).



### John 20:19-31

19 When it was evening on that day, the first day of the week, and the doors were locked where the disciples were, for fear of the Jews, Jesus came and stood among them and said, “Peace be with you.”

20 After he said this, he showed them his hands and his side. Then the disciples rejoiced when they saw the Lord. 21 Jesus said to them again, “Peace be with you. As the Father has sent me, so I send you.” 22 When he had said this, he breathed on them and said to them, “Receive the Holy Spirit. 23 If you forgive the sins of any, they are forgiven them; if you retain the sins of any, they are retained.” 24 But Thomas (who was called the Twin), one of the twelve, was not with them when Jesus came. 25 So the other disciples told him, “We have seen the Lord.” But he said to them, “Unless I see the mark of the nails in his hands and put my finger in the mark of the nails and my hand in his side, I will not believe.”

26 A week later his disciples were again in the house, and Thomas was with them. Although the doors were shut, Jesus came and stood among them and said, “Peace be with you.” 27 Then he said to Thomas, “Put your finger here and see my hands. Reach out your hand and put it in my side. Do not doubt but believe.” 28 Thomas answered him, “My Lord and my God!” 29 Jesus said to him, “Have you believed because you have seen me? Blessed are those who have not seen and yet have come to believe.”

30 Now Jesus did many other signs in the presence of his disciples that are not written in this book. 31 But these are written so that you may continue to believe that Jesus is the Messiah, the Son of God, and that through believing you may have life in his name.

1. In the passage Jesus says, "Peace be with you" three times. Does this make the days ahead for them easier? Why do you think the phrase is repeated?
2. Think about the early readers of John's gospel; what is their situation like? Is it anything like ours? Why do you think John included this portion of the conversation?
3. When things are dark, or you feel overwhelmed with anxiety, what brings you peace? Is it people? A place? An activity?
4. Has there been a time when you faced anxiety or a difficult time? How did you make it through? How did God show up?
5. At this stage of the story, Mary is the only person who has seen Jesus alive. After watching Jesus be crucified it would make sense for many of them to wonder what might happen to them. Anxiety is real, it's something we all face, especially those of us who have real reasons to see darkness ahead of us. How do you define peace? What does that look like for you?



Join us on Wednesday evenings, 6:30pm, as we dig into the book of Acts and study the roots of the early church.