



“Freedom from Anxiety”

There are no doubt many things going on in our lives that create certain levels of anxiety and stress. The Bible has something to say about this: “Cast all your anxiety on him because he cares for you” (I Peter 5:7). Peter refers, at the beginning of his letter, to followers of Jesus who have been scattered throughout the Roman Empire. Due to persecution, they have had to leave family and friends. Talk about something that would create stress! They have lost jobs, homes, and possessions. Peter tells them to cast their cares on God. Why? Because he cares for them. Do I really believe that God cares and that he can be trusted? This is an important question we need to answer.

Notice that Peter tells them to “cast” their anxiety on God. Peter was a fisherman and he knew what it was to cast. The problem with casting is that you reel it right back in. Why does Peter use the word “cast”? A better translated word than cast is “transfer” – as in transfer your weight. We need to transfer the weight. Jesus said, “Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls” (Mt. 11:28-29).

First, when it comes to anxiety, don’t be surprised by it. This is a theme in I Peter. “Dear friends, do not be surprised at the fiery ordeal that has come on you to test you, as though something strange were happening to you” (I Peter 4:12). Sometimes we don’t see it coming and life is different from what we want it to be. Peter does not want them to be caught off guard. When life doesn’t meet up to our expectations, don’t be surprised. This is part of living in a fallen world. Peter reminds us that there is an enemy that prowls around like a roaring lion (I Peter 5:8). Just remember that all he can do is roar. Ann Voskamp comments on this: “There is a roaring lion, but don’t forget that Jesus put the lion on a leash.” He can roar, but he is limited.

Second, remember that anxiety is temporary. “But rejoice inasmuch as you participate in the sufferings of Christ, so that you may be overjoyed when his glory is revealed” (I Peter 4:13). The day is coming when the trouble, hardship, and suffering will be no more.

You may have been flying before when the pilot comes over the intercom and says: “We are going to have disturbance for a few minutes. It is going to be bumpy. Please buckle up and hold on.” That helps when we are warned ahead of time. Life is going to get tough so hang on tight. You will get through it and it won’t last forever. Peter’s audience needed this reassurance in the sufferings they were facing, and we need this reassurance as well.

I remember back when my kids were little and in car seats. We would get home late at night and one of them would be sleeping in the van. I would crawl back and get them out of their seat. I would carry them into the house, up the stairs, help them into pajamas and into bed. Did that aggravate me? Was I upset to help my child? Not at all. I loved those times and miss those moments. Our God loves those moments too. Let Him carry you with whatever is going on in your life. Transfer your cares on Him. It is His joy and pleasure.

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Mark

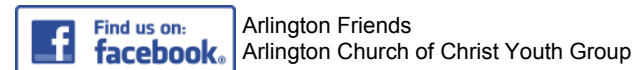
Arlington Church of Christ



Our Mission: Connecting People to Jesus and one Another

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Website: www.arlingtonchurchofchrist.org



Welcome

We pray you will be encouraged and uplifted
as we join together in worship.

Guest Information

- There is a **staffed nursery** available for children under age 2. There is also a **parent/child training room** at the rear of the auditorium.
- An optional **children’s worship** is available for ages 3 to 8 during morning worship. Children will be dismissed before the sermon. Please pick up your child after worship
- If you are visiting, **please complete a visitor card** so we have a record of your attendance.

Weekly Meeting Times

Sundays:
Worship 10:30 a.m.
Bible Study 9:30 a.m.

Wednesdays:
Bible Study 7:00 p.m.

Weekly Statistics

	weekly budget	\$4,062
Nov. 11	<u>attendance</u>	<u>contribution</u>
	166	\$2,986

Arlington Family Pages

Seeking to edify, educate and
inform the Family of God

Sunday, November 18, 2018

Elders: Mark Brackney Ph: 622-0376
Leland Price Ph: 925-4424
Danny Rider Ph: 705-9713
Wayne Shannon Ph: 742-0517
Gregg Summers Ph: 223-4515

Deacons: Jay Estes - *Helping Hands Ministry*
Jason McDougal - *YPYF/Vacation Bible School*
Bud Norris - *Worship Participants*
Charles Owens - *Bldg & Grounds/Security/Treasurer*
Keith Tatum - *Education/Picture Board/Family Camp*
Ronnie Weldon - *Attendance/Communion Prep/Bldg*

Minister: Mark Brackney Ph: 523-1764

Secretaries: Becky Johnson Jennifer Tatum

Missionaries: Tom & Angie Langley - WEI
Tommy Drinnen - Hope Central

In Our Thoughts and Prayers: Diana Yarborough is having surgery on Thurs., Nov. 29; Ronnie Weldon; Rick Johnson; Ben Cavin; Rick Case; Tina Childress; Carolyn Starks; Danny Davis; Danny Rider; Roger Mink; Terry Trent; Tom & Anita Drinnen; Clovis Taylor; Jerry Fittro.

Friends and Loved ones: Jerry Tallman; John Potter's sister, Maria Hoyt; Danny Davis' grandson, John Kazewell; Marge Percell's sister, Carolyn; Jason McDougal's grandfather; Ted Fields; Jerry Brackney; Gordon Norman; Michael Maddox; Lisa Potter's sister, Radha Smith; Linda Graybeal; Edith Weldon's neighbor, Paul Phelps; Missy Essary; Deb & Rob Colones; Faith Tindell; Heather Ream's mom, Linda; Janie Johnson's mother; David Hunter; Brad Owens; Joyce Sanders' dad; the Werkheisers; Becky Nix; the Summers' 4 yr. old neighbor, Gage Carenas; Jean McQuaig's niece, Karen Derry; Paige Mallicoat's family as her sister, Sabela, mourns her husband's death.

Shut-ins: Rosaline Davis; Lynda Elliott; Peggy Mehlhorn; Kathryn Norman; Jessie Rutherford; Dan Trent.

Coming Soon

- Please take a moment to **pick up a card or two** to mail this week from the Caring Cards Ministry table.
- **Connection Night**, tonight at 5 p.m. Please bring finger foods to share after we get to know three more of our Arlington members better.
- **Hope Central - Just Lead**, tomorrow afternoon from 3:30 to 5:30.
- There will be **NO fourth Sunday fellowship** in November or December.
- **Thanksgiving Devotional**, presented by the Hope kids this Wed, Nov. 21, 7 p.m.
- **Nov. 22, Happy Thanksgiving!**
- **Senior Trip** to watch Country Tonight Christmas Show, Tuesday, Nov. 27, 3 p.m. See Edith Weldon or the Tillers for details and to sign up.
- **There is a collection box in the lobby for socks and candy canes** to be distributed to KARM residents. Teresa Heinz will deliver these items in memory of her son, Zach.
- **Christmas banquet** will be on Sat., Dec. 8, 6 p.m.
- **Present Hope**, Sun., Dec. 9, 2 p.m. Tommy will need lots of help as parents of our Hope kids will come and Christmas shop for them. Children will also get to shop for their parents. This event is hosted at our building.
- **Senior Servants** will prepare and deliver Christmas baskets, Tuesday, Dec. 11.



Family News

Sermon Topics Today
Sunday Morning:

Edgy:
"Freedom From Anxiety"

Sunday Night:
Connection Night @ 5 p.m.

SERVING THE ASSEMBLY TODAY:

Serve @ Table:

Jacob Shannon, Bill Pruet
Bill Langley, Noah Brackney
Bob Campbell, Paul Cooke
Pat Ramsey

Opening Prayer: Casey Owens
Preside at Table: Randy Riggs
Greeters: Mark & Sammie French
Nursery: Lori Tiller & Sara Sykes
Security: K Tatum & D Jones

HAPPY BIRTHDAYS THIS WEEK

Nov 18 Rick Case
Nov 20 Hoyt Box

Happy Birthday!!



Family Matters



Praise
Him,
All Ye
Little
Children

Optional children's worship...

is available for ages 3 to 8 during morning worship. Children will be dismissed before the sermon.

Please pick up your child after worship.



Caring Cards Ministry

The Caring Cards Ministry provides cards for our sick and shut-ins, as well as friends and family members.

Please see the information on the table in the hallway leading to the office for additional information.

Your participation is needed to send cards as well as to provide information regarding those who would benefit from receiving cards. Please talk to John or Barbara Hoff for more details.



Caring Cards