



Overcoming Fear in the Storms of Life

Fear is a powerful four-letter word. Fear is something our world is definitely experiencing right now. It is important to recognize that there are two types of fear we encounter in life. The first is that adrenaline-packed fear that hits when you are confronted with a dangerous situation. Our reaction to that fear is either one of fight or flight. This is actually a healthy fear. It alerts you to the fact that something is wrong. All of our senses are heightened to help us get out of the situation.

The second type of fear is not healthy because it can paralyze us. It is the fear of fear itself. Fear in the midst of the storm is instinctive and beneficial, but fear of a storm that could happen is not. Notice that "could" is the operative word here. Imagined fear can become so real that we can't distinguish it from reality. For some, fear is so debilitating that they can't even get out of bed in the morning. It is living a life of "what ifs." Even though the sky is blue and clear, the weather could turn bad and you can get hit by a tornado. This is called the fear of fear. Fear becomes like a monster that is on the other side of the door. You can't see the monster, but it is large and menacing even though it doesn't exist.

We need a healthy perspective on life that does take into account the reality of unexpected storms, but also reassures us that there is a safe harbor within reach when the storms of life hit. This is where Jesus enters the picture. When our hope is placed in Jesus, fear is something that can be managed. God's word gives us lots of guidance in dealing with these storms. One such example was a literal ferocious storm Jesus and His followers found themselves in (Mark 4:35-41). We learn from Mark 4:1 that Jesus is teaching on the banks of the Sea of Galilee. The crowd around him was so large, he needed to get in a boat that was rowed out a bit from land so he could teach. By the time Jesus was done teaching, it was evening and Jesus was exhausted. Jesus told his disciples to set sail across the Sea of Galilee for the eastern shore. What the disciples didn't know was that a massive storm was brewing. The Sea of Galilee sits seven hundred feet below sea level. It is fed and drained by the Jordan River. Mountains surround nearly every side that sets the stage for howling winds and violent storms when cool air from the mountains swoop down and hits the warm, moist air over the sea. Mark uses the words "a furious squall" (v. 37). This word is translated "hurricane." Matthew describes the storm as a "great *seismos*," or earthquake – as if the sea is being shaken by the winds (Matthew 8:24).

The disciples are overcome with fear. We learn that our degree of fear is a good gauge of our degree of faith. They believe they are going to die and Jesus is asleep on a cushion in the back of the boat. Could Jesus deliver them? Once they woke Jesus up, he immediately rebuked the wind and spoke to the waves. All become calm. Who could do such a thing? Only God. "He calms the storm, so that the waves are still" (Psalm 107:29). The disciples believed. Their eyes were opened to who Jesus was. God often uses storms in our lives to show us that we can put our hope in Him. We can face our difficult circumstances with courage as we reflect on the faithfulness of God and place our confidence in His power and presence in our lives.

September 26, 2021
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Mark

Arlington Church of Christ



Our Mission: Connecting People to Jesus and one Another

2206 Tecoma Drive
Knoxville, TN 37917
865-523-1764

Website: www.arlingtonchurchofchrist.org



Arlington Friends
Arlington Church of Christ Youth Group

Welcome

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

New to Our Family

Doug and Suzanne
Riffey
5190 Day Drive
Strawberry Plains, TN
37871
Ph 865-607-1126
Doug Bday 4/29
Suzanne 8/14



Welcome Back

John and Lisa
Potter
are back
worshipping
with us.
Welcome Home
John & Lisa

Arlington Family Pages

Seeking to edify, educate and
inform the Family of God

Sunday, September 26, 2021

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

Jason McDougal - YPYF/Vacation Bible School
Bud Norris - Worship Participants
Keith Tatum - Education/Picture Board/Family Camp
Ronnie Weldon - Attendance/Communion Prep/Bldg

Minister: Mark Brackney Ph: 523-1764
Associate Minister: Tommy Drinnen

Secretaries: Becky Johnson Jennifer Tatum

Missionaries: Tom & Angie Langley - WEI

SERVING THE ASSEMBLY TODAY @10:30

Opening Prayer
Communion
Security
“

Happy Birthday!!

Sept 30 Shirley Waggoner
Sept 30 Doug Childers
Oct 2 Joshua Brackney
Oct 3 Paige Mallicoat



Family Matters



We continue to have our
Sunday Night Connections
at 6 p.m. and
Wednesday Night Bible
study at 7 p.m. via Zoom.

We are now offering **Bible classes**
Sunday mornings at 9:30 a.m. We will
have one combined adult class and sev-
eral children classes. We will meet for
worship at 10:30 a.m. Mask wearing will
be a personal choice. The adult Bible
class and the worship service will be live
streamed.

Wednesday night Bible study has
started back at 7 p.m. The adult Bible
class will also be accessible by Zoom.

We will be limiting our group
social gatherings outside of
worship due to the increase of
COVID. We hope to resume
home church, get-togethers,
and Fourth Sunday fellowship
soon. We will have Zoom
Bible study tonight at 6.

Ronnie and Edith Weldon's
50th anniversary party,
fellowship hall, Sat., Oct. 2,
2 to 4 p.m. Please sign up
on the hall board.

Trunk or Treat, Sun., Oct. 31,
6-7 p.m. We will have food and
games. Please decorate the trunk of
your vehicle and pass out candy. If
weather is bad, we will move into the
fellowship hall.



Arlington Family:

Our sympathy is extended to...Diana
Yarborough and her family as they mourn
the passing of her brother, Ronnie Dennis.
The funeral will be on Saturday, Oct. 9,
6 p.m., Memorial Gardens at Maryville,
1102 Big Springs Rd., Maryville, TN 37801.
Visitation from 4-6 p.m.

Ben Cavin is home now recovering
Teresa Heinz remains in UT Hospital
Gayle Brown is recovering from a fall
Rick Case is now at home on hospice care
John and Laura Burka
Sue Childers is continuing to have ongoing
health problems
Danny & Deborah Davis are dealing with on-
going health problems
Tom Drinnen is fighting an infection
Laurie Duncan
David Giles
Becky Johnson
Marge Percell
Mark & Heather Percell are dealing with on-
going health issues
Danny Rider
Sheila Riggs
Clovis Taylor
Shirley Waggoner

Missionaries:

Tom & Angie Langley

Shut Ins:

Rosaline Davis Katheryn Norman
Lynda Elliott Bill Pruett
Doris Hightower

Friends and Family

Caroline Stanton-Hill's brother, Earl Werk-
heiser, has been diagnosed with a reoccur-
rence of cancer. He will start radiation soon.
Edith Weldon's cousin, Jerry, is recovering
from surgery
Betty Smith's 5 year old great niece, River
Folan, is battling cancer
Ronnie Weldon's brother-in-law, Jay, is recov-
ering from surgery
Allen Rollings' 10 yr old cousin, Jesse Bradford,
has been diagnosed with cancer
Kim and Danny Jones' friend, Pam Baltrip, has
been diagnosed with metastatic ovarian
cancer
Marge Percell's nephew, Dean Percell, has
been diagnosed with cancer
Susan & Rick Collins' friend, Dennis, had by-
pass surgery last week
Diana Yarborough's friend, Janie Watkins, is
battling cancer
Aleta Esau's brother, Glenn Barber, has been
diagnosed with Lymphoma and has started
Chemo therapy
Teresa Combs' and Charlotte Giles' mother,
Claudette Terry, is having kidney problems
Tests show that Hoyt Box's cousin, Amy Cole-
man, has a new lymph node that is growing
Send cards to 7441 Hwy 70 So., Apt. 436,
Nashville, TN 37221
Becky Johnson's friends, the Lowerys, are
dealing with health issues