



Biblical Encouragement for Anxiety

Ministry Highlights

- **Care Ministry Seminar 10/26** featuring speaker Laurie Sanders. (See reverse side for more info.)
- **Interested in joining Barnabas?** A new training is beginning 9/22. Email Pastor Chuck for details.
- **Would you like to be paired with a confidential care giver?** Fill out our online form at gracepointpa.org/adults/care

Barnabas Minister **Ashley Adams** shares some thoughts and scriptures for overcoming anxiety:

It is so easy to get overwhelmed and feel anxious about the little things in life; things like what to wear in the morning, how to keep a healthy diet, what people think of you, or being overwhelmed when in a large group of people.

Anxiety can also take the form of lies inside our heads which try to control how we act and what we think

about ourselves. Anxiety can lead any person to a very dark place, even into depression.

No matter how big or how small, when anxiety attacks it can feel like a spinning tornado, and cause just as much damage to our hearts and minds. There is no mistaking that anxiety comes from Satan.

Turning to God in our darkest times is so important because the only way that we can defeat these lies

is by combating them with His truth.

Here are a few scriptures to help you switch your thinking when you are tempted by a voice other than God's:

Philippians 4:6 "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

John 14:27

"Peace is what I leave with you; it is my own peace that I give you. I do not give it as the world does. Do not be worried and upset; do not be afraid."

Psalm 94:19

"When anxiety was great within me, your consolation brought joy to my soul."

Matthew 6:34

"Therefore do not worry about tomorrow; for tomorrow will worry about itself. Each day has enough trouble of its own."

Spotlight on Grief Support



Grief is a normal, necessary, and natural process that comes after a significant loss, whether the loss was sudden or expected. Grief can bring up intense emotions, last longer than you would like, and cause you to question whether God is there. Even Christians with

strong faith can be blindsided by loss, and need support navigating their grief. Grace Point welcomes all who are suffering from a loss to attend Grief Support on the fourth Monday of each month, from 7-8:30p.m. in the Heritage Room. Beginning in October, a

separate group for women who have experienced the loss of a pregnancy or stillbirth will meet at the same time along side of Grief Support.

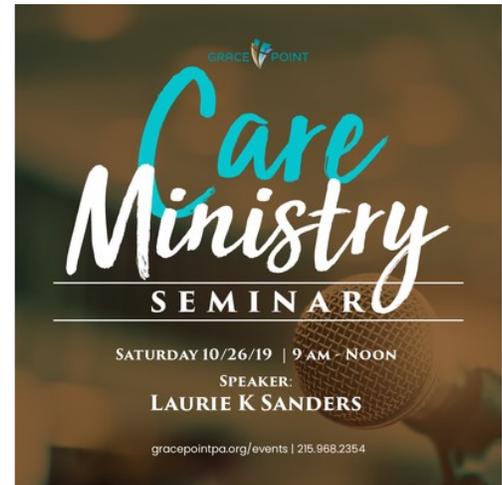
Email carnold@gracepointpa.org with any questions.

Important FALL Dates

Meetings for active Barnabas Ministers	9/12, 10/10, 11/14
New Barnabas Minister Training	Begins 9/22 (8 weeks)
Grief Support	9/30, 10/28, 11/25
Divorce Support	9/16, 10/28
Carrying Hope	9/30, 10/28
Care Ministry Seminar	10/26
Addictions Victorious	Every Friday

Care Ministries Seminar: Saturday, October 26, 2019

Join us for our Care Ministry Seminar from 9:00 am – Noon on Saturday, October 26. Our speaker is Laurie Sanders, author of *The List: Experiencing God in Extraordinary Adversity*. (Laurie's book will be available for purchase.) You will also hear brief presentations from Grace Point's Barnabas Care Team, Separation and Divorce Care Team, Addictions Victorious Team and Grief Support Team. There is no fee for attending, but registration is required so we can prepare properly for you. Visit gracepointpa.org/events to register.



Meet a Barnabas Minister

Joan Bennett has been a Barnabas Minister for about three years. Joan serves on the Barnabas leadership team, coordinates Confidential Care relationships, and co-leads the Divorce and Separation Support ministry.

Her favorite part of Barnabas is the care we provide those in need of encouragement and prayer. She became a Barnabas minister because she believed she had a story to share

with others about the pain she had experienced and how God manifested Himself in her life.

Joan's gifts are mercy and compassion, which help her both in Barnabas and outside of Grace Point in her career and friendships.

Sometimes when ministering to a suffering person, one can experience the feeling of helplessness, or wanting to do more than you are able. Joan over-

comes this challenge by remembering that she can not do it on her own strength. When ministry gets difficult, Joan trusts in God for her strength.



Joan's dream vacation is Spain!