

OVERCOMING WORRY

Worry is a problem for many today and it is not easy to overcome. It takes more than willpower to stop worrying. You already know that, because you've already tried it. You've thought, "I shouldn't worry about this," and yet you just keep on worrying about it.

Jesus says in Matthew 6:32 "People who don't know God and the way he works fuss over these things" (MSG). If you don't have a relationship with God, you have every reason to worry. You've got to get to know God! As a believer, you have a heavenly Father who has promised to take care of you. You are God's child, and children get special privileges. When you worry, God says, "You're my child. Why are you acting like an orphan?" Matthew 6:31-32 says, "Don't worry at all about having enough food and clothing **Your heavenly Father already knows** perfectly well that you need them, and he will give them to you if you give him first place in your life and live as he wants you to" (TLB). Any time you take God out of the center of your life and put anything else there — no matter how good it is — you're going to worry.

The Bible says, "So don't worry about tomorrow, because tomorrow will have its own worries. Each day has enough trouble of its own" (Matt. 6:34). If you're worrying about tomorrow, you can't enjoy today. You miss today's blessings. It's OK to plan for tomorrow, but you have to live for today. Also, when you're always worried about tomorrow, the future gets overwhelming. But God will give you the grace and strength you need when you get there. Right now, you only need enough power for today.

"Give all your worries and cares to God, for he cares about you" (1 Peter 5:7). How do you do that? **One way is to memorize God's promises in the Bible.** They're like an insurance policy for believers. When you know something's covered, you don't worry about it anymore. **Another way is to pray. If you prayed as much as you worried, you'd have a lot less to worry about.**

Pray this prayer against worry today:

"Dear Father, I admit that I often forget that you are with me. I often forget what you're like. Would you please forgive me for that? I need to get to know you better. I need to get to know your Word and your promises better. Help me to put you first in every area of my life. Help me to live one day at a time. Help me to not worry about tomorrow but instead focus on what you're doing in my life right now. I want to trust in your promise to take care of every one of my needs — financial, relational, physical, social, spiritual, and emotional. Help me to trust you more and worry less. I pray in Jesus' Name. Amen."

Worship Schedule

Sundays • 9:30 & 11:00 am

Medina Community Church exists to help people begin and grow in their relationship with God. Our relaxed, contemporary style provides an enjoyable atmosphere where you can investigate the claims of Christ, deepen your faith and meet some great friends along the way.

SERIES: DIFFERENT—
This World Is Not Your Home

February 3—
A Different Calling In A Darkened World

February 10—
A Different Perspective In Persecution

February 17—
A Different Direction In Marriage

February 24—
A Different Conversation In Relationships

March 3—
A Different Hope In Life

Contact Us

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Doug Davidson—Sr. Pastor
Donna Spitzer—Dir of Christian Ed
Kristen Green—Intern



Upcoming Events

- **Student Ministries**

Ontrack (Jr. High) and Satellite (Sr. High) meet on Sunday evenings at MCC.
(Ontrack . . . 5-6:45 pm / Satellite . . . 5-7:00 pm)

- **Kid Blast**

Kid's Blast (elementary k-5) meets on Wednesday evenings (6:45 pm) at MCC. We hope to have another awesome time of Bible, worship and games as we seek to grow in our faith and reach out to our friends.

- **Young Adult Bible Study**

Tuesdays at 6:30 pm all college age students and 20-something adults are invited to attend MCC's Young Adult Bible Study. Currently they are studying the book of Lamentations. Check with Arlen Gerig and see how you can become involved with this dynamic group of young people.

- **Adult Bible Study**

Men's and Women's Bible study groups both meet at 7:00 pm on Thursday evenings at MCC.

- **Community Nights**

This year's Community Nights begins on Wednesday, March 6th and runs for 6 weeks. Look for more details in the weeks to come.

- **MCC's Annual Youth Missions Fundraising Event—**



Amore Night

February 22, 2019

Spaghetti Dinner—serving begins at 6:30 pm

Silent Auction—6:30-7:30 pm

Servant Auction—begins at 7:30 pm