



MATTHEW 6:25-34

A Refreshing
Response to
Anxiety

He Gets Us.

May 7, 2023



Welcome!

SOUTH  PARK
CHURCH

MISSION

WHAT'S OUR PURPOSE?

South Park Church exists to help people walk with God, connect as family & love people in Jesus' name.

VISION

WHAT DO WE HOPE TO ACHIEVE IN THE FUTURE?

WE ARE ONE...

- Being **ONE with God** means living in the awareness of the Holy Spirit's presence & promptings in our lives. Being ONE with God, means we recognize & obey His voice above all the others.
- Being **ONE Body** is about creating loving relationships within the church. God created the Body of Christ to be a diverse group of believers. It is important to maintain our unity IN diversity as a part of our witness to this world. The key to that unity comes when we make our identity as God's children our most important identity.
- Being **ONE Kingdom** is about creating loving relationships outside of the church with other kingdom minded churches/ministries. We recognize that South Park Church is one small part of the global Christian Church and we desire to serve the Kingdom in partnership with those who share our belief in Jesus Christ.

CORE VALUES

WHAT ARE THE FUNDAMENTAL BELIEFS THAT DRIVE OUR BEHAVIOR & MINISTRY?

- **STAY CONNECTED TO GOD** - We want to serve out of the fullness of life and power that comes from God (*Ephesians 3:19*). Staying connected to God is how we learn to yield our will to His.
- **ACCEPT THAT ALL PEOPLE ARE OF UNSURPASSABLE WORTH TO GOD** - Scripture teaches us that Christ died for us while we were still sinners (*Romans 5:8*). Therefore that is the example of love we will follow. We will love and welcome people who are sinners... just like us.
- **LIFT YOUR ENEMIES UP IN PRAYER** - We don't want to respond to the sin & hate of this world with more sin and hate. We want to respond the way Jesus taught us to in His Sermon on the Mount - by lifting our enemies up in prayer (*Matthew 5:44*)
- **TAKE STEWARDSHIP SERIOUSLY** - We want to use all that we are and all that we've been given to give glory to God and grow His Kingdom (*Matthew 25:14-30*).

Info Hub



www.southparkchurch.org/info



@southparkchurch



@southparkchurch

[Learn more](#)

We've made it easy for you to find info about what's happening at South Park Church! Visit the info hub!

www.southparkchurch.org/info

Congregational Meeting

Sunday, June 4

following service

Save the date & make plans to attend this short but exciting meeting where we will welcome new member candidates & vote on a candidate for elder!



DAVE ANDERSON

ELDER CANDIDATE

Save the date and make plans to attend our next congregational meeting where we will welcome new member candidates and vote on Dave Anderson as an elder.

FINANCIAL UPDATE - 4/30/2023

Budgeted Giving Year to Date	\$417,333
Actual Giving Year to Date	\$358,340
LY Actual Giving Year to Date	\$360,642

Children *SAFE* Families *TOGETHER*

Join us for an **IN-PERSON TRAINING**

Sat, May 13th, 2023

9:00 AM - 1:00 PM



visit www.southparkchurch.org/info to register

Learn more about Safe Families for Children & how you and your friends, as a Circle of Support, can surround families in crisis with a caring, compassionate community. Food, Childcare, and Onsite Fingerprinting are provided! [Click here to register.](#)

Maximizing Playtime
MAY 20, 2023 10:00 - 11:30A

Join us for a morning of interactive play, peer engagement, and personalized guidance as you learn how to maximize playtime with your child.

Karen Anderson, LCSW
Director and Therapist at Lydia Home Counseling Center
Parent Trainer at Safe Families

The flyer features a background image of a woman and a young boy playing together. The text is arranged in a clean, modern layout with a grid pattern. The title "Maximizing Playtime" is in a large, playful font. The date and time are clearly displayed. The description of the event is concise and informative. A circular portrait of Karen Anderson, LCSW, is included, along with her title and role as a Parent Trainer at Safe Families.

Come and learn how to enjoy having fun with your child by learning how to play with them in ways that enhance their leadership, creativity and sense of initiative. You will have the opportunity to practice these new skills with your child with a trained professional available to coach you. The skills you will learn are specifically useful for children ages 1 -10. This is an event you do not want to miss! [Click here to register.](#)



Join us for the Summer Series: Proverbs where a variety of women will teach (in-person) on a variety of Proverbs. Learn more and register on the info hub or visit www.southparkchurch.org/women

SOUTH PARK CHURCH

VACATION BIBLE SCHOOL 2023!

JUNE 26-29th

the great TREEHOUSE adventure

Life is an adventure
God is our guide

South Park Church VBS 2023

SPCKIDS@SOUTHPARKCHURCH.ORG
WWW.SOUTHPARKCHURCH.ORG/INFO

Join us for Vacation Bible School 2023, "The Great Treehouse Adventure"! During these 4 days, students will learn about the adventures of the disciple Peter, and how God used the ups and downs in his life to bring others to Christ and grow in their faith. Spots are filling fast! Click here to register to [attend](#) or [volunteer!](#)

SOUTH PARK CHURCH

JOIN THE WORSHIP TEAM

EXPERIENCED ELECTRIC GUITAR
&
DRUM SET PLAYERS NEEDED

EMAIL BERNIE@SOUTHPARKCHURCH.ORG

We are looking for experienced electric guitar and drum set players to join the team! If you are passionate about worship and have a heart for leading others in praise, we would love to hear from you! For more information, please email bernie@southparkchurch.org.

SOUTH PARK CHURCH

Sunday Morning Prayer

Each Sunday at 9 a.m.
Fellowship Hall & Zoom

Each Sunday morning you are invited to join in-person or on-line for a wonderful time of group prayer prior to the worship service. DUE TO THE GREAT BANQUET, THIS SUNDAY WE WILL MEET IN THE STAFF CONFERENCE ROOM.

Come try it out! Want to join online?

[Click here for the link to the zoom meeting.](#)

Meeting ID: 874 0226 6783 Password: 807766

PRAYING FOR EACH OTHER

These prayer requests represent just one way in which we pray as a church body and just some of the people we are lifting in prayer. For additional opportunity to pray, share, and celebrate answered prayer, please attend Sunday Morning Prayer each Sunday at 9am in the staff conference room and over Zoom (email info@southparkchurch.org for the Zoom link). And please email kristin@southparkchurch.org if you have a prayer request you'd like shared with the confidential Prayer Chain.

Praise God for how we've seen Him at work in our congregation lately- for cancers that are stable with no growth, for breakthroughs in family relationships, for medical procedures being successful, for great steps of progress for those suffering with mental health illnesses, for many who are ready to take next steps in their faith journeys. *Praise the Lord for His power at work among us!*

Pray for Doug Volden who is hospitalized following a recent relapse of Guillain Barre. Pray that treatments and physical therapy will yield daily improvement and that God would fill Doug and Vicki with great encouragement during this setback.

Pray for those suffering in our country and around the world from all forms of violence, injustice in the many forms it takes, natural disasters, mental illness, and so much more. Pray that Christ would be made known in the midst of heartbreak and that suffering would cease through the powerful name of Jesus and the spirit-led actions of believers.

Continue to pray for: Nick Powell, our Outreach Partners in Ukraine, Doug Volden, the Genson family, Catherine Hankins, Greg Van Calbergh, Dawn Phillips, Kathy Palansky

SERMON NOTES

A Refreshing Response to Anxiety

Matthew 6:25-34

1. Our Culture of Anxiety & Worry
2. Worry distorts our perspective (vs. 25)
 - a. What matters most vs. what matters now
3. Worry distracts from God's provision (vs. 26-31)
 - a. Responding to our own thoughts
 - b. Slowing Down
4. Worry dilutes our purpose (vs. 32)
5. Worry takes a backseat

DIGGING DEEPER

1. What are the things that occupy your mind/ thoughts the most? Why is that?
2. When you find yourself worrying, do you allow yourself to continue or do you have a strategy for refocusing your thinking? What is that strategy?
3. How would your non-Christian friends describe you? In what ways do you stand out in a “good way” (AKA: God way)?
4. In what ways can you start putting the Kingdom of God first in your thoughts and daily living?