

**THE**

**SILENT**

**CRISIS**

WHAT THE BIBLE HAS TO SAY  
ABOUT MENTAL HEALTH

**Send Your Holy Spirit now for Christ's sake to...**

Pray silently for the prayer request printed in your bulletin.

Our College Students, and our small group led by Mike Wright.

The Great Southwest Prayer Center.

Sister church, The Fellowship and Pastor Jerry Edmonson.

The Af\*ar of Ethiopia.

Lord bring peace to Ukraine and to the world.

**We ask all this for the glory of Your name.**

***“For My House Shall Be Called A House Of Prayer For All Nations.” Isaiah 56:7***

Please pray for this request shared during last week's worship service.

**Pray for  
others**

# ***The Silent Crisis***

## **“What the Bible Has to Say About Anxiety”**

### **Philippians 4:4-13 – April 3, 2022**

#### **Our Sermon Series**

<b>THE SILENT CRISIS</b>		
<i>What the Bible Has to Say About Mental Health</i>		
<b>Date</b>	<b>Message Title</b>	<b>Scripture</b>
March 20	What the Bible Has to Say About Depression	Psalms 42
March 27	What the Bible Has to Say About Suicide	1 Kings 19
April 3	What the Bible Has to Say About Anxiety	Philippians 4
April 10	What the Bible Has to Say About Addiction	TBD
More GF messages can be found at <a href="https://www.WhatIsGrace.org/Watch">WhatIsGrace.org/Watch</a>		

#### **In the beginning...The Fall - Genesis 3: 6-13**

- First emotion from Adam after the fall

#### **Facts about Anxiety:**

- Anxiety disorders are the most common mental illness in the U.S., affecting about 40 million adults age 18 and older, or about 20% of the population every year.
- Anxiety disorders are highly treatable, yet only about 37% of those suffering receive treatment.
- Anxiety disorders affect 25% of students between 13 and 18 years old. Research shows that untreated students with anxiety disorders are at higher risk to perform poorly in school, missing out on important social experiences, and engage in substance abuse.

#### **VIDEO: ANXIOUS IN NOTHING**

#### **Anxiety Disorders vs. Being Worried and Anxious**

- I personally believe that medications and therapy are a gift that God has allowed us to discover (just like penicillin) to help restore a person's neurochemical levels while they work on the root causes of their anxiety.

**Anxiety:** Spinning mind, racing heart, tightening gut.

## **How to Keep from Being (and Staying) Anxious**

(Philippians 4:4-13)

### **1. Refuse to (continue to) worry about \_\_\_\_\_ (v.6)**

- Anxiety in a man's heart weighs him down. Proverbs 12:25
- Cast all your anxieties on him, because he cares for you. 1 Peter 5:7

Application #1 – As I deal with my anxiety, I am going to...

- ☐ Tell my mind to
- ☐ Go see a medical doctor or psychiatrist and see if my condition needs the help of medication.
- ☐ Go see a Christian counselor to help address the root causes of my anxiety (see yellow list of recommended referrals from our Care Ministry Team – blue shirts in the lobby).

### **2. Talk to God about \_\_\_\_\_ (v.6)**

- Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing? Matthew 6:25
- He who did not spare his own Son but gave him up for us all, how will he not also with him graciously give us all things? Romans 8:32

Application #2 – I'm going to talk to God about...

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### **3. Thank God in \_\_\_\_\_ (v.6)**

- Not for all things... Joy and Sorrow
- Give thanks in all circumstances; for this is the will of God in Christ Jesus for you. 1 Thessalonians 5:18
- Attitude of Gratitude
- "God, thank you for the opportunity to come close to you during my trials..."

Application #3 – I am thankful to God for... even though I am going through...

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### **4. Think about \_\_\_\_\_ (v.8)**

- Fools mock at the guilt offering, but the upright enjoy acceptance. Proverbs 14:9 (Fools make fun of sin).
- You keep him in perfect peace whose mind is stayed on you because he trusts in you. Isaiah 26:3

## 5. Be content with \_\_\_\_\_ (vv.11-13)

1. Stop comparing. A tranquil heart gives life to the flesh, but envy makes the bones rot. Proverbs 14:30
2. Stop thinking that having more is better. Better is a handful of quietness than two hands full of toil (hard work) and a striving after wind. Ecclesiastes 4:6
3. Learn to admire without having to acquire. Agree with God, and be at peace: thereby good will come to you. Job 22:21

Application #5 - One area of my life where I need to learn to be content is:

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Goals for this week - With God's help, I will... Continue, increase, decrease, start or stop:

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### **The Full Serenity Prayer**

God, grant me the serenity  
To accept the things I cannot change;  
Courage to change the things I can;  
Wisdom to know the difference.  
Living one day at a time;  
Enjoying one moment at a time;  
Accepting hardships as the pathway to peace;  
Taking, as He did, this sinful world  
As it is, not as I would have it;  
Trusting that He will make things right  
If I surrender to His Will;  
So that I may be reasonably happy in this life  
And supremely happy with Him  
Forever and ever in the next.  
Amen.

## Silent Prayer

**Additional Notes, Questions, and Reflections:**

[illegible]



Join us **EASTER**  
when we begin our sermon series

# BELIEVE

Exploring What You **BELIEVE**  
from the **BIBLE'S Hall of Faith**

**WHAT** do you believe, and **WHY** do you believe it?

## Cinco Ranch Campus **EASTER SERVICES**

- **SATURDAY, APRIL 16 AT 5PM**—Identical service to Sunday morning but in the convenience of Saturday night. Families worship together. Children's ministry for newborns through pre-K on Saturday night. (Easter weekend only.)
- **SUNDAY, APRIL 17 AT 8:45 OR 10:45AM**—Two services with Children's Ministry (all ages) during both hours. Junior High and High School students worship in the Worship Center.
- **SUNDAY, APRIL 17 AT 7AM**—Traditional Outdoor Easter Sunrise Service celebrating the Resurrection with familiar songs and hymns, a short Easter message, and Communion. (Sunrise service on Easter weekend only.)



A  
**CHURCH**  
**THAT**  
**SERVES**



## **VACATION BIBLE SCHOOL**

June 13—16 from 9AM—NOON

There's still time to Sign Up to Volunteer! Don't miss this opportunity to help kids learn that what they do today can change the world around them by "making waves" with God's Holy Spirit.



**Scan the QR Code to Register to Volunteer!**

# Adult Ministries

## Discipleship

**How to Think Like a Christian in a World that Doesn't.** Sunday nights, April 3—May 22, 6:30PM in the Vista: This course will help you investigate the different ways people think and then compare each to what the Bible teaches.

More info and Register at [WhatsIsGrace.org/Adults](http://WhatsIsGrace.org/Adults).

## Prayer

**Fire On the Altar Volunteer Opportunities:** Greeters, section leaders, sound techs, and stage techs at FOTA, May 5–7. Information and sign up at [thegreatsouthwestprayercenter.org/fota](http://thegreatsouthwestprayercenter.org/fota).

**Prophetic Prayer on April 10, 10:30–NOON:** Please visit the Prayer Center and allow the Prophetic Team to minister to you. Safe; biblical; motivated by love.

**National Day of Prayer and Fire On The Altar at Grace Fellowship:** NDP begins at 7PM May 5 in the Worship Center and FOTA follows non-stop for 50 hours in the Vista. Come pray!

**Prayer Line:** (281) 398-2GOD

**Online Prayer:** [WhatsIsGrace.org/Prayer-Wall](http://WhatsIsGrace.org/Prayer-Wall)

## Missions

**Church in Action on April 23:** Help Build a Ramp for a Special Needs Family! For more information contact [churchinaction@WhatsIsGrace.org](mailto:churchinaction@WhatsIsGrace.org).

**FriendSpeak:** Reach out to international friends in our area, helping them practice their English! Email [sarahkaty2000@yahoo.com](mailto:sarahkaty2000@yahoo.com) for more info.

**2022 Mission Trips:** Teams will be traveling within the U.S. and internationally, including among our UPGs! Register soon—teams are filling up quickly!



Visit [WhatsIsGrace.org/Missions](http://WhatsIsGrace.org/Missions) to learn more about these opportunities.

## Care

**Parenting with Grace Registration Open!** Are you seeking to develop a family culture that fosters love, respect and purpose? Do you want to learn how to incorporate timeless principles of effective discipline? Are you looking for ways to disciple your kids and build a solid framework to encourage them towards a vibrant, life-long faith?

Through biblical teaching and small group discussion, Parenting with Grace provides parents a place to connect with other parents as they discover God's design for parenting!

For more details and registration, please visit [WhatsIsGrace.org/Care](http://WhatsIsGrace.org/Care), contact Laura Pyle at [LPyle@WhatsIsGrace.org](mailto:LPyle@WhatsIsGrace.org) or 281.646.1903 X 153.

Limited free childcare available with early registration.

**Need confidential care? Contact Care Pastor Cindi Lomax at [CLomax@WhatsIsGrace.org](mailto:CLomax@WhatsIsGrace.org).**

# Kids Ministry

## Special Needs Ministry Parent Mini-Conference:

Hope for the Journey. Friday, April 8 from 6PM–9:30PM on campus in the Kids Ministry building. Childcare will be available. Please contact Katina at [KYeargain@WhatsIsGrace.org](mailto:KYeargain@WhatsIsGrace.org) for more information or to register.

**Kids 101 on April 10, from 12:30–3PM:** This class is highly recommended prior to your child's (ages K-5) baptism and covers the basics of the gospel in an interactive, age-appropriate format. Class is free for parents and children and lunch is provided. Visit [WhatsIsGrace.org/Kids](http://WhatsIsGrace.org/Kids) to register your child today!

**Easter Saturday and Sunday:** We will offer children's programming for birth thru 4 years old on Saturday, April 16 at 5PM, and Kids Ministry on Sunday at both services, 8:45 and 10:45AM.

# Student Ministry

**Senior Sunday is May 1st!** During the 10:45 service, seniors will be recognized through pictures and video, with a time of prayer at the end of the service. Join us for a reception in the lobby afterwards! Haven't submitted your senior photo yet? Email Jordan at [JHerrera@WhatsIsGrace.org](mailto:JHerrera@WhatsIsGrace.org) for more info.

## Get Connected

**New to Grace?** Welcome! Come by the Welcome Center in the lobby to pick up a gift. We would love to say "hello" and answer any questions you might have.

**Starting Steps:** Are you new to Grace Fellowship, or maybe you've been here a while and want to take your next step? Starting Steps are sessions created to help you make a connection and engage you in the life of Grace Fellowship. Learn more at [WhatsIsGrace.org/Connection](http://WhatsIsGrace.org/Connection).

## Get Involved

**Job Opening:** Full-time HR Director—This role is responsible for all activities of the human resource function including, but not limited to, compensation and benefits, payroll administration, and employee relations. To apply, contact Ben Bash, Administrative Pastor, at [Admin@WhatsIsGrace.org](mailto:Admin@WhatsIsGrace.org).

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 Grace Fellowship Church

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