



**April
28th, 2024**

Preachers

Wes Garland
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“The churches of Christ salute you” Rm 16:16

Environment of Parenting - Lesson 6

Learn to cope with Stress and Crisis

Introduction

- The effects of the “fight or flight” syndrome are mimicked in our stress response whether our lives are in risk or not.
- These effects take a major impression on our bodies in long term mismanagement.
- It is CRUCIAL that we learn to cope with stress and handle ourselves in crisis so that ourselves, and those around us, will be ok.

Body

I. 6 Tactics for stress

1. Keep things in perspective
2. Let go and Let God (Phil. 4:6-8)
3. Focus on something bigger than self
4. Humor yourself (Prov. 15:13, 17:22)
5. Take one step at a time (Matt. 6:34)
6. Refresh and Restore (The reason for the Sabbath)

II. It is WRONG to view stress as ALL BAD!

III. 6 Strategies For Surviving A Crisis

1. See the roses among the thorns
2. Pull together
3. Go get help
4. Use spiritual resources
5. Open channels of communication
6. Go with the flow

IV. Ask yourself: When you look at a rose, is it a ROSE WITH THORNS or THORNS WITH A ROSE?

- A. We need to keep this analogy in our minds when we are facing stress or a crisis.
- B. The way we view our stresses or crisis will determine the outlook and handling of these situations.

V. Remember

- A. We all have stress in life, but how we handle it will affect, not only ourselves, but all those around us.
- B. Life is too short not to choose happiness.
- C. Our families are at our expense on how we choose to handle our stress.
- D. May we not choose to not learn to handle our stress.
- E. Your life is worth more than to deal with stress alone.
- F. YOU ARE NOT ALONE!
- G. Philippians 4:6, Romans 8:28, 2 Corinthians 1:3-4

Conclusion: Are we handling our stress in an EFFECTIVE manner?

Elders

Todd Hinson
Steve Tesh
Andy Santiago

Deacons

Randy Warner
Keith Warner
Mark Minor
Jody Everett
Gene Southern
Shawn Thomason
Mark Roy
Adam Warner

Service Times

Sunday AM Bible Study
10AM

Sunday AM Worship
10:50AM

Sunday PM Worship
6PM

Wednesday Bible Study
7PM

**Happy Lord's
Day!!**

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**Pew Packers
before services
tonight! 5pm**

April Birthdays

22nd Mike Lundgren
25th Mattie Pharr
29th Wayne Hutchins

April Anniversaries

5th Todd & Dana Hinson
20th Gina & Buddy Strickland
21st Dennis & Patricia McBrayer
28th Rick & Karen Clemmons

WELCOME VISITORS

WE ARE HAPPY TO HAVE YOU VISITING WITH US THIS MORNING. WE INVITE YOU TO RETURN THIS EVENING AT 6:00 P.M. FOR THE SUNDAY EVENING SERVICE AND AT 7:00 P.M. EACH WEDNESDAY EVENING FOR THE MID-WEEK BIBLE STUDY.

*** PLEASE FILL OUT A VISITOR'S CARD!**

Sermon Notes:

Food Pantry Items for Southwest Elementary

APRIL - Mac & Cheese,
Ramen Noodles,
Canned Pasta,
Spaghetti O's etc...

Scripture Writing Plan – “Grafted In”

1	Joshua 2:8-11	11	Romans 3:28-30	21	Romans 11:25-27
2	Joshua 6:22-23, 25	12	Romans 9:3-5	22	Romans 11:30-33
3	Ruth 1:15-17	13	Romans 9:6-8	23	Galatians 3:7-9
4	Matthew 1:1, 4-6a	14	Romans 11:1-3	24	Galatians 3:13-14
5	Matthew 12:17-21	15	Romans 11:4-6	25	Galatians 3:26-29
6	Acts 10:9b-15	16	Romans 11:7-8	26	Ephesians 2:11-13
7	Acts 10:28, 34-35	17	Romans 11:11-12	27	Ephesians 2:19-21
8	Acts 26:15-18	18	Romans 11:13-16	28	Ephesians 3:4-6
9	Acts 26:22-23	19	Romans 11:17-20	29	Ephesians 4:4-6
10	Romans 3:21-23	20	Romans 11:21-24	30	Ephesians 4:17-20

Wisdom Corner

Always do good. It comes back to you in unexpected ways.

WARNERS UPCOMING EVENTS

Every Sunday- Pew Packers Group. Ages 13 & Under @ 5pm.

May 5th- VBS Meeting & Potluck after AM services. Please bring a covered dish if you plan to stay!

May 18th-19th- Senior Rally with brother Terry Joe Kee. (Emily Workman's Father) More details later.

May 31st- Graduation for NCSBS. More details later.

June 1st- The Older Youth Group will be hosting a Spring Fling 3pm-7pm. Games, Dinner & Devo! Dinner will be hamburgers & hotdogs. Sign-up sheet will be posted soon.

June 23rd-26th- VBS!! Please mark it on your calendar! Make plans to attend!

AREA EVENTS:

May 18th- Ladies Day @ the Northwest congregation. Speaker: Sheila Butt. Theme: Send the Light. Seating is limited. Please register or contact Stephanie Ransom.

May 19th Gospel Meeting starts @ Broad Street. Speaker: Dean Thompson. Theme: Jesus' relationship to the church. 7pm each weeknight.

Kids Corner

- *When did Malachi prophesy?*
- *Name some ways the Israelites had wronged God.*
- *Who did Malachi say would come before the day of the Lord & tell the people to repent?*

Look for the answers next week!

Last Week's Answers

1. After some Jews returned from Babylonian captivity.
2. Rebuild the temple.
3. Zechariah describes visions he saw.

OUR SICK

Please Remember in your prayers!

Jack Piper, John Ransom, DJ Harrison, Roger Allen, Gary Wadford, Faye Kirschenman, Manchel Tesh, Neal & Lou Ann Harper, Tim Allen, Kara Kee, Sherrill Stewart, Don Minor, Mary Burke, Adrian Wicker, Austin Workman, Melissa Bruce, Linda Santiago, Daphne Pickup, Allie Pentuk, Jacques Pettit, Pat Brumfield, Mary Seal, Jessica Kollar, Sue Wright, Chelsea McVay, Patrick Falls, JoAnn Anderson, Cleave Binkley, Doug Bowen, Randy Clemmons & Tammy Jones.

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Buddy Strickland- will be having knee surgery on May 21st. Please keep him in your prayers.

Amos Soli- A young baby that has been battling cancer, has some swelling on his brain. He's currently in the Children's Vanderbilt Hospital. Please pray for him & his family.

Alberta Jackson- (Mattie Pharr's sister) was diagnosed with stomach cancer. Please keep her in your prayers. Her address is in the email that was sent out.

Matt Cooper- (Clayton's brother- in-law) had an ultrasound of his abdomen due to elevated enzyme levels in his pancreas. Please pray for good results and for good treatment if necessary.

Tom Roy- (Mark Roy's brother) struggling with depression. Please keep him in your prayers.

Randy Knost- has stage 4 stomach cancer. Please keep him in your prayers.

David B. Jones- instructor at the Stoney Creek school of preaching has a rare leukemia cancer and could use our prayers.

Randy Hendricks- (Carmen Parker's brother) surgery went well and was able to go home.

Announcements for Sunday and Wednesday: Bob Wilson

Communion: Mike Lundgren

Security And Greeting: Shawn Thomason, Jody Everett & Johnny Spillman

SUNDAY BIBLE CLASS: For April

	Scripture	Song Leader	Prayer
7 th	Gene Ruark	Clayton Workman	Todd Hinson
14 th	Mark Minor	Charley Belch	Mark Roy
21 st	Andy Santiago	Steve Tesh	Dan Mott
28 th	Rodney Brown	David Shoaf	Wes Garland

WORSHIP: Opening / Closing Prayers For April

	Sunday AM	Sunday PM		Wednesday/Opening
7 th	Johnny Spillman	Todd Hinson	10 th	Jim Harrison
14 th	Wayne Allen	David Moore	17 th	Adam Warner
21 st	Bradley Byrd	Steve Tesh	24 th	Mark Minor
28 th	Allan Knight	Shawn Thomason		

Song Leaders For April

	Sunday AM	Sunday PM		Wednesday
7 th	Tristan Roy	Tristian Roy	3 rd	Charley B.
14 th	David Shoaf	David Shoaf	10 th	David Shoaf
21 st	Wayne Allen	Wayne Allen	17 th	David Shoaf
28 th	Charley Belch	Song/ Prayer Svc- Gene S.	24 th	Wayne A.

PLEASE, if you are unable to be here, ARRANGE COVERAGE!

Thank you for your willingness to serve!

CONTACT: GENE SOUTHERN

Secretary

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**NORTH CAROLINA SCHOOL OF
BIBLICAL STUDIES**

COME STUDY WITH US!

MONDAY - FRIDAY 9:30 - 4:30PM

CHAPEL MONDAY – THURSDAY

IN THE ANNEX @ 9AM