



Anxious About Everything: Loving and Helping Those with Anxiety Disorder

Philippians 4:4-9

English Services

(8 & 10:30 a.m., & 5:30 p.m.)

Prelude
Call to Worship
Worship through Praise
Worship through Fellowship
Missions Testimony
Community Prayer
Scripture Reading
Worship in the Word

Pastor Larry Pabiona

Worship through Giving
Response Song
Benediction

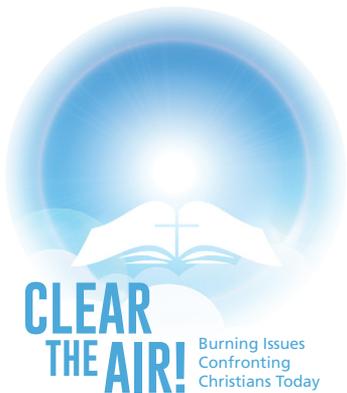
Filipino Service

(3 n.h.)

Paghahanda
Tawag sa Pagsamba
Pagsamba sa Pag-aawitan
Pagkilala sa mga Bisita
Patotoo
Panalangin ng Komunidad
Pagbasa ng Salita ng Diyos
Pakikinig sa Salita ng Diyos

Pastor Dags Miguel

Pagsamba sa Pagbibigay
Tugon na Awit
Bendisyon



18/19 January 2020

Vol. 42, No. 3



Anxious About Everything: Loving and Helping Those with Anxiety Disorder

Today's Message (18/19 January 2020) /
Philippians 4:4-9

Anxiety disorders are the most common and pervasive mental health disorders. They are real, serious medical conditions—just as real and serious as physical disorders like heart disease or diabetes. Anxiety disorders differ from normal feelings of nervousness or anxiousness, and involve excessive fear or anxiety. To be diagnosed with an anxiety disorder, the fear or anxiety must (1) be out of proportion to the situation or age inappropriate; (2) hinder your ability to function normally.

There are several types of anxiety disorders, including generalized anxiety disorder, panic disorder, and phobias. What they all have in common is crippling anxiety.

WHEN IS ANXIETY SIN?

Depending on the context, fear and anxiety may be one of four types:

1. A God-given emotional response for our benefit
2. A disordered physiological response that is not sinful
3. A natural consequence of sin, or
4. Sinful responses to God's providential care.

IF YOU HAVE ANXIETY DISORDER, WHAT CAN YOU DO ABOUT IT?

- As a believer what can I do about it within my heart?
 1. Trauma from the past (*Psalms 13:1-6*)
 - Override memories of darkness with memories of peace. Rather than imagining new memories, we can look back on God's blessings and our own salvation at the Cross.
 2. Fear of present realities (*Philippians 4:4-9*)
 - When we realize that God is with us in the middle of anxiety, we can enjoy the communicative relationship with God as we pray (v. 6b) and have God's peace fill our hearts and minds (v. 7). Let's train ourselves to cling to the truths about God being with, and for us, and desires our peace!
 3. Anxiety about the future (*Matthew 6:25-34*)
 - Jesus tells us not to worry about the future because God cares for us, and will provide for our needs. Whether anxiety stems from fear of the unknown or dread of the certain, God knows what the future will ask of you, and He is ready to help you through it with His provision and Presence.
- Christian counseling can assist with anxiety disorders: The good news is that anxiety disorders are treatable. An experienced Christian counselor can assist with cognitive techniques (ways of thinking) that can improve the symptoms, as well as behavioral techniques (actions and habits) that can move the person toward a healthy lifestyle. At times, your counselor may team up with a doctor for a combined treatment of therapy and medication.



Anxious About Everything: Loving and Helping Those with Anxiety Disorder

Today's Message (18/19 January 2020) /
Philippians 4:4-9

HOW CAN YOU HELP AND LOVE THOSE WITH ANXIETY DISORDER?

Some common and wrong things to say to a person with anxiety disorder (or to yourself):

1. "We all get anxious, so just pull yourself together."
2. "If you would just relax more, your anxiety will go away."
3. "Have you committed some sin that God is punishing you for?"
4. "If you just try harder you wouldn't feel so stressed-out."
5. "Just ignore your problems and they will go away."
6. "Anxiety can't kill you, so just snap out of it."
7. "If you had more faith, you would stop worrying."

Some practical ways you can help people who suffer from anxiety disorder (from Dr. Archibald Hart):

1. Work hard at learning all you can about anxiety disorder. The more you know, the fewer mistakes you will make.
2. Don't make assumptions about what the sufferer needs; ask them.
3. Don't put pressure on a family member to get better quickly.
4. Find something positive in every experience to praise and reinforce. If the affected person is only able to go partway to a particular goal, such as a movie or party, consider that an achievement.
5. Don't enable avoidance. Negotiate with the sufferer to take one small step forward when he/she wants to avoid something.
6. During an attack, avoid saying things like, "Relax. Calm down. Don't be anxious. Don't behave like a coward." Calmly reassure that the attack will soon pass and he/she will be in control again.
7. Don't overreact when the affected person experiences a panic attack. Remember, the sufferer is not causing the attack nor does he/she have much control over it at the time.
8. Be patient and accepting, but don't settle for the affected person being permanently disabled.

FINAL THOUGHTS

Anxiety disorders are more common and dangerous than we think. Not only can they be crippling to the sufferer, or disturbing to family and friends, but they also heighten the risk for self-destructive behavior, including suicide. The wonderful thing is that God knows the illnesses of those He loves and provides a way for them to live with it victoriously, rather than in defeat. If you suffer from anxiety disorder, may you find your church family a spiritual shelter to run home to. And if you care for someone who has this, may God use you to bless them and help them towards healing ■

"A new commandment I give to you, that you love one another: just as I have loved you, you also are to love one another. By this all people will know that you are my disciples, if you have love for one another."—John 13:34-35 ESV

LOVING OUR NEIGHBOR

If we are indeed disciples of Jesus and we claim to follow after Jesus, affirming His loving nature then we, the people of God whom He has redeemed and saved through Christ, are therefore distinctly known for our love of others.

Loving family and friends who think and look like us is easy, and as they say in Filipino, bayanihan best fits who we naturally are as Filipinos. But the timeless picture of community of farmers lifting up the support stilts of a neighbor's nipa hut to cross ankle-deep rivers has sadly been overtaken by impersonal, instantaneous, self-managed, app driven and door-to-door cargo delivery services administered through our smartphones, in the confines of newly refurbished condos.

But I thank the Lord for reminding me that love of neighbor through bayanihan

still exists today through the example of the Añonuevos. A day after heavy ashfall from Taal Volcano engulfed the lakeside communities of Batangas, my brother-in-law, Pastor Bryan, together with our Tatay Danilo, picked up one distraught family after another along the Tagaytay-Nasugbu Highway, and brought them to the nearest evacuation centers, cooking meals for them after almost a day of no food and water. Nanay Filomena gave away pants, jackets, shirts, bed sheets, pillows and beddings, while Pastor Bryan's firstborn Andrei, celebrated his birthday by gladly sharing and eating bread and sotanghon with the bakwit kids.

TAAL ERUPTION VICTIMS RELIEF

So then as a church community, as Pinoy followers of Jesus—*ipakita natin na tunay ngang Cristyano tayo sa pamamagitan ng pagmamahal natin sa ating kapwa*. See image below for details how you can prayerfully help out and donate ■

Taal Eruption Victims Relief

Cash Donations

(1) You may designate a separate offering for our relief efforts. Just write "For Taal Relief" in your offering envelope and drop it in one of our offering bags/boxes.

(2) You may also deposit your cash donations in our Chinabank Peso Savings Account:

Account no.: 1112-02006218

Account name: Greenhills Christian Fellowship, Inc.

Branch: Ortigas ADB

Please e-mail your deposit slip to finance@gcf.org.ph with subject "For Taal Relief."

In-kind Donations

In-kind donations can be received at the GCF lobby until January 27 (Mon).



Ministry Opportunities + Announcements



SUNDAY SCHOOL AT THE CHAPEL

Current topic: Ministering to Roman Catholics

Teacher: Pastor BJ Sebastian

Resumes January 19 and held every Sunday, 9:30-10:30 a.m. at the Chapel, with video replays at 4:30-5:30 p.m. (same venue)



ACTIVE FAMILY DISCIPLING

February seminar of #ParentsTalk, a year-long midweek series on parenting

Speaker: Pastor Lloyd Estrada

February 5 (Wed), 7:00-8:30 p.m. at the Fellowship Hall. Open to everyone.



GCF 42nd ANNIVERSARY CELEBRATION

Please take note of service schedules:

February 8 (Sat), 5:00 p.m.

February 9 (Sun), 10:00 a.m. and 5:00 p.m. (two services only on Sunday)



WETFOOT

Partner with God's cross-cultural kingdom building through short-term missions

GCF's Wetfoot Ministry is accepting applications for this year's short-term mission trip/s. Please inquire at the ministry information booth.



JOB OPPORTUNITY AT GCF

We are looking for **one (1) building engineer** to join our full-time staff here at Greenhills Christian Fellowship. For other application information and complete job description, please email gcfhr@gcf.org.ph.

The flowers this week are given with praise and thanksgiving to God by the Messiah College. Please call 8632 1354 to 56 for inquiries on how to participate in this ministry.

Join a DISCIPLE-MAKING GROUP

Growth Group Express (GGEx)

Mixed group

Sundays, 9:30-10:30 a.m.

Rm. B124 (GG Center)

Sunflowers Growth Group

Group for women

Sundays, 9:30-10:30 a.m.

Rm. B506

Burning Hearts Chronicles

Growth Group

Group for couples

Sundays, 9:30 a.m.-12:00 noon

Rm. B123

Jars of Clay Growth Group

Group for women

Sundays, 9:30-10:30 a.m.

Rm. B512

Best Together in Christ

Group for couples

Sundays, 9:30-11:00 a.m.

Rm. B508

Sowers 2

Mixed group

Sundays, 10:00 a.m.-12:00 nn.

Rm. B514

If you are interested in joining any of the small groups above, fill out the tear-off form of this bulletin, drop it in the offering bag, or submit it at the Growth Group booth at the lobby. For more information, you can text or call us at 0917 779 1549.

DMG Leaders' Assembly

Topic: Missions Education

February 29 (Sat), 4-6 p.m. at the Fellowship Hall

STEWARDSHIP REPORT / January 2020

JANUARY	Projected	Rcvd., Jan. 1-16	YEAR-TO-DATE	Projected	Rcvd., as of Jan. 16
General Funds	9,073,774	4,453,794	General Funds	9,073,774	4,453,794
Mission Support Fund	1,121,081	376,201	Mission Support Fund	1,121,081	376,201
Others (Designated, etc.)	841,254	248,694	Others (Designated, etc.)	841,254	248,694
TOTAL	11,036,109	5,078,689	TOTAL	11,036,109	5,078,689

Many callings, one purpose

BY RHEA TUMAMPO

Ni hao! My name is Rhea, one of the missionaries in GCF. But I didn't start that way. I spent most of my years working in several companies and industries. My missionary journey started when I heard a testimony from this pulpit and I found myself relating. I responded to God's call, and I served our church as staff in the Missions and Evangelizing Team.

But I left GCF and joined the marketing of an electronic firm. That is, until November 2016, in one of the darkest moments of our family, my father died. As the eldest, I needed to work harder to support my family. I continued working in the firm, thinking everything was perfectly fine. But I was wrong. As days passed by, the feeling of emptiness, doubts and worries started creeping in; countless sleepless nights and I'd get sick for days. I heeded the advise to have an intimate time with God, which I did. During that time, He humbled me and in my brokenness and He spoke to me through Luke 9:24: "For whoever wants to save his life will lose it but whoever loses his life for me will save it."

I left the firm and served several ministries, including church planting training. When I was commissioned last July, the Lord again affirmed his calling to me. I was invited to serve PCEC and CBAP where I am currently connected with. I also served as a volunteer of GCF MCare.

Then, a CBAP missionary challenged me to join a planting of diaspora churches in Taiwan.

Last November, our team went to Taiwan and partnered with local churches there. We ministered through hospital and house visits. We also ministered to the kids. Our team also ministered to the Filipino diaspora. We saw their situations and heard their heartbreaking stories. We cried and prayed with them.

Right now, please pray for us because in February, our team will go back to Taiwan to reach other cities and fellow believers to work together.

At this moment, I am also challenging you, church: I cannot do this alone, our pastors and fellow missionaries cannot finish the task—we need you to partner with us. You and I play a vital part in missions. As Steve Rundle said: "Our individual callings and gifts may differ, but mission is nevertheless the central purpose of the 'entire' body of Christ" ■

Do you want to give directly to GCF's missions efforts?

Just use this envelope with black label to designate your giving for this ministry.



PRAYER at the Chapel

The GCF Hour of Prayer
Tuesdays, 6-7 a.m.

Midweek Prayer Service
Wednesdays, 7-8:30 p.m.

Weeknight Prayer Gatherings
Except Wednesdays, 7-8 p.m.

ON THE COVER: But the Lord answered her, "Martha, Martha, you are anxious and troubled about many things, but one thing is necessary. Mary has chosen the good portion, which will not be taken away from her." —Luke 10:41-42. *Christ in the House of Martha and Mary* (1654-66) by Dutch painter Johannes Vermeer (public domain, Google Art Project/Wikimedia).



Greenhills Christian Fellowship

Know Christ and Make Him Known

Ruby cor. Garnet Roads, Ortigas Center, Pasig City, 1605

☎ (02) 8632 1354 to 56, (02) 8635 0082 to 83

☎ Fax No. (02) 8632 1357, Monday to Friday, 9:00 a.m. to 6:00 p.m.

✉ email@gcf.org.ph 🌐 gcf.org.ph 📱 Greenhills Christian Fellowship

How may we SERVE YOU BETTER?

Fill-out this tear off form and drop it in an offering bag/box or at the Ministry Information Booth.

Please check all that is applicable:

- I am a first-time guest.
- I prayed to receive Jesus Christ as my Savior and Lord for the first time today.
- I would like to know how to become a Christian.
- I am interested in becoming a member of this church.
- I want to join a Growth Group.**
(Specify age group: _____)
(Specify group composition: _____)
- I want to start a Growth Group.
- I want to host a Growth Group.

Name: _____

Age: ____ Landline no.: _____

Mobile no.: _____

Address: _____

E-mail: _____

Date: **18/19 January 2020**

Write below *any* inquiry or prayer item that you want to ask or share.

Consent to use your information:

By affixing your signature below, you give permission to Greenhills Christian Fellowship to store and use the information you provided above for the sole purpose of contacting you and updating you about any inquiry you have made.

Your signature

God's Way to Heaven

THE GOSPEL

"Christ died for our sins according to the Scriptures, that he was buried, that he was raised on the third day according to the Scriptures."
(1 Corinthians 15:3-4).

THE TRUTH ABOUT GOD

God is holy and righteous: "Holy, holy, holy is the Lord Almighty, the whole earth is full of his glory" (Isaiah 6:3). **He requires holiness of us as well:** "Be holy, for I am holy" (1 Peter 1:16).

THE TRUTH ABOUT MAN

Man is sinful: "For all have sinned and fall short of the glory of God" (Romans 3:23).
Sin demands a penalty: "For the wages of sin is death" (Romans 6:23).

THE TRUTH ABOUT CHRIST

Christ is the expression of God's love for us: "God demonstrates his own love for us in this: while we were still sinners, Christ died for us" (Romans 5:8). **Christ paid the penalty of our sins and died for sinners:** "For Christ died for sins once for all, the righteous for the unrighteous, to bring you to God" (1 Peter 3:18). **Through Christ, God offers man reconciliation:** "God was reconciling the world to himself in Christ, not counting men's sins against them" (2 Corinthians 5:18).

WHAT SHOULD WE DO?

Believe and receive Jesus as Lord and Savior: "If you confess with your mouth, 'Jesus is Lord,' and believe in your heart that God raised him from the dead, you will be saved" (Romans 10:9).

PRAYER: *Lord Jesus Christ, Son of God, have mercy on me, a sinner. I believe that you died on the cross in my place, to save me from my sins, and I accept you as my Savior, and the Master of my life forever. Amen.*

Need someone to talk to?

Visit the Emmaus Road Counseling Center at the GCF Mezzanine floor or contact 632 1354 to 56, 635 0078 to 80 or 0917 532 7794 for inquiries.

For hospital or house visitation, dedication service, or funeral service requests, please call or text 0917 532 7794.