



*CLEAR THE AIR*  
**Post-Pandemic  
Social Anxiety:  
Adjusting to the  
New Normal**

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**Matthew 6:24-34**



# CLEAR THE AIR

SERMON SERIES

TODAY'S MESSAGE | JANUARY 30, 2022

## Post-Pandemic Social Anxiety: Adjusting to the New Normal

### Matthew 6:24-34

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Two months from now, we face an unwanted anniversary. By mid-March, we'll have endured two years of this pandemic and the lockdown it caused. Here are what experts project as Post-Pandemic Possibilities:

- Concerns about relating normally with others again
- Concerns related to financial uncertainty
- Fear of the unknown future
- Fear of the unseen virus

But there's hope! The Son of God knew that while situations change in human history, the human heart doesn't. And what He said to His disciples then is even more relevant to our times now.

Jesus brought up two kinds of necessities in life and how we should respond to them:

a) **ABSOLUTE NECESSITIES:** A matter of life and death (i.e., food and water)  
Listen to Jesus about the absolute necessities of life:

- **Remember who you are: your infinite value to the Father who saved you and gave you eternal life through Christ.**

*"Look at the birds of the air... Are you not of more value than they?" (v. 26)*

- **Realize the futility and harm of worry.**

*"And which of you by being anxious can add a single hour to his life?" (v. 27)*

b) **CONVENIENT NECESSITIES:** Important but not indispensable (e.g., clothing – it symbolizes everything else that we need in life besides food and water)  
Listen to Jesus about the convenient necessities of life:

- **The excellence of God's care and standards of beauty may be beyond our comprehension, but shouldn't be beyond our appreciation.**

Even modern science helps us realize this.

*"the lilies of the field... neither toil nor spin... yet even Solomon in all his glory was not arrayed like one of these." (v. 28-29)*



# CLEAR THE AIR

## SERMON SERIES

- **Jesus reiterated this truth because it was so important: you are of infinite value to God.**

He then reveals the root of our anxiety:

*“if God so clothes the grass of the field... will he not much more clothe you, O you of little faith?” (v. 30)*

Jesus then addressed two intersecting timelines we are all concerned about:

### a) THE HARSH REALITIES OF THE PRESENT

- Jesus assures us: “your heavenly Father knows that you need them.” (v. 32)  
What an inspiration to pray!
- Jesus assures us: “your heavenly Father knows that you need them.” (v. 33)  
God will take it from there.

### b) THE UNCERTAINTY OF OUR FUTURE

How do we get ready for a future we can't even predict or foresee?

- Jesus assures us: *“tomorrow will take care of itself.” (v. 34)* But this is not *Que Sera, Sera*. Remember, He addressed believers that He'd been teaching about the character of God. Jesus told us to entrust an unseen future to a God more real and constant than the future we fear. There is no need to add to the troubles each day brings.

## FINAL THOUGHTS

As inconstant and unpredictable as our hearts are, God is constant, unchanging, and faithful. And we can worry by our lonesome selves locked up in our homes today, or we can reach out to one another, virtually or onsite (at the opportune time), and remind each other of these words that Jesus said. Here's the best response to God's Word today:

*“And let us consider how to stir up one another to love and good works, not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near.” (Hebrews 10:24-25) ■*

Download the study guide: [bit.ly/GCFStudyGuides](https://bit.ly/GCFStudyGuides)



# The Shepherd's Voice

by Elder Bong Durana,  
Mercy Ministry and Chairman of the Board of Elders



God's mighty work is always associated with shaking. When the curtain of the temple were torn in two, the earth shook and the rocks were split (Mat 27:51). Such shaking heralds the most magnificent news in the history of humanity. Man can now approach God with unveiled face to be transformed into His likeness from glory to glory (2 Cor 3:18) because of Christ's finished work on the cross. Man sometimes need to be shaken out of his comfort zone in order that He may achieve His perfect will and purpose in his life.

The pandemic has indeed pushed us out from the familiar to the unfamiliar territory we saw littered with griefs and sufferings of men. And it seems almost nobody has been spared. But may our collective experience helps us to recognize this is but part of God's sovereign plan of reconciling the world to Himself. And for us who are in Christ, may we be comforted of this truth that our various trials are making our faith "perfect and complete" (Jm 1:2) in Christ. This is therefore also the time to rejoice with so much hope as He sets up the body of Christ to thrive and succeed even in the midst of a crisis.

The start of the pandemic has also ushered in renewed direction for the Greenhills Christian Fellowship. We added "Love for God and love for others" as our seventh core value. Because it stitches together everything that we do as we desire to develop a culture of love towards our brethren in GCF and those who are not part of our church. Through the New Church Planting and Mercy Ministries, God continue to prod us to have a bigger burden for the lost in the communities. He honored our efforts with many milestones in various ministries and convicted our elders and pastors to humbly accept there is so much more we need to do to shepherd the flock for evangelism. This I believe is where God is leading us to for 2022.

Shepherding shall be pervasive starting from the elders and pastors as well as the individual members of our church. Let us pray that we will come to experience pervasiveness as we equip GCF members to be on fire as they evangelize and disciples others in their respective oikos. "The harvest is plentiful, but the laborers are few." (Mat 9:37) May this call of Jesus deeply cuts through our hearts. And as we continue to examine our hearts, may we humbly come into repentance so that we can "pray earnestly to the Lord of the harvest to send (*us*) out laborers into his harvest." (v.38) This is my prayer in Jesus mighty name, Amen. ■



# WORSHIP THROUGH GIVING



Each one must give as he has decided in his heart, not reluctantly or under compulsion, for God loves a cheerful giver.

## **2 Corinthians 9:7**

If you are led to give, you may do so through the following means:

### **Account Name: Greenhills Christian Fellowship, Inc.**

#### **BDO**

BDO Corporate Center  
Savings Account: **000661590216**

#### **METROBANK**

Ortigas Sapphire  
Savings Account: **629-3-62919733-9**

#### **CHINA BANK**

Ortigas ADB  
Savings Account: **1112-02006218**

#### **BPI**

Ortigas Emerald  
Peso Savings Account: **9823 0217 01**

#### **UNIONBANK**

UB Plaza  
Checking Account: **0005-9001-0426**

#### **ROBINSONS BANK**

Main Office  
Savings Account: **1000-3010-0017-355**

#### **PAYPAL**

Please visit **[gcf.org.ph/give](https://gcf.org.ph/give)**

Scan QR code below:

#### **GCASH**



#### **PAYMAYA**



Send a copy of your transaction document to **[finance@gcf.org.ph](mailto:finance@gcf.org.ph)** so your giving can be properly recorded and an official receipt can be sent to you.

### **COVID-19 EMERGENCY RESPONSE EFFORTS**

You may also give to support the church family's COVID relief efforts. Just indicate "**For COVID-19 Fund**" when you email your transaction document.

### **LET'S HELP TYPHOON ODETTE VICTIMS**

GCF Ortigas is now accepting CASH donations for the victims of Typhoon Odette. As a church family, let's come together and show God's love in this time of need.

Donate via the official GCF giving channels (**[www.gcf.org.ph/give](https://www.gcf.org.ph/give)**). Email a copy of your transaction slip to **[finance@gcf.org.ph](mailto:finance@gcf.org.ph)** with the subject "**Typhoon Odette**".

For in-kind donations and other inquiries, email **[mercy@gcf.org.ph](mailto:mercy@gcf.org.ph)**

# CHURCH UPDATES



## NO ON-SITE SUNDAY WORSHIP SERVICES UNTIL FURTHER NOTICE

Worship with us online on  
GCF YouTube and Facebook

### REMINDERS OF GOD'S CARE AND FAITHFULNESS DEVOTIONALS

Tuesdays • 8:00 p.m.  
Livestream on GCF YouTube  
and Facebook

### THE GCF FAMILY'S HOUR OF PRAYER

Thursdays • 8:00 p.m. • via Zoom

### KidsLIFE ONLINE SUNDAY SCHOOL

Saturdays  
• Ages 2-6 — 10:00 a.m.  
• Ages 7-12 — 10:15 a.m.  
Livestream on GCF YouTube  
and Facebook

### LIVestream (YouthLIVE Worship)

Saturdays • 5:00 p.m.  
Livestream on GCF YouTube  
and Facebook

### TELECONSULTATION SERVICE

For medical appointments or  
questions, contact:

- [gcfocstef@gmail.com](mailto:gcfocstef@gmail.com)  
(9:00 a.m. — 12:00 nn)
- [gcfocluan@gmail.com](mailto:gcfocluan@gmail.com)  
(1:00 — 4:00 p.m.)

### THE POWER OF KNOWING GOD Online Bible Study

Every Sunday  
8:00 — 9:00 a.m. • via Zoom  
Pre-registration required:  
• Ms. Marj (GCF Ortigas):  
0917 779 1549  
• Ms. Jen (Precept):  
0917 773 2378

### BIBLICAL PORTRAIT OF MARRIAGE Webinar for Couples

Every 1st Saturday  
Starting February 5 until July 2  
2:00 — 4:00 p.m. • via Zoom  
The first 50 persons to register will  
get a Free Webinar workbook (P50)  
To register, contact Marj (0917 779 1549)

## SELAH: PRAYER & FASTING WEEK CHRIST, OUR HOME

January 31 — February 5  
Monday to Saturday

Daily Prayer Nights  
at 8:00 p.m. • via Zoom

## GCF 44TH ANNIVERSARY

February 13 (Sunday)

10:00 a.m. — Worship Celebration  
(Live on GCF YouTube and Facebook)

3:00 p.m. — Family Fellowship  
(via Zoom)

## STAY CONNECTED

Starting January 31, on-demand  
viewing of our Worship Services  
will be available every Monday.

## DEPRESSED? ANXIOUS? LOST A LOVED ONE?

If you need someone to talk to,  
we are here to listen.  
Contact us at **GCF ERCC Hotline:**  
**0917 532 7794**

## HOW CAN WE PRAY FOR YOU?

Message us your prayer requests at:  
Facebook:  
**Greenhills Christian Fellowship**  
E-mail:  
[pray@gcf.org.ph](mailto:pray@gcf.org.ph)

## ONLINE VISITOR'S CENTER

We are so glad you're here today!  
We want to personally welcome you  
via Zoom after the 10:00 a.m. and  
3:00 p.m. Worship Services.

Zoom Room:  
[bit.ly/WelcometoGCF](https://bit.ly/WelcometoGCF)

Welcome Form:  
[bit.ly/GCFWelcome](https://bit.ly/GCFWelcome)



## Greenhills Christian Fellowship Know Christ and Make Him Known

Ruby cor. Garnet Roads, Ortigas Center, Pasig City, 1605  
Monday to Friday, 9:00 a.m. to 6:00 p.m.

☎ (02) 8632 1357 🖨 8632 1354 to 56 🌐 [gcf.org.ph](http://gcf.org.ph) ✉ [email@gcf.org.ph](mailto:email@gcf.org.ph)