

## ***Theme for 2019***

**‘The God of Another Year is a God of Wonderful and Amazing Grace.  
He is the God of Forgiveness and He is the God of Beginning Again.’**

### **365 DAYS OF POSSIBILITIES!**

*“O Lord, open my lips, and my mouth will declare your praise. Through the Lord’s mercies we are not consumed, Because His compassions fail not. They are new every morning; Great is Your faithfulness. I will praise You, O LORD, with my whole heart; I will tell of all Your marvelous works. I will be glad and rejoice in You; I will sing praise to Your name, O Most High.”*

**Psalm 51:15 (ESV); Lamentations 3:22-23 (NKJV); Psalm 9:1-2 (NKJV)**



### ***This Week’s Thought – November 17, 2019***

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*“Worry weighs a person down; an encouraging word cheers a person up.”* Proverbs 12:25 (NLT)

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**365 DAYS OF POSSIBILITIES**–Worry is wearisome. It is fatigue to our emotions like physical pain is to our bodies. Worry can trigger stomachaches, high blood pressure, headaches, anxiety disorders, depression, etc. It is an enemy to a joy filled and productive life, for worry can so weigh you down that you are immobilized by lack of energy and fear.

Your personality may lend itself to worry. You can see it in your furrowed brow, or brooding countenance. You worry about the economy and its effect on your retirement. You wring your hands over the senselessness happening in politics, continued reports of school shootings, etc. and you wonder when it will ever end. You are stressed out over work, because of situations and people you are unable to change. Anxiety may have paralyzed you as a parent, because you don’t feel qualified to carry out your responsibilities.

But you can purge obsession with negative thinking through trust in the Lord. Jesus’ teaching is very clear, *“But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore, do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.”* (Matthew 6:33-34) *“Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God.”* (Philippians 4:6)

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Something you might consider is to make a two-column prayer list with the headings ‘*Things I can’t change*’ and ‘*Things I can change*’. Ask God for faith and patience with the former and wisdom and courage to act on the latter. Prayer is your time-tested prescription for worry.

Furthermore, look for those who long to be encouraged, who feel trapped by the anxieties of life (Luke 21:34). They need the truth of God’s Word, because the cares of this world try to marginalize the truth. Truth can be forgotten in the fearful suffering of severe trials. Your kind words remind them of Christ’s care and concern for their health, family and their faith.

Lift yourself and others out of the downward spiral of depression by cheering them up with truth. Read the Bible out loud with a friend and meditate on its promises that are filled with hope and encouragement. Use uncertainty, not as a reason to worry, but to rest in the Lord. You are freed up when you don’t fret but apply faith instead. Above all else, His Word wins over worry and provides strength for your faith journey!

*“As pressure and stress bear down on me, I find joy in your commands.”* (Psalm 119:143 NLT)

**On today, may the blessing of peace rest upon you...the blessing of joy abide within you...the blessing of success and favor surround you...the blessing of love flow out through you. May all the Blessings of the Lord be yours in abundance as you ‘Encounter the Possibilities’ this day will bring!!**

**Application:** What worry do you need to release to God so as not to be weighed down? What promise from the Lord can you rest in and trust to overcome your chronic worry?

**Prayer of reflection you might pray this week: “Heavenly Father, please give me the courage to willingly accept even rocky paths knowing You are with me. I appreciate it when life is smooth and easy, but I know You sometimes choose to allow bumps to draw me close and help me grow. So, I put my hope in You that whatever the journey holds for me, You will never leave me or forsake me. This is my prayer in the matchless, wonderful and compassionate Name of Jesus, Amen!”**

Yours in Christ, Pastor King