

Bethel

Sunday, March 4, 2018

WELCOME TO BETHEL

TODAY IS
MISSIONS Sunday

CURE FOR WORRY

What has you staying up at night? Family matters? Money matters? A health issue? Fast Company magazine recently suggested several ways to rid yourself of worry. They include changing your bedtime, smelling a grapefruit, and engaging in forest therapy. These odd cures have one thing in common—they try to take your mind off of your worries.

God gives us His cure for worry in Matthew 6:33-34. He says, "... seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry..." (NIV) God says seek Him first. Focus your attention on worshipping the One who made you, loves you, and cares for you.

In 2013, the New York Times published an article that reported that church attendance boosts the immune system, decreases blood pressure and may add up to three years to your life. Worship affects a person in a positive way, physically, emotionally and mentally.

When you are tempted to worry, follow God's instruction and worship. Engage in prayer. Sing a song of praise. Listen to your preacher. Open the Bible and read. Seek first God and His Kingdom. When you make worship the priority, you leave no room for worry.

UPCOMING EVENTS

- **CUSTODIAL TEAM SIGN-UP**
WE NEED YOUR HELP!
Today & next Sunday
In the Lobby
- **MEN'S PRAYER MEETING**
Tomorrow Evening – 7:45 PM
In the Refuge
- **SPECIAL GUESTS**
This Thursday – 7:45 PM
Terry & Melani Shock
NO TGIT Classes this Thursday
- **DAYLIGHT SAVING TIME**
Begins next Sunday, March 11th
Set Clocks **AHEAD** one hour
- **PURPOSE INSTITUTE**
Friday & Saturday, March 16 & 17
For registered students only
- **DISCIPLESHIP CLASSES**
Sunday mornings – 10 AM
Discipleship 1 – Multipurpose Room
Discipleship 2 – Room K
- **CARE GROUPS**
Call church office for more info
- **NYMD SPANISH**
CONFERENCE AT BETHEL
Guest Speaker: *Elias Limones*
 - Thursday, Mar. 15th – 7:45 PM
(Bilingual Service)
NO TGIT Classes that evening
 - Fri., Mar. 16th – 7:30 PM (Spanish)
 - Sat. Mar. 17th – 7:00 PM (Spanish)

Church events are listed in the calendar at www.Bethelupc.org



SPECIAL GUESTS

Terry & Melani Shock

Thursday, March 8th
7:45 PM