

A Knotting Fear by Shawn Bain

Nothing keeps your faith from increasing as much as worry. Fact is that worry decreases faith almost to the point of nonexistence. Worry causes us to take our eyes off God as quickly as any other worldly distraction. The list of things over which people worry is longer than the space on this page, but worry does not change anything. All worry does is tie things up in KNOTS.

When our lives are tied up in knots, we feel tied to our circumstances or situations. We are worried about how long it will last. We are afraid and worried about what could, might, did, or will happen.

Someone defined worry as "inefficient thought moving in a circle around a pivot of fear." It is true we worry about what we fear and are afraid of the things about which we worry. Fear and worry are like a magnifying glass. They make seemingly small objects and circumstances seem giant and insurmountable. Whether it is worry or fear, both have replaced the faith we should demonstrate in our lives. Rather than saying, "I believe," worry brings us to say, "What if?" Doubt becomes our foundation. Confusion becomes our chief advisor.

This is how Satan wants you to feel. Rather than basing your life upon the troubles of the future, turn your attention to Matthew 6:26-34 and Hebrews 13:5.

Jesus said, "Can any one of you by worrying add a single hour to your life?" (Matthew 6:27). We cannot change the course of life. Murmuring or soaking yourself in anxiety does not cause trouble to evaporate. Accept and follow the work God gives you to do (Philippians 2:12-13). Whatever you cannot change, have the wisdom to let God handle it (1 Peter 5:7). The burdens we have become lighter in the Lord's hands. Make sure you leave those burdens with Him. Do not take them back.

The reason you leave the difficulties of life, which you cannot change, with God is because He hung the stars. He raises the sun. He causes the wind to blow. He gives you air to breathe. He is more than able to handle your most troubling worry. He is eager to take it. Wisdom says trust Him with it and be comfortable doing so. When you do, watch your faith grow, your strength increase, and your love abound. As that happens, watch how dependable God can be (Proverbs 3:5-10).

Prayer Requests

Paul & Sharon King: keep our family in prayer as we are going through some difficult challenges. **Joyce Smith:** pray for the safety of my son, Josh, and that I will overcome my fears.

Mo & Lorraine Martin: pray for strengthening of faith of family members and salvation for our daughter. **Tucker & Hutzell families:** continue to remember Rebecca Tucker and her extended family following the passing of her mother, June Hutzell.

Sue Maynard: awaiting tests to see extent of injury to her knee.

Gracie Arrowood: 3-month-old with a rare disease; she is at A.I. duPont Hospital for Children. **Shirley Grapes:** undergoing treatment for cancer.

Greenbank church: Godly guidance for our elders & minster as they lead our congregation. **Pray for unity in our country and for our leaders to seek God's wisdom and guidance. Pray for peace for the world.**

If you have an item for prayer or praise, please email it to <u>office@greenbankcoc.org</u> for inclusion in our weekly list. To view previous prayer requests and those on our ongoing lists, please visit the Weekly Bulletins page on our website <u>www.greenbankcoc.org</u>.

<u> Thank You</u>

I would like to thank everyone on behalf of my family and me for the flowers and many cards and prayers at the passing of my mother. My sorrow is easier by knowing that she is with God in heaven. Thank you again,

Rebecca Tucker & family

Announcements and Upcoming Events

Worship Protocols & Survey Reminder

For the time being, we will continue to abide by our current mask and social distancing protocols. The elders continue to assess the situation and pray about the right time to ease these restrictions. As an aid to help them make this decision, submit your responses to the survey that was sent earlier this week by Monday, May 24. Please lift the elders in prayer as they make decisions that benefit all our members.

High School Graduate Recognition

On Sunday, June 6, we will be honoring our high school seniors, Kayla Abosch, Kyle Abosch, and Klaudia Toribio. If you would like to present the graduates with a card or gift, you may drop it off at the welcome center, and we will ensure they receive it.

Camp Manatawny

May 28-31 – Family Camp

May 29 – Camp Open House

June 26 – Aug 14 – Summer Sessions Begin – Grades 1-12. Check the website for dates for each age group. To register for any of these events, go to <u>www.manatawny.org</u>. If you have a child who wants to go to camp this summer, but needs financial assistance, contact Rick Mickowski.

<u>Join Uls for Worship</u>

Sunday Mornings 9:00 a.m. Spanish service English service @ 10:30 a.m. 1) Facebook Live: http://www.facebook.com/greenbankchurchofchrist

2) **Greenbank Website**: www.greenbankcoc.org Click on the Facebook Live tab on the menu bar at the top of the page. PLEASE NOTE: You do <u>NOT</u> need to have a Facebook account to view the live feed through our website.

3) Phone In: If you do not have internet access, you can dial in on your phone to connect.

(301) 715-8592 Enter Meeting ID 889 4601 8992

Bible Study ONLINE

Wednesdays @ 7PM: Facebook Live http://www.facebook.com/greenbankchurchofchrist

3 Ways to Give

We appreciate those who have been able to maintain regular giving.

- 1) In Person: You may give your contribution during our Sunday morning worship service, or drop it off at the office on Monday or Wednesday between 9:00 a.m. and 3:00 p.m.
- 2) By Mail: Send your contribution to 511 Greenbank Road, Wilmington, DE 19808.
- 3) **Online:** PayPal has been set up on our website <u>www.greenbankcoc.org</u>. Click on the "Donate" button and follow the instructions. (<u>Note</u>: there is a small fee assessed from each donation.)

Last Week's Contribution: \$3,651 Weekly Average: \$4,646