

SUNDAY 03/13/22

677 Luda Street, Elgin | www.jccelgin.org

SCHEDULE

In-person Gathering **Sun. 10:00 am**
Live-streaming **Sun. 10:00 am**
Prayer Event **Wed. 6:30 pm**

PRAISE HIS NAME

"I am the Lord, and
there is none other..."
Isaiah 45:5

BASEMENT PROJECT

New epoxy floors are coming!

JOIN THE EFFORT—

We need **\$6,000** of which God has
already provided **\$3,500**.

Please mark your contribution:

Basement Project. BY FAITH!



Do you trust christ to be
your passover lamb?

EASTER

**ONLY 35
DAYS AWAY!**



**MARCH^{FOR}
JESUS**

elginareamarchforjesus.com

JUNE 4, 2022

*A celebration
of Jesus*

MARCH TEACHING SERIES

EMOTIONS

Mar 06 » Where Is God
When I Hurt?
Mar 13 » Finding Relief From
Anxiety
Mar 20 » Angry Like Jesus
Mar 27 » Feeling Lost in
Sadness? Experience
Joy Again

REUNION

REMEMBER THE GOOD TIMES

Save This Date **JUNE 24-25, 2022**

@ JUBILEE CHRISTIAN CENTRE
a JCC Homecoming!



CLASSES START

MARCH 10 the 2nd and 4th Thursday
of March - April - May
6:30 TO 8:00 P.M.

QUOTE OF THE WEEK

pressing in for the Presence. Become so intimate with Jesus, so full of Him, that it does not matter what challenges in life present themselves to you. You will be so spiritually full that you can feed a multitude of other people's needs. Jesus will give you more than enough." —*Heidi Baker*

"Don't waste your time consuming what makes you weak. Spend your time

METRICS THAT MATTER (03/06/22)

ATTENDANCE ▶ 29

GIVING ▶ \$2,495

GUESTS ▶ 0

VOLUNTEERS ▶ 10

DECISIONS FOR CHRIST ▶ 0

Prayer REQUESTS

► SALVATION

- | | | | |
|--------------------------------------|--|---|------------------------------------|
| <input type="checkbox"/> Jason G. | <input type="checkbox"/> Karen W. | <input type="checkbox"/> Tom M. | <input type="checkbox"/> Donald S. |
| <input type="checkbox"/> Brian H. | <input type="checkbox"/> Cheyenne W. | <input type="checkbox"/> Stein Family | <input type="checkbox"/> Alex |
| <input type="checkbox"/> Benjamin G. | <input type="checkbox"/> Tyler M. | <input type="checkbox"/> Kirk Aricioglu | |
| <input type="checkbox"/> Ryan K. | <input type="checkbox"/> Gearen Family | <input type="checkbox"/> Dave S. | |
| <input type="checkbox"/> Ray H. | <input type="checkbox"/> Mike F. | <input type="checkbox"/> Bato R. | |

► HEALTH ISSUES

- | | | |
|---|--|---|
| <input type="checkbox"/> Sam H. » Cardiac Issues | <input type="checkbox"/> Darius » Health Issues | <input type="checkbox"/> Fran G. » Hypertension |
| <input type="checkbox"/> Ruth H. » Health Issues | <input type="checkbox"/> Searria » Graves Disease | <input type="checkbox"/> Carol M. » COVID |
| <input type="checkbox"/> Jean G. » Health Issues | <input type="checkbox"/> Keith » Cardiac Issues | <input type="checkbox"/> Ashtyn H. » Circulation Disorder |
| <input type="checkbox"/> Art B. » Health Issues | <input type="checkbox"/> Carol C. » Cancer Spots | <input type="checkbox"/> Jessica K. » Breast Cancer |
| <input type="checkbox"/> Tommy P. » Anxiety | <input type="checkbox"/> Evelyn K. » Cardiac Issues | <input type="checkbox"/> Jen R. » Cardiac Issues |
| <input type="checkbox"/> Noe F. » Health Issues | <input type="checkbox"/> Wayne W. » COPD | <input type="checkbox"/> Ken R. » Diabetic Retinopathy |
| <input type="checkbox"/> Macario A. » Dialysis | <input type="checkbox"/> Cristina P. » Health Issues | <input type="checkbox"/> Charity S. » Hip Displasia |
| <input type="checkbox"/> Juan A. » Health Issues | <input type="checkbox"/> Debbie L. » Kidney/Liver Transplant | <input type="checkbox"/> Enzo » Entubated |
| <input type="checkbox"/> Laura K. » Auto Immune | <input type="checkbox"/> Dean W. » COPD | <input type="checkbox"/> Cheryl A. » Chron's Disease |
| <input type="checkbox"/> Ozzie M. » Dialysis | <input type="checkbox"/> Kimberly B. » Health Issues | <input type="checkbox"/> Jen R. » Atrial Fibrillation |
| <input type="checkbox"/> Armando L. » Back Injury | | |
| <input type="checkbox"/> Sergio P. » Needs kidney donor | | |

► PROCEDURES

- ☐ Peggy K. » Physical Therapy (March 2)
- ☐ Laura A. » Knee Surgery (March 11)

EMOTIONS

Relief from Anxiety

I. WHAT IS ANXIETY?

DEFINITION: Extreme apprehension that is accompanied by unpleasant symptoms, like feeling nervous, irritable or on edge; having a sense of impending doom or danger; increased heart rate; breathing rapidly, sweating or trembling; feeling weak or tired; difficulty concentrating; sleep disturbances; and gastrointestinal problems.

EFFECT: Fight, Flight, Freeze: What This Response Means. The fight-flight-freeze response is your body's natural reaction to danger. It's a type of stress response that helps you react to perceived threats, like an oncoming car or growling dog. The response instantly causes hormonal and physiological changes.

- Anxiety interferes with your ability to function.
- You often overreact when something triggers your emotions.
- You can't control your responses to situations.

July 2019 8.2% of adults showed signs of anxiety disorder.
July 2020 36% of adults showed signs of anxiety disorder.

II. TYPES OF ANXIETY DISORDERS

- A. Generalized Anxiety
- B. Panic Disorder
- C. Post-Traumatic Stress Disorder
- D. Obsessive-Compulsive Disorder
- E. Social Phobias

III. CAUSES

Scientists believe that many factors combine to cause anxiety disorders:

Genetics: Studies support the evidence that anxiety disorders "run in families," as some families have a higher-than-average amount of anxiety disorders among relatives.

Environment: A stressful or traumatic event such as abuse, death of a loved one, violence or prolonged illness is often linked to the development of an anxiety disorder.

Stress: Stress can be defined as any type of change that causes physical, emotional, or psychological strain. Stress is your body's response to anything that requires attention or action.

IV. SYMPTOMS

A. Emotional Symptoms

B. Physical Symptoms

C. Behavioral Symptoms

WHAT DO WE DO ABOUT IT?

Honesty is the first step.

The professionals say:

1. Talk to someone you trust about how you feel.
2. Take a break from news & social media.
3. Take time to unwind: breathe stretch; meditate.

God says, "Do not be anxious about anything but in every situation, by prayer and petition, with Thanksgiving, present your requests to God. And the peace of God which transcends all understanding, will guard your hearts and minds in Christ Jesus." **Phil 4:3-5**

"Cast all your cares on Him for he careth for you." **Psalm 55:22**

So... Talk to someone you trust. BUT ALSO, talk to God about it. Take it to him. A break from news and social media is great advice. Use that time to connect with God, and His WORD. Take time to unwind: breathe, stretch, meditate on the goodness of God. "Whatsoever things are lovely; whatsoever things are true; whatsoever things are of good report, think on these things." **Phil 4:8**

GOD WILL SPEAK TO YOU

Approximately 365 times in scripture, He has told us "Fear not."

Isa 41:10 "Do not fear, I am with you"

Psalm 56:3 "When I am afraid, I put my trust in you"

Psalm 94:19 "When anxiety was great within me, your consolation brought joy to my soul." **Joshua 1:9** Be strong and courageous.

Do not be terrified; do not be discouraged, for the Lord you God will be with you wherever you go." **Matt 6:34; 1 Peter 5:6-7;**

Isaiah 35:4; Luke 12:22-26; Psalm 27:1; Isaiah 41:13-14;

Psalm 118:6-7; Proverbs 29:25; 2 Timothy 1:7; Psalm 34:4