

**HE'S COMING BACK – PART IV**  
**“Paul’s Journey In Coping With Anxiety”**  
**1 Thessalonians 2:17-20**

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The apostle Paul was worried sick about the Thessalonians, because he was run out of town shortly after he led them to the Lord. Were they being persecuted harshly? Were they on the verge of falling away and abandoning the faith? These are some of the concerns Paul had, in addition to all the persecution he faced. How did he cope with the emotional trauma and anxiety he faced? Today’s teaching will give us insights into how we can cope with anxiety and take good care of ourselves.

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**#1. THE PRESSURES OF LIFE CAN BE OVERWHELMING – PAUL’S JOURNEY WITH ANXIETY, 2:17-18**

- A. Paul felt as if he was orphaned
- B. Paul’s attempts to go to them were blocked by Satan
- C. Paul was persecuted, rejected & distressed everywhere he went: Philippi, Thessalonica, Berea, Athens, Corinth
- D. Paul was hurting emotionally, 1 Cor 2:2-5, 2 Cor 11:28-29

**NOTES:**

**#2. HOW DO WE CARE FOR OURSELVES WHEN WE ARE OVERWHELMED WITH ANXIETY - PAUL’S COPING MECHANISMS**

- A. We must be \_\_\_\_\_ in the Lord, 1 Thess 2:19-20, Phil 1:19-26
- B. We must be trained in \_\_\_\_\_, Eph 6:10-12
- C. We must be comforted by \_\_\_\_\_ from the Lord, Acts 18:9-11
- D. We must offload our anxiety through \_\_\_\_\_, Phil 4:6-7
- E. We must realize God’s power through our \_\_\_\_\_, 2 Cor 12:9-10, 2 Cor 4:7 & 16
- F. We must be comforted by seeing our \_\_\_\_\_, 2 Cor 7:5-6, Heb 10:24-25

**#3. APPLICATION POINTS FOR HILLCREST CHURCH**

**NOTES:**

**ANSWERS:** Optimistic, Spiritual Warfare, Words, Prayer, Weaknesses, , Friends.

## DISCUSSION QUESTIONS

1. How does worrying about things effect you; especially a loved one?
2. How do you cope with anxiety in those circumstances?
3. Why would Satan block Paul from going to Thessalonica?
4. Describe Paul's emotional state by the time he got to Corinth.
5. Why is it important to be optimistic in the Lord during your struggles? (1 Thess 2:19-20, Phil 1:19-26)
6. How can we be comforted by God's word during times of anxiety? (Acts 18:9-11)
7. How did Paul offload stress? (Philippians 4:6-7)
8. How can our weaknesses be a source of strength in coping with anxiety? (2 Cor 12:9-10, 2 Cor 4:7 & 16)
9. Discuss why it is important to stand against Satan when coping with anxiety? (Ephesians 6:10-12)
10. Why is it important to be with your friends when you're hurting? (2 Cor 7:5-6, Hebrews 10:24-25)
11. What is your takeaway from this teaching?

# *Welcome*

*to*

# *Hillcrest Church!*

*Love, Acceptance And  
Forgiveness!*

*They tell us how you turned to God from idols to  
serve the living and true God, and  
to wait for his Son from heaven*

*1 Thessalonians 1:9-10*

**August 7, 2022**

**Pastor Bruce Guckelberg, PhD**

## ANNOUNCEMENTS

### TODAY AUGUST 7<sup>th</sup>

Pastor Bruce is continuing his series through 1 Thessalonians. Today's message focuses on the importance of coping with anxiety by taking care of ourselves.

### NEXT WEEK - CHURCH PICNIC AUGUST 14<sup>th</sup>

Church in the park at Garbolino. The church will provide meat, buns, condiments, water, and paper products. Bring a chair or blanket to sit on. Everyone else can bring a dish to share. It will be a blast.

### AUGUST 21<sup>st</sup> – CELEBRATION OF CARTER WONDERLY

Nacho/Burrito bar after church at 12:15, with the celebration to follow. For more information contact Kathy Brooks 916-847-8123; [kathymbr@gmail.com](mailto:kathymbr@gmail.com) by text, email or phone to help or for gift information.

### ONLINE GATHERINGS

Tuesday Prayer at 7:00pm, Wednesday Bible Study at 6:30pm  
Go to the online meeting room on our website ([hillcrestRoseville.com](http://hillcrestRoseville.com)) to access the gathering.

### THANK YOU FOR YOUR FINANCIAL SUPPORT

Our offering box is in the back of the sanctuary. You can place your tithes and offerings there, or you can visit our website and give online ([hillcrestroseville.com](http://hillcrestroseville.com)).

### FACILITY UPGRADES – THE KITCHEN

We will be replacing the kitchen sink, base cabinets, counter tops and apply a fresh coat of paint in the next few weeks. It will look great! If you want to contribute money to that effort write "kitchen" in the memo of your check.

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### **SEPTEMBER 2<sup>nd</sup> ROSEVILLE CITY CHURCH**

Hillcrest Church has received an invitation to join Roseville City Church (RCC) for a Barbecue & Movie night (movie is called Amazing Grace, story of William Wilberforce abolishing the slave trade in England). RCC will provide barbecue, salads, chips, condiments, paper plates and utensils. If you'd like, Hillcrest can bring drinks and desserts. RCC is about ½ mile away from Hillcrest.

Friday, Sept. 2nd, 5:30pm (Labor Day weekend)  
Roseville City Church  
125 Franklin Street  
Roseville

If you would like to attend sign up at the offering station so we can let RCC know how much food to prepare.

### **HALLOWEEN OUTREACH**

We are looking ahead to our outreach October 31. If you would like to help in any capacity please sign up at the offering station or talk to Melissa.

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