



Sermon Excerpts:

## ***“God Grant Me Serenity”***

November 28, 2021

Matthew 6:34 (MSG) *“Give your entire attention to what God is doing right now, and don't get worked up about what may or may not happen tomorrow. God will help you deal with whatever hard things come up when the time comes.”*

- We worry about things over which we have no control.
- We worry about things that do not matter.
- We worry about things that have not yet happened.
- We worry about things of legitimate concern.

### ***Psalm 23 Antithesis***

*The clock is my dictator, I shall not rest. It makes me lie down only when exhausted. It leads me into a deep depression. It hounds my soul. It leads me in circles of frenzy, for activities sake. Even though I run frantically from task to task, I will never get it all done, for my ideal is with me. Deadlines and my need for approval, they drive me. They demand performance from me, beyond the limits of my schedule. They anoint my head with migraines, my in-basket overflows. Surely fatigue and time pressures shall follow me, all the days of my life. And I will dwell in the bonds of frustration Forever*

God grant me the serenity to remember to:

- Worship, Pray, and Read Scripture
- Ask for Help
- Seek Community
- Examine Your Load

## Prayer

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Lord, we will not live in a perfect world until we join you in heaven. Remind everyone that we cannot outrun, outpace, outdo, outsmart, or outlive trying times. It has a way of popping up even in the good and prosperous seasons in the culture, life, and the lives of those around me.

Lord, I pray for those times when the stresses of life often reach a dangerous proportion—or so it seems. We feel it in our body, mind, and spirit and at times struggle to keep up physically, mentally, and yes, spiritually.

Some days God, anxiety stalks like a deceitful predator, and the temptation to worry draws us in. We know better, but some days the challenges outweigh the truths buried inside. God, some days, our trust in You fades into the background, giving fear and concerns permission to discourage us.

Teach us to recognize the stressful trials as tools for you to shape us and rearrange us. Through difficult times, teach patience, enlarge our **faith**, and help us see things we could not see before.

When an anxious thought creeps in, helps us stop and relax, take that thought captive, and turn apprehension into a calm prayer for deliverance. Revamp our belief system, Lord. Show us a new way to handle life according to Your Way. Turn these potentials for stress into lessons for growth and trust. In the name of Jesus, Amen

God Is Bigger Than Our Barriers

God Is Smarter Than Our Situations

God Is Greater Than Our Grief