

Four
Ways to
Reduce
Worry



Laketon Bethel Church

November 20, 2022

Dr. Sherwin Brantsen

Sherwin's Ten Reasons for Going to Church Every Sunday

1. Renew

Everyone goes through times where enthusiasm for life melts away. We all have times where our faith diminishes. Worship on Sunday renews faith and energizes attitudes for all of life.

2. Laugh

Yes. We laugh. Humor is a valuable part of worship. Most of it is unplanned. Sherwin's brother told him years ago that: "People aren't laughing at you because you're funny, they are laughing because you are so stupid..."

3. Pray

Face it. You don't pray much. Church services remind you of the importance of prayer. They jump start your prayer life. You learn more about prayer. When your family is with you, they see you praying and that is an example that changes lives.

4. Sing

Songs of faith can move mountains of despair. You probably won't like all the songs. But some of them will change your life.

5. Help

You will often find ways to help in your community. When you help, it reduces inherent narcissism. You think less of yourself and more of others. You become more grateful for what you have. You become a better person and a happier one.

6. Give

Yes. Put in some money. Do something with your cash for God instead of for yourself. Don't expect anything back and you will be surprised at how blessed you are. We all waste money. Here you have an opportunity to do something positive with it.

7. Meet

Connect with other people. Laketon Bethel accepts everyone, including you. Many friendships are made on a regular basis. We have great coffee and cookies, which help in all sorts of discussions.

8. Learn

The guy up front is trained and experienced and often knows what he is talking about. You will learn something every Sunday.

9. Grow

When you put what you learn into practice, you will find positive changes in your life. You will have unstoppable growth in ways you don't always expect.

10. Jesus

The church exists because of Jesus. When you participate in it regularly, he is pleased. One day you will meet him face-to-face. If you regularly connect with him through weekly worship services, that meeting will be happy.

Order of Worship-9:00am

Gathering Song

“Forever”

Call to Worship

Responsive Reading #768

“Let All Things Now Living”

“Give Thanks”

Welcome & Announcements

Congregational Prayer

Worship in Song

“Come Thou Font, Come Thou King”

“Praise to the Lord, the Almighty”

Crosstalk - “Four Ways to Reduce Worry”

Offering

“For the Beauty of the Earth”

Benediction

“God Be With You”

Order of Worship-11:00am

Gathering Song

“Sing a Song”

Call to Worship

“Forever”

Welcome & Announcements

Congregational Prayer

Worship in Song

“Come Thou Font, Come Thor King”

“10,000 Reasons”

Crosstalk - “Four Ways to Reduce Worry”

Offering

“For the Beauty of the Earth”

Benediction

“Great Is Thy Faithfulness”

All are welcome to join us for our
Children's Christmas Program
on December 11th at 11:00am.

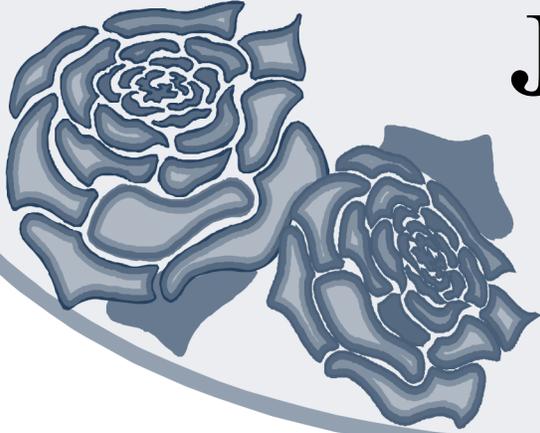
You will enjoy beautiful music and an
inspiring skit performed by Laketon
Bethel's Children's Church.



For
God so
loved the
world He gave
His one and only
Son that whoever
believes in Him shall not
perish but have eternal life
John
3:16

Special Senior of the Week:

*Please show your support by signing the cards located
on the table in the entryway.*



**Jack & Jean
Moore**

*Please remember in prayer our friends who are
battling long-term illnesses:*

Donald Bayne

Jana Belladone

Betty Bonneville

Larry Budreau

Patti Buurma

Craig Carlson

Amanda Cihak

Stephanie Cutler

Amy Fredericks

Jacob Geers

Bob Hanson

Scott Hladki

Avery Lynn

J.T. Maskell

Tom McKee Sr.

Patti Mercer

Paul Ortquist

Lynn Pluger

Shirly Pummell

Aaron Rop

Gary Samples

Joe Shavalier

Ida Shealy

Sandy Streeter

Kathy Tabor

Inga Weavers

Marv Wegner

Announcements

Membership Class We will have a membership class on November 20th following the second service.

Children's Ministry Children's Church is open to children from Preschool through Fifth Grades during the 11:00 Service.

Nursery We are in need of first service volunteers for the nursery. If you are interested in joining this team, see Sally Hendrixon or Joann Petroski or call the office at 744-1749.

Service Opportunities

Santa Secret Shop We are in need of gifts for dads. There is a box by the table in the entryway for your donations. Much thanks!

Hand2Hand We are in need of quart and gallon zipper bags. The cheapest we have found are the Walmart brand at Walmart. The donation box is in the entryway by the Hand2Hand sign. Thank you for your donations.

Coat Drive We will begin collecting *gently used* winter gear for all ages. You may bring your donation in Tuesday-Friday from 8:30-11:30am and on Sundays. All donations will go to the Mission for Area People.

Children's Church We are looking for a few people to assist with Children's Church. You will not have to teach! All we ask is to build relationships with the kids.

The Children's Christmas Program is scheduled for December 11th at the beginning of the second service. The kids with speaking parts will practice after the second service for 15 minutes. Please see Tina if you have any questions.

Matthew 6

Contemporary English Version

²⁵ I tell you not to worry about your life. Don't worry about having something to eat, drink, or wear. Isn't life more than food or clothing? ²⁶ Look at the birds in the sky! They don't plant or harvest. They don't even store grain in barns. Yet your Father in heaven takes care of them. Aren't you worth much more than birds?

²⁷ Can worry make you live longer? ²⁸ Why worry about clothes? Look how the wild flowers grow. They don't work hard to make their clothes. ²⁹ But I tell you that Solomon with all his wealth wasn't as well clothed as one of them. ³⁰ God gives such beauty to everything that grows in the fields, even though it is here today and thrown into a fire tomorrow. God will surely do even more for you! Why do you have such little faith?

³¹ Don't worry and ask yourselves, "Will we have anything to eat? Will we have anything to drink? Will we have any clothes to wear?" ³² Only people who don't know God are always worrying about such things. Your Father in heaven knows you need all of these. ³³ But more than anything else, put God's work first and do what he wants. Then the other things will be yours as well.

³⁴ Don't worry about tomorrow. It will take care of itself. You have enough to worry about today.

Verse 34, New Living Translation

"So don't worry about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today.

Verse 34, King James Version

Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself. Sufficient unto the day is the evil thereof.

Four Ways to Reduce Worry

[a place for your notes]

How do you define worry?

What do you worry about most?

The four ways to reduce worry are:

1.

2.

3.

4.

Other Notes

November Weekly Bible Readings

| Date | Day | New Testament | <input checked="" type="checkbox"/> | Special Prayer | Old Testament | <input checked="" type="checkbox"/> |
|------|-----|---------------|-------------------------------------|----------------|---------------|-------------------------------------|
| 20 | Su | Matthew 11 | <input type="checkbox"/> | | Job 40 | <input type="checkbox"/> |
| 21 | Mo | Matthew 12 | <input type="checkbox"/> | | Job 41 | <input type="checkbox"/> |
| 22 | Tu | Matthew 13 | <input type="checkbox"/> | | Job 42 | <input type="checkbox"/> |
| 23 | We | Matthew 14 | <input type="checkbox"/> | | Psalms 1 | <input type="checkbox"/> |
| 24 | Th | Matthew 15 | <input type="checkbox"/> | | Psalms 2 | <input type="checkbox"/> |
| 25 | Fr | Matthew 16 | <input type="checkbox"/> | | Psalms 3 | <input type="checkbox"/> |
| 26 | Sa | Matthew 17 | <input type="checkbox"/> | | Psalms 4 | <input type="checkbox"/> |
| 27 | Su | Matthew 18 | <input type="checkbox"/> | | Psalms 5 | <input type="checkbox"/> |

LAKETON BETHEL REFORMED CHURCH

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Website address: laketonbethel.org & e-mail: lbrcoffice@gmail.com

Office hours: 8:30 am – 11:30 pm: Tuesday, Wednesday, Thursday, & Friday

Pastor – Dr. Sherwin Brantsen (drbrantsen@gmail.com)

Director of Operations – Gary Gifford (garygifford4@gmail.com)

THE PURPOSE OF LAKETON BETHEL:

“To trust steadily in God, hope unswervingly, love extravagantly. And the best of the three is love.”

Laketon Bethel’s Core Values:

A. ACCEPTANCE:

Everyone, regardless of who they are, what they have done, or what they are doing, will be accepted here. Laketon Bethel will be a safe place to explore your relationship with Jesus.

B. BIBLE:

The teachings of Jesus, contained in the Bible, are the final authority for faith and practice. We will study these teachings with open minds and the best scholarship available.

C. CONNECTION:

We invite people to connect with Jesus and with each other in all that we do.

OUR CONSISTORY

Elders

Kyle Bogner, Dave Deboer, Gay Hudson,
Larry Joslyn, Amy Kunnen, Ed Luzadder,
Jason Peterson, Ron Zant

Deacons

Brent Ackerman, Jon Brantsen, Greg Fick,
Mike George, Alex Lassow, Doug Lubbers,
Kris Meyers, Rita Sikkenga