

## TODAY'S FACILITATORS

PRAYER: Jessica

OFFERING: Yetunde

WORD: Pastor

## WELCOME

We warmly welcome you, if you are worshipping with us for the first time. We believe you've become a member of our church family by God's grace.

Please ensure you speak to the Pastor or one of today's facilitators before you leave.

May God bless you richly (Amen).

## VERSE(S) OF THE DAY

Cast your bread on the surface of the waters, [be diligently active, make thoughtful decisions], for you will [a]find it after many days.

Ecclesiastes 11: 1 (AMP)

## GROWTH & ADVANCEMENT

To build a church that is **growing, healthy and full of love**, do you have comments, ideas or suggestions? If so, please talk to the Pastor or a minister.

## DID YOU KNOW?

Did you know you could join most of our services online when **you are unable to attend**? Talk to the technical team or the Pastor to find out how.

**FINALLY, BRETHREN,  
WHATEVER THINGS ARE  
TRUE, NOBLE,  
JUST, PURE,  
LOVELY, OF  
GOOD REPORT,  
IF THERE IS ANY VIRTUE  
AND IF THERE IS ANYTHING  
PRAISEWORTHY  
MEDITATE ON THESE THINGS.**

PHILIPPIANS 4:8



Sunday 14 February 2021

# WELCOME

*Redeemed Christian Church of God*

# Bethel

## WEEKLY SERVICES & MEETINGS

### SUNDAY

Thanksgiving / Worship service  
From 10am

### FRIDAY

Prayer meeting / Bible study  
From 7pm

RCCG Bethel Parish

Unit 13, Skylines Village

Limeharbour, London E14 9TS

PHONE: 07889906677 || EMAIL:

[admin@rccgbethel.church](mailto:admin@rccgbethel.church)

WEB: [www.rccgbethel.church](http://www.rccgbethel.church)

# Our 'must-visit' website



Home Our Focus About us Contact Us Sermons Privacy Policy



Our website is a treasure trove of information, and not only about our focus and mission. You could subscribe to our podcast or listen to past sermons too (<http://rccgbethel.church/sermons/>). This is particularly useful for when you are unable to attend services or for refreshing your recollection as an essential part of your private Bible study.

There's more! Details of events and outreach will almost certainly be available from relevant pages on our website and updated regularly, along with downloadable copies of our Sunday bulletins (<http://rccgbethel.church/category/bulletins/>).

So, why don't you set our homepage as one of your **startup page(s)** in your browser now? The following instructions for most of the common browsers may help.

## Google Chrome

1. Open the browser and the **Settings** menu (or the **three vertical dots** to the right of the menu bar).
2. Scroll down and click on **Advanced Settings**.
3. Select **Open a specific page or set of pages** under **On Startup**.
4. Select **Set pages** and enter or add <http://rccgbethel.church/>.

## Mozilla Firefox

1. Open Firefox. Press **Alt-T** on the keyboard and select **Options** from the drop-down menu or go to **Tools >> Options** from the main menu.
2. In the **Home** section, select **Homepage and new windows** and **Custom URLs...** from the field's drop down.
3. Enter or paste the URL: <http://rccgbethel.church/> or click **Use Current Page** if you are already on our website.

## Microsoft Edge

1. Click the **three horizontal dots** to the right of the top menu bar.
2. Select **Settings** and select **A Specific Page or Pages** from the **Open Microsoft Edge With** section drop down options.
3. Enter <http://rccgbethel.church/>. (Click the Plus sign to add more pages if required).
4. Click the **three horizontal dots** to the right of the top menu bar again to close **Settings** menu.

## FROM THE PASTOR'S DESK

### Stress and anxiety

**Text: Psalm 42:1-11; 125:1-4**

Anxiety is a feeling of unease, worry or fear. It can be mild or severe, lasting for a long time. It may also cause changes in our behaviour, making us over-cautious withdraw from others or activities. Sometimes, it feels a bit like wearing a permanent set of glasses through which we look at the world and assess everything around us, perceiving them from a dark / negative perspective. Many of us have experienced these feelings at one time or the other.

Stress or anxiety may be caused by external stimulus and those could invoke positive or negative feelings. For example, getting a job or something you've always wanted could do both. Response measures to COVID-19 pandemic is having stress-related / mental health impacts on many of us, infected or not. It becomes a problem when these feelings persist for a long time or when they require treatment / coping strategies.

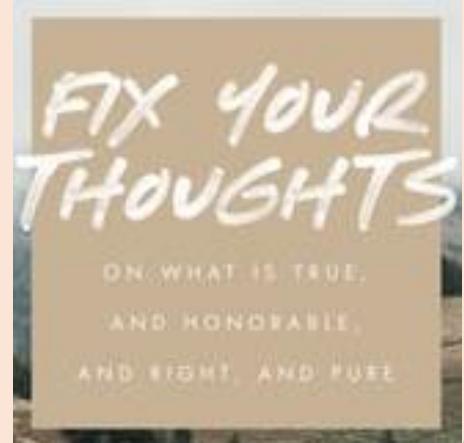
If you're feeling like that right now, be aware that there's help available on the NHS website or other sources e.g. MIND. (Links to both are provided at the bottom of this bulletin frame box on this web page.) Writing down your feelings and challenging the negative thoughts have been suggested as a coping mechanism and the Psalmists may offer some examples in the Bible.

For example, the writer of Psalm 42 was unable to understand why he was feeling downcast and discouraged. But s/he changed focus by writing down those feelings and challenging them. We can see the progression as the writer worked through his / her feelings until s/he was able to hand those fears, worries and concerns over to God at the end, and to trust God.

Likewise, we must develop coping mechanisms if we find ourselves experiencing negative thoughts or feelings we're unable to control. They could also include challenging them, but ultimately, we must place our trust in God (Psa 145:1-4).

### Bottom line:

Stress or anxiety can turn small problems into a mountain or a deluge. Seek help from professionals and fill your mind with positive thoughts as well as words from the word of God (Phil 4:6-8).



**RCCG Bethel Parish**  
*Pillar of truth ... defining the future today*