

## Understanding Emotions Part 2: Anxiety, Loneliness, Guilt

~ Lessons from Proverbs

Pastor Tom  
February 10, 2019

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**WELCOME TO**  
**Sturgeon Valley**  
Baptist Church

### 1) Anxiety

#### What is anxiety?

- ◆ "Type 1" ~ A relatively permanent state of worry usually accompanied by compulsive behavior or panic attacks.
- ◆ "Type 2" ~ An unpleasant emotion experienced before or during a stressful situation.
- ◆ Hebrew word for Anxiety ~ The emotional distress caused when something \_\_\_\_\_ to your life is threatened.

#### How to deal with it:

- ◆ Examine your heart attitude towards the thing \_\_\_\_\_.
  - ◆ When anxiety comes don't deal with it \_\_\_\_\_.
- Proverbs 12:25: Anxiety in a man's heart weighs him down, but a good word makes him glad.
- ◆ Prayerfully hand over anxieties  
(Philippians 4:6-7)

**2) Loneliness** ~ A sadness resulting from being or believing you've been forsaken or abandoned.

Proverbs 14:10: Each heart knows its own bitterness and no stranger shares its joy.

- ◆ Address your loneliness by fellowship with \_\_\_\_\_ and \_\_\_\_\_.

**3) Guilt** ~ Remorse caused by feeling responsible for some offense.

Proverbs 28:1: The wicked flee though no one pursues, but the righteous are as bold as a lion.

- ◆ Ask the Lord to help you examine guilt feelings to see if you're actually \_\_\_\_\_ (Psalm 139:23-24)
- ◆ Bring your guilt and transgressions to the \_\_\_\_\_.



### ***SVBC 2019 Theme Verse***

And we all,  
with unveiled face,  
beholding the glory of the Lord,  
are being transformed into the same  
image from one degree of glory to another.  
For this comes from the Lord  
who is the Spirit.  
~ 2 Corinthians 3:18 ~



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# Welcome, we're glad you're here!



- ◆ Are new to SVBC?
  - ◆ Has your contact info or address changed?
  - ◆ Do you have a prayer or praise item you would like to share?
- Please fill in the **Connect Card** available in the pew and place it in the *Offering Plate* or *leave it at the Info Centre*.
- We look forward to connecting with you!**

## Today at SVBC

- Sunday School** **9:30 am**
- ◆ Age 3 - Grade 4 meet in Room 218
  - ◆ Grade 5 & 6 meet in Room 204
- Youth/Young Adult**
- ◆ Breakfast & Discussion Time ~ Fireside Room
- Adult Sunday School** **9:30 am**
- ◆ Discovery Class ~ Prayer Room
  - ◆ Soul Care ~ Room 203
  - ◆ Thirteen Fundamentals of the Faith ~ Room 212
  - ◆ Establishing the Firm Foundation: God's Way, Monday to Saturday ~ Rm 204
- Library** ~ Open before & after Service ~ Come check out what's new!
- Worship Service** **10:45 am**
- Children's Church** **Dismissed during Service**
- ◆ **Preschool Church** (Age 3 - Kindergarten) ~ Room 217
  - ◆ **Junior Church** ~ (Grade 1 - 3) ~ Room 218



**Please join us** after the service for a time of Fellowship in the Foyer! All are welcome!

## Upcoming Services

February 17	Riley N.	◆ Family Day Weekend ~ <b>NO SUNDAY SCHOOL</b> ◆ Taking God's Word Seriously
February 24	Pastor Tom	◆ Understanding Emotions Part 3 ~ Hope, Joy & the Need for Emotion Control
March 3	Pastor Tom	◆ 7 Deadly Sins - From Pride to Humility



### Resources Available: Weekly Sermons; Bulletin; Discipleship Info; Family & Marriage Info...

Check out our website at: [www.svbc.ab.ca](http://www.svbc.ab.ca)

**RightNow Media:** [rightnowmedia.org](http://rightnowmedia.org) For free invite email [church@svbc.ab.ca](mailto:church@svbc.ab.ca)

Free Wi-Fi available  
Network: Free-WiFi-SVBC



**Online Giving:** scan this code or go online to [www.svbc.ab.ca](http://www.svbc.ab.ca).



**Debit Giving Terminal** @ Coffee Station



## What's up @ SVBC:



**The Marriage Tune-up Devotional:** Just in time for Valentines Day! Get your FREE copy in the Foyer today.

**Ministry Coordinator Reminder:** Please email your 2018 Annual Report on or before Thursday, February 14th to Gayleen at: [admin@svbc.ab.ca](mailto:admin@svbc.ab.ca)

**Choir:** Anyone ages 12 to 112 are welcome to join as we begin practicing for our Easter presentation 'Lead Me to the Cross' (Apr. 19 & 21). If you have any questions please contact our Choir Director, Rose by email at: [choir@svbc.ab.ca](mailto:choir@svbc.ab.ca)

**Jubilee's at Taylor:** Friday, Feb. 15 @ 11 AM "From the Med, to the Dead, to the Red: A journey Through the Holy Land", Tickets \$15 for the luncheon. Contact Stan & Lois at ph. 780.461.1644 or by email at: [hillerlg@gmail.com](mailto:hillerlg@gmail.com). Ticket Deadline: Monday evening Feb. 11.

**Ladies Ministries Bible Studies:** Space is still available & all Ladies are welcome!

**MISSIONS FEST:** February 22 - 24 @ West Edmonton Christian Assembly. '25th Anniversary - To God Be the Glory!' Something for everyone...Inspirational speakers, seminars, special sessions & worship times! Free General Admission. See the Bulletin Board for full details, phone 780.451.0080 or check out [www.mfest.ab.ca](http://www.mfest.ab.ca)

- ◆ 7 pm Wednesday evenings in Room 202: *Revelation Part 1: Jesus' Message to the Church*. For more info email: [church@svbc.ab.ca](mailto:church@svbc.ab.ca)

- ◆ 7 pm Wednesday evenings @ Nita's: *Exodus: God's Relentless Pursuit of Us*. Email Nita for more details: [church@svbc.ab.ca](mailto:church@svbc.ab.ca)

- ◆ *Ladies Morning Out* Thursday mornings at 9am. Study List available at the Info Centre.

Find the hidden Cross in today's Bulletin!



**Grade 7 - 12 are Invited!**  
**Wednesdays 6:45 pm** for 180 Bible Study @ Unsworth's  
**Fridays 7 pm** for great activities!  
More details: [www.svbc.ab.ca/ministries/youth](http://www.svbc.ab.ca/ministries/youth)

### Next Youth Event: Grade 7 - 10 LIFE SIZE!

Friday, February 15, 7pm - 10pm @ SVBC  
See [svbc.ab.ca/ministries/youth](http://svbc.ab.ca/ministries/youth) for details



**You're invited to access FREE:**  
~ Children's shows  
~ Bible Studies  
... and more



**Topics:** Money, Marriage, Evangelism, Youth, Small Groups, Men, Women, Outreach, Inspiration, Children, Parenting, College & Career, Work....

**Check out:** [www.rightnowmedia.org/](http://www.rightnowmedia.org/)

**To sign up:** complete a *Connect Card* & drop it in the Offering Plate or at the Info Centre OR email [church@svbc.ab.ca](mailto:church@svbc.ab.ca)

**Then:** watch your email for your personal invite!