



**What to Do With Worries and What-if's**

I am proud to say that, for the most part, I've never been much of a worrier. Actually, I think I need to amend that statement. I have never been much of a worrier until I became a parent. The day I had the label of "Dad" slapped on my back, I began to understand what that word truly meant. To this day, I am typically very unconcerned about my life and the challenges I might encounter, but in the blink of an eye, my panic meter can go from zero to a thousand when it comes to my kids.

Allow me to give an example. Two summers ago, while on a five day cruise with the family, (it turned into a twelve day cruise thanks to Hurricane Harvey, but that's a story for another day) my boys asked to do something they thought extremely fun, but unbeknownst to them, caused me great anxiety and panic.

Most days while aboard the ship they would ask to play for a couple of hours in the kid's area which was up on the very top deck, level 14. Penny and I never complained because that meant a couple of hour's peace and quiet for us. However, every time I would go to pick them up they would ask if they could take the stairs all the way back down to our room, which was on level 2. The thought of that many stairs would make by bad knee start aching, so I made them take the elevator.

One day, Peyton brazenly declared that he and Parker could get down to level 2 faster by using the stairs than by riding the elevator. I told him he was wrong. He vehemently disagreed (he's just like his momma) and so we put it to the test. We agreed that as soon as I hit the button to call the elevator, they could take off down the stairs and we would see who arrived first. The bet was on and the race began.

With full confidence, I got into the elevator as I heard them joyfully pounding down the staircase, most likely scaring flocks of senior citizens along the way. I arrived at the second level, and just as I had expected, no boys. So I stood at the bottom of the staircase in a triumphant pose and awaited their arrival. But no arrival came.

I waited and waited, sure that I would soon hear their footfalls, but there was no sign of them. Worry starting setting in. Being "Dad" may mean that I am prone to worry, but it also means I'm supposed to be cool, so I didn't call the National Guard (a.k.a. Mom) and send out the search party. I continued to wait, but as I did so, the "what-if's" started to play in my mind.

All of a sudden, images started to flash before me of a hundred different disastrous scenarios - my boys lying in a heap at the bottom of the stairs clutching broken legs, two lost kids wandering around a dark engine room after taking a wrong turn, a strange man on level nine leering over them asking, "Would you like some candy?" However, just before these crazy thoughts got the best of me, I finally heard my children laughing and talking just one level above, heading my way.

Whether it's your children, your job, your finances, your health, or any other important thing in your life, worrying over the "what-if's" is something we all struggle with. When we get even a hint that we might lose something or someone precious to us, panic can take over and we begin to imagine all the "what-if" scenarios. We do this even before that thing we fear is ever a reality, thereby causing us to hold tighter to what we really don't have control over in the first place.

(continued pg 2)

**ADDRESS SERVICE REQUESTED**

<b>Regular Schedule:</b>	
<b>Sunday</b>	<b>Wednesday</b>
8:00 A.M. Worship	7:30-9:30 A.M. Walking Track
9:15 A.M. Bible Study	6:00-6:45 P.M. Session 1
10:30 A.M. Worship	Ignite: Children's Choirs, Small Group Study
Lighthouse Harbor	6:45-7:30 P.M. Session 2
Torchbearers	Ignite: Adult Choir; Missions; Prayer Meeting
5:00 P.M. Orchestra Rehearsal	
6:00 P.M. Worship	
<b>Activities for March 21 through April 3</b>	
<b>Thursday</b>	<b>March 21</b>
7:30-9:30 A.M. Walking Track	
10:00 A.M. Life PLUS Bible Study	
6:30 P.M. Revelation Study	
7:00-9:00 P.M. Church/Community Recreation (gym)	
<b>Friday</b>	<b>March 22</b>
7:30-9:30 A.M. Walking Track	
8:00 A.M. Senior Adult Day at MBU	
6:00 P.M. RA Lock-in	
<b>Saturday</b>	<b>March 23</b>
<b>Sunday</b>	<b>March 24</b>
Regular A.M. Schedule	
4:00 P.M. Griefshare	
5:00 P.M. Adult Choir Rehearsal	
<b>Monday</b>	<b>March 25</b>
7:30-9:30 A.M. Walking Track	
1:30 P.M. CARE "E" Team	
7:00 P.M. FUEL Bible Study (boys meet in student center; girls at 362 Moss Ln)	

<b>Tuesday</b>	<b>March 26</b>
7:00 A.M.-3:00 P.M. GLOW sponsored SEMO Clean Out Day	
7:30-9:30 A.M. Walking Track	
11:00 A.M. Revelation Study	
7:00 P.M. Bible Study Fellowship	
<b>Wednesday</b>	<b>March 27</b>
Regular Schedule	
<b>Thursday</b>	<b>March 28</b>
7:30-9:30 A.M. Walking Track	
9:00 A.M. Seed Sew-ers	
10:00 A.M. Life PLUS Bible Study	
6:30 P.M. Revelation Study	
<b>Friday</b>	<b>March 29</b>
7:30-9:30 A.M. Walking Track	
6:30 P.M. GLOW video presentation of Jeannie Robertson	
<b>Saturday</b>	<b>March 30</b>
<b>Sunday</b>	<b>March 31</b>
Regular Schedule	
4:00 P.M. Griefshare	
5:00 P.M. Adult Choir Rehearsal	
<b>Monday</b>	<b>April 1</b>
7:30-9:30 A.M. Walking Track	
1:30 P.M. CARE "C" Team	
7:00 P.M. FUEL Bible Study (boys meet in student center; girls at 362 Moss Ln)	
<b>Tuesday</b>	<b>April 2</b>
7:30-9:30 A.M. Walking Track	
9:00 A.M. Quilters Guild	
11:00 A.M. Revelation Study	
5:30 P.M. Recreation Team Meeting	
7:00 P.M. Bible Study Fellowship	
<b>Wednesday</b>	<b>April 3</b>
Regular Schedule	
5:00 P.M. Wednesday Fellowship Meal	

(continued from pg 1)

Telling you to stop behaving like this is like me trying to tell my kids to remember to flush the toilet; it might work for a day or so, but inevitably, they are going to forget again and I'm the one who will have to deal with the consequences. What we often don't think about is that when we become overwhelmed by worry, it can affect those around us just as negatively as it does ourselves.

Knowing that this is an ongoing struggle for all of us, and with full admission that no matter how hard we try to not worry, there will be times when we fail. What are we to do? Thankfully, the war on worry and "what-if's" is not lost. Take a moment to consider the following well-known and beloved passage from Scripture.

"Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus." (Philippians 4:6-7, ESV)

These verses tell us that either before worry and anxiety ever set in or even after it has started to take root, we are called to place all those "what-if's" before God. And what does the passage remind us that God does in response? He grants us His overwhelming and unfathomable peace, which will "guard our hearts and minds in Christ Jesus." That is just so awesome!

However, please read this carefully, for I want you to understand that this Bible passage does NOT promise nor guarantee that bad things won't ever happen in your life. You can't use these words to claim that you won't ever lose your job or that doctor won't call with bad test results or even that your precious children won't ever find themselves in harm's way. But thanks be to God, even if we do face the reality of the thing we feared most, God's love, presence, and peace will never be more real in our lives than it is at that very moment.

Blessings!  
Pastor Greg

## Trivia Night at First Baptist

Trivia Night at First Baptist is scheduled for Friday, April 5, from 7:00-9:00 P.M. in the gym. Robert Schultz will emcee this event with Dr. Gary Grix serving as the "Trivia Master."

Trivia Teams are formed from the different adult Sunday school departments and from other church groups wanting to raise a team. Trivia Night is a low stress way to invite friends and "newcomers" to be part of a fun church related activity.

We encourage donations at each team table for children's camp. This year donations will be particularly important as we consider more expensive children's camp options. "BYOFSTS" (bring your own favorite snack to share) chips and soft drinks will be available.



## Spring Bounce

Thanks to our ongoing bouts of bad weather, our Winter

Bounce Children's recreation event has turned into "Spring Bounce" scheduled for Saturday, April 6 from 1:00-2:30 P.M. at Parkland Gymnastics ~ donation of \$2.00 per child.

## GLOW Ministry

Please join us on Friday, March 29 at 6:30 P.M. in the gym for a video presentation of Jeanne Robertson, a Christian humorist. Free laughter, popcorn and drinks.

## Youth Mission Trip Service Projects

Do you have any projects that you need help with at your house? Spring cleaning, yard work, painting, etc? Our students would love to come and help you! In return, our students are accepting donations towards their mission trip this July in eastern Tennessee. Please contact Jason if you would like to have our students come and help you. Please give us 2 weeks' notice to get the job done, if possible.

## Youth Mission Trip Packets

Students, parents, and other interested adults: The Youth Mission Trip Information and Registration packets are ready! Packets may be picked up in the Student Center or church office. Registration forms and deposits are due Sunday, April 14, however, the earlier you get registered the earlier you can start fundraising!

## Thursday Open Gym

The last night for the Thursday night open gym is, Thursday, March 21. We will reopen in the fall.



## COOKIES

We are offering cookies for donations to help with expenses of Operation Christmas Child at First Baptist. Sign-up lists are available in the welcome center and the bulletin board by the office. Cookies will be delivered on March 31, 2019 ~ so get your orders in today!

## Kitchen Help Needed

The kitchen is looking for individuals that would be willing to help. We are in need of cooks, helpers and dishwashers. Even if you do not cook, we have a place for YOU. Join us for an organizational meeting Sunday, March 24 at 5:00 P.M. in the conference center. We would love to have your help.

## LIFE Plus Upcoming Events

### Amish Country Trip ~ April 26

The bus will leave at 6:00 A.M. and return around 10:00 P.M. Cost is \$31.00 per person payable as you board the bus and includes the tour and lunch.

### Ballpark Village Museum Tour ~ May 24

The bus will leave at 8:30 A.M with return time TBA. Cost is \$13.00 plus your lunch and is payable as you board the bus.

### Muny ~ June 13

Come enjoy an evening with a backstage tour and enjoy a presentation of *Guys and Dolls*. Cost is \$28.00 per person Please sign-up and pay by May 26. Leave and return time TBA.

## Right NOW Media

Do You Have a Right Now Media Account? If not, it's time to get one. Think of Right Now Media as the Christian Netflix with all kinds of video Bible Studies for church and personal use. There are also tons of shows that your children will love too! You can stream all content on your tv, computer, or smart phone. To get your free account, simply text "RightNow FFBC" to the number: 41411

## Prayer List:

Rylan Meek (grandson of Barbara Ward), Michelle Banks (niece of Karen Moore)

## Christian Sympathy:

To Carolyn Howard and family in the death of her brother, Larry Warren.

## Sunday, March 17, 2019

Our Church Studying: 250

Our Church Growing:

Ryan Hull and Sophie Welker by baptism

## Financial Statistics for:

**March 3, 2019**

Budget Requirements (wkly)	\$ 18,591.00
Budget Receipts (3-3-19)	13,487.00
Requirement (wk 22)	409,002.00
Receipts (wk 22)	<b>377,463.73</b>
STB-BTS (from Oct)	28,841.00