

Be anxious for nothing, but in everything by prayer and supplication,  
with thanksgiving, let your requests be made known to God

Philippians 4:6 NKJV



# Happy 65<sup>th</sup> Anniversary

1956 - 2021



**BEREAN BIBLE CHURCH**

Service of  
**Worship & Communion**

Sunday, 3 October, 2021

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**Live-streamed Services: Oct 3 - 8am & 11am | Evening - 6pm**

 <https://www.youtube.com/user/bereanbarbados/live>

 <https://www.facebook.com/BereanBarbados/live>

**Midweek In-person & Online Service (Wednesday)**

**Noon & 7:30 pm | ZOOM links provided**

 **WhatsApp 845 - 5752 or Tel: 426 - 4707**

**email: [info@bereanbarbados.org](mailto:info@bereanbarbados.org)**

**[www.bereanbarbados.org](http://www.bereanbarbados.org)**

# The secret to dealing with **Fear and Anxiety**

“Humble yourselves.” That’s the secret. It has been there all along, but we rarely use it.

*Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, casting all your anxieties on him, because he cares for you. (1 Peter 5:6-7)*

Fear and anxiety sufferers like myself have tried on a number of Scripture passages over the years. We might start with Jesus’ words from the Sermon on the Mount, “Therefore I tell you, do not be anxious about your life . . .” (Matthew 6:26). When we need something easier to memorize we move on to Philippians 4:6, “do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.”

These passages work very well as counters to low-level anxiety. But, in the face of an anxiety assault—they aren’t enough. At those times, they can sound like mantras that are devoid of power, which is actually a good thing. Anxious and fearful people can easily slip into taking Scripture as a pill. Take one passage twice a day for two weeks and your symptoms will be gone. When the pill doesn’t work we have two choices. We search for another treatment, or we confess that we are using Scripture as a self-help book for symptom relief, in which case it is time to get back to basics. If you choose to get back to biblical basics, Peter’s exhortation to humble ourselves is a great place to start.

I had an anxiety assault recently. I was facing perhaps the worst fear I could imagine, and there was nothing I could do about it. What a mercy that I was confronted with the call to be humbled before the Lord. It resulted in a simple prayer.

*“Lord, you are God and King. I am your servant. I know you owe me nothing. For some reason you have given me everything in Jesus. I trust you. And please give me grace to trust you.”*

A few minutes later, my prayer moved even closer to Scripture.

*“Father, forgive me for always wanting things my way. By your mighty hand you have created all things. And by your mighty hand you have rescued your people. I want to live under your mighty hand. Please have mercy.”*

It sounds very simple—and it is—but it changes everything. This is the secret to dealing with fears and anxiety. The words of God, and the comfort of the Spirit, become much more obvious when we are repentant and humble before him. No deals—“if you spare me from this suffering then I will . . .” Just simple trust. We trust him because he is God, not because he is going to immediately remove our anxieties or our fear-provoking situation.

This passage has been a secret because we have typically entered it at verse 7, “cast all your anxieties on him because he cares for you.” But to understand its meaning, you need to start with the preceding verse, “Humble yourselves.”

“Humble yourselves” is the only exhortation in the passage. This is what Peter wants us to hear (and obey). If we jump in at the middle—it makes no sense. We can’t cast our cares on him until we have recognized that he is God and we are his servants who have also been elevated to become his children. A paraphrase could read like this (and I highly recommend putting Scripture into your own words.)

*Humble yourself before the Lord. This shouldn't be too difficult. After all, he is God and King, Lord of all. He is the Creator. You belong to him. The creature is the possession of the Creator. Humble yourself before your King. And here is one way to express this new-found posture of humility: cast your cares on him. Did you catch that? When you come humbly before the King he reveals his unlimited love. Who would have thought? He actually wants you to cast your burden on him. You were never intended to carry those burdens alone. He is the mighty God who never leaves. You can trust him. And this casting is no mere act of your will. It comes as you know that he is God and you are not. Oh, and you can be sure that he will lift you up from your kneeling position and give you more than you ever expected.*

A little wordy, in contrast to Peter’s more succinct version, but rambling and embellishment give us more time to meditate on the logic of the passage.

The secret is to

...pause before you head into your favorite passage on fear,

...consider the greatness of God,

...add some of your own confession and repentance as a way to drive the message of humility home, and then

...remember some of those sweet words of God to fearful people.

by Ed Welch

# Order of Service

October 3, 2021, 11 am

## “Giving Thanks”

1. Call to Worship
2. Announcements
3. **Meditation & Invocation**
4. Chorus - Give Thanks
5. Hymn 402 - Like a river glorious
6. **Scripture Reading - Philippians 4:4-8 ESV**
7. **Prayer**
8. Hymn 849 - Be Thou my vision. vs 2,4
9. **Sermon - Rev. Paul Garnes**
10. Chorus 730 - If you want joy, real joy.
11. **Communion - The Distribution of Elements**
12. Hymn 799 - May the mind of Christ my Saviour vs 4,5,6
13. **Benediction**

## ITEMS FOR PRAYER

- For the Thompson, Ward & Williams families as they mourn the loss of Sis. Pauline.
- To stop the spread of the COVID-19 Delta variant.
- For the families who recently lost loved ones to COVID-19
- Pray for the ministry and wellbeing of our Pastor and family.
- For healing for our sick members.
- For grace for our shut-in members.
- For the Berean Churches in DR Congo as they develop means of livelihood.
- For the friends of Berean - The Gilmours, Haecks, Hulls, Moores, Montagues, Porchers, Rogers, Rudders and Taylors.
- For our unemployed members to find meaningful employment.
- For the economic recovery of our country Barbados.
- For the peace of Jerusalem.

## October Birthdays



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|------------------------|--------------------|------------------------|
| 1 - Tehya Haynes       | 9 - Joshua Wharton | 20 - Angel Gittens     |
| 3 - Gabrielle Licorish | 13 - Ethan Boyce   | 23 - Kimberley Gaskin  |
| 8 - Margo Johnson      | 14 - Ryan Bayne    | 27 - Alexander Alleyne |
| 9 - Jennifer Piggott   | 17 - Leeann Wells  | 30 - Tameisha Gittens  |

## Anniversaries

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|-----------------------------|----------------------------|
| 5 - Paul & Malivia Garnes   | 24 - Clyde & Melissa Lucas |
| 5 - Ricardo & Sheryl Parris | 25 - Carl & Delores Ward   |
| 16 - Chris & Deirdre Boyce  |                            |