

OUTDOOR  
CHURCH





**YOU ARE GOD  
ALONE**



**YOU ARE NOT A GOD CREATED  
BY HUMAN HANDS  
YOU ARE NOT A GOD DEPENDENT  
ON ANY MORTAL MAN**



**YOU ARE NOT A GOD IN NEED OF  
ANYTHING WE CAN GIVE  
BY YOUR PLAN  
THAT'S JUST THE WAY IT IS**



**YOU ARE GOD ALONE FROM  
BEFORE TIME BEGAN  
YOU WERE ON YOUR THRONE YOU  
ARE GOD ALONE**



**AND RIGHT NOW IN THE GOOD TIMES  
AND BAD  
YOU ARE ON YOUR THRONE YOU  
ARE GOD ALONE**



**YOU'RE THE ONLY GOD WHOSE  
POWER  
NONE CAN CONTEND  
YOU'RE THE ONLY GOD WHOSE  
NAME AND  
PRAISE WILL NEVER END**



**YOU'RE THE ONLY GOD WHO'S  
WORTHY  
OF EV'RYTHING WE CAN GIVE  
YOU ARE GOD  
THAT'S JUST THE WAY IT IS**



**YOU ARE GOD ALONE FROM  
BEFORE TIME BEGAN  
YOU WERE ON YOUR THRONE YOU  
ARE GOD ALONE**



**AND RIGHT NOW IN THE GOOD TIMES  
AND BAD  
YOU ARE ON YOUR THRONE YOU  
ARE GOD ALONE**

**YOU`RE UNCHANGEABLE YOU`RE  
UNSHAKABLE  
YOU`RE UNSTOPPABLE THAT`S  
WHAT YOU ARE  
YOU`RE UNCHANGEABLE YOU`RE  
UNSHAKABLE  
YOU`RE UNSTOPPABLE THAT`S  
WHAT YOU ARE**





**YOU ARE GOD ALONE FROM  
BEFORE TIME BEGAN  
YOU WERE ON YOUR THRONE YOU  
ARE GOD ALONE**



**AND RIGHT NOW IN THE GOOD  
TIMES AND BAD  
YOU ARE ON YOUR THRONE YOU  
ARE GOD ALONE**

“You are God Alone”

Billy J. Foote | Cindy Foote

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CCLI Song # 4243463





**YOU'VE  
ALREADY WON**



**THERE'S PEACE THAT OUTLASTS  
DARKNESS  
HOPE THAT'S IN THE BLOOD  
THERE'S FUTURE GRACE THAT'S MINE  
TODAY  
THAT JESUS CHRIST HAS WON**



**SO I CAN FACE TOMORROW  
FOR TOMORROW'S IN YOUR HANDS  
ALL I NEED YOU WILL PROVIDE  
JUST LIKE YOU ALWAYS HAVE**



**I'M FIGHTING A BATTLE  
YOU'VE ALREADY WON  
NO MATTER WHAT COMES MY WAY  
I WILL OVERCOME**



**DON'T KNOW WHAT YOU'RE DOING  
BUT I KNOW WHAT YOU'VE DONE  
I'M FIGHTING A BATTLE  
YOU'VE ALREADY WON**



**THERE'S MERCY IN THE WAITING  
MANNA FOR TODAY  
AND WHEN IT'S GONE I KNOW YOU'RE  
NOT  
YOU ARE MY HOPE AND STAY**



**WHEN THE SEA IS RAGING  
YOUR SPIRIT IS MY HELP  
HE'LL FIX MY EYES ON JESUS CHRIST  
I'LL SAY THAT IT IS WELL  
OH I KNOW THAT IT IS WELL**



**I'M FIGHTING A BATTLE  
YOU'VE ALREADY WON  
NO MATTER WHAT COMES MY WAY  
I WILL OVERCOME**



**DON'T KNOW WHAT YOU'RE DOING  
BUT I KNOW WHAT YOU'VE DONE  
I'M FIGHTING A BATTLE  
YOU'VE ALREADY WON**

“You’ve Already Won”

Bryan Fowler | Shane Barnard

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Songs; bryanfowersongs

CCLI Song # 7194845





**WELL DONE**

**WHAT WILL IT BE LIKE WHEN MY PAIN IS GONE  
AND ALL THE WORRIES OF THIS WORLD JUST**

**FADE AWAY**

**WHAT WILL IT BE LIKE WHEN YOU CALL MY  
NAME**

**IN THAT MOMENT WHEN I SEE YOU FACE TO  
FACE**

**I'M WAITING MY WHOLE LIFE TO HEAR YOU SAY**





**WELL DONE WELL DONE  
MY GOOD AND FAITHFUL ONE  
WELCOME TO THE PLACE WHERE YOU BELONG  
WELL DONE WELL DONE  
MY BELOVED CHILD  
YOU HAVE RUN THE RACE AND NOW YOU'RE  
HOME  
WELCOME TO THE PLACE WHERE YOU BELONG**



**WHAT WILL IT BE LIKE WHEN TEARS ARE  
WASHED AWAY  
AND EVERY BROKEN THING WILL FINALLY BE  
MADE WHOLE  
WHAT WILL IT BE LIKE WHEN I COME INTO YOUR  
GLORY**



**STANDING IN THE PRESENCE OF A LOVE SO  
BEAUTIFUL  
I'M WAITING MY WHOLE LIFE FOR THAT DAY  
I WILL LIVE MY LIFE TO HEAR YOU SAY**

**WHAT WILL IT BE LIKE WHEN I HEAR THAT  
SOUND**

**ALL OF HEAVEN'S ANGELS CRYING OUT**

**SINGING HOLY HOLY**

**HOLY ARE YOU LORD**

**SINGING HOLY HOLY**

**HOLY ARE YOU LORD**

**SINGING HOLY HOLY**

**HOLY ARE YOU LORD**





**I'M WAITING MY WHOLE LIFE FOR  
THAT DAY  
UNTIL THEN I'LL LIVE TO HEAR YOU  
SAY  
WELL DONE WELL DONE  
MY GOOD AND FAITHFUL ONE**



**WELCOME TO THE PLACE WHERE YOU  
BELONG  
WELL DONE WELL DONE  
MY BELOVED CHILD  
YOU HAVE RUN THE RACE AND NOW YOU'RE  
HOME  
WELCOME TO THE PLACE WHERE YOU  
BELONG**

"Well Done"  
Jason Ingram | Joshua Havens | Matt Fuqua  
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CCLI Song # 7119916



# EMOTIONAL HEALTH



# ANXIETY & STRESS

**PHILIPPIANS 4:6-7**  
**1 PETER 5:7**



# μεριμνᾶτε

**CAN MEAN ANXIOUS OR SOLICITOUS. SOLICITOUS IS "AN ADJECTIVE THAT MEANS SHOWING ATTENTIVE CARE, PROTECTIVENESS, OR ANXIOUS CONCERN FOR SOMEONE'S WELL-BEING, HEALTH, OR HAPPINESS." (OXFORD DICTIONARY).**

Προσευχῆ and  
δεήσει

**CAN BOTH TRANSLATE TO  
"PRAYER". THIS MAY  
SUGGEST A DOUBLE  
EMPHATIC.**



ὑμῶν

IS A GENITIVE,  
THE CASE OF POSSESSION IN GREEK.  
LITERALLY, IT IS TRANSLATED AS  
"YOUR."

**IN BOTH PASSAGES, THE VERBS  
ARE PLURAL, WHICH IMPLIES A  
GROUP AUDIENCE. THE  
ENCOURAGEMENT FROM THESE  
SCRIPTURES SHOULD BE READ IN  
LIGHT OF A CONGREGATIONAL  
PERSPECTIVE.**





# HOW DO WE DEAL WITH STRESS AND ANXIETY?

# HOW DO WE DEAL WITH STRESS AND ANXIETY?



**COMMUNITY**



**EXTERNAL FOCUS**



**ACTIVE LIVING**



# COMMUNITY SHARE YOUR BURDENS



HOW DO WE DEAL WITH  
STRESS AND ANXIETY?





**FOR WHERE TWO OR THREE  
ARE GATHERED TOGETHER IN  
MY NAME, THERE AM I IN THE  
MIDST OF THEM.**

**MATTHEW 18:20**





# EXTERNAL FOCUS

## PRAY



HOW DO WE DEAL WITH  
STRESS AND ANXIETY?



BAPTIST CHURCH



**1. SUBMIT STRESS TO GOD LIKE YOU WOULD SUBMIT SIN.**



**2. MOST NEGATIVE EXPERIENCES, SINFUL OR NOT, STEM FROM AN UNHEALTHY FOCUS ON ONESELF.**



**3. SPEND A LARGE PORTION OF YOUR PRAYER ON OTHER PEOPLE'S CHALLENGES.**



# EXTERNAL FOCUS

## STUDY THE SCRIPTURES



HOW DO WE DEAL WITH  
STRESS AND ANXIETY?



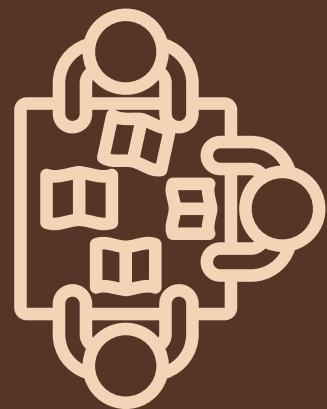
BAPTIST CHURCH



**1. ENCOURAGEMENT FROM  
SCRIPTURE COMES FROM  
READING IT.**



**2. YOU NEED MORE SCRIPTURE IN  
YOUR LIFE THAN JUST SUNDAY.**



**3. SCRIPTURE READING SHOULD  
ALSO BE A COMMUNITY EVENT.**





# ACTIVE LIVING



HOW DO WE DEAL WITH  
STRESS AND ANXIETY?





**1. YOU WILL HAVE STRESSFUL SITUATIONS, AND THEY TAKE A TOLL ON THE BODY. GET IN SHAPE TO BETTER WEATHER THE STORM.**



**2. THE MIND CANNOT BE SEPARATED FROM THE BODY. WHAT AFFECTS THE BODY, AFFECTS THE MIND, AND VICE VERSA. A HEALTHY BALANCE FOR BOTH IS BEST.**



**3. DO NOT SPEND THE MAJORITY OF YOUR TIME ALONE. BE AROUND OTHER PEOPLE.**

# HOW DO WE DEAL WITH STRESS AND ANXIETY?



**COMMUNITY**



**EXTERNAL FOCUS**



**ACTIVE LIVING**