

## ANNOUNCEMENTS

**July 9th - Christmas Choir Meeting** - If you are interested in being part of our Christmas Choir, please make plans to attend.

**July 16-19 VBS** - This year's theme is Twist and Turns - Following Jesus Changes the Game! You can preregister your child on our website!

**July 26 2:00-8:30 - Church Directory Photos** - We will be taking pictures on July 26 for our new directory. We need volunteers to help on the 26th. Please contact the office if you are interested. To sign up for your photo session, grab a flyer from the foyer or call the office during the week. If you are doing a multi-generational photo or have more than 6 in your family, choose two consecutive slots.

**Every Sunday @ 6:00 pm Park Ministry**—We will be meeting at Veterans Park in Moore at 6:00 pm every Sunday.

Every Tuesday @ 6:00 PM Volleyball

**Wednesday Night Dinner Volunteers:** There is a sign-up binder in the east wing to help out with the meals or bring desserts.

**Regional Food Bank of Oklahoma Food Bank Drive** - Donation boxes are in the gym, or you can give a monetary donation.

*He who is kind to the poor lends to the Lord, and He will reward him for what he has done. (Proverbs 19:17 NIV)*

## WEEKLY SCHEDULE

Sunday		Wednesday	
9:30 am	Sunday School	6:30 pm	Pastor's Bible Study - <i>Sanctuary</i>
10:30 am	Morning Worship Children's Church		Youth Bible Study
<i>No Children's Church 5<sup>th</sup> Sunday of the month</i>			Children's Master Classes

### CHURCH STAFF

**PASTOR**  
DR. DANNY FRAZEE  
405245-9309  
PASTORFRAZEE@SOUTHMOOREBC.ORG

**YOUTH PASTOR**  
HAYDEN YOUNG  
405-620-0674  
YOUTH@SOUTHMOOREBC.ORG

### CONNECT WITH US



WWW.SOUTHMOOREBC.ORG



FACEBOOK.COM/SOUTHMOOREBC



SIGN UP FOR TEXT ALERTS  
TEXT @SMBC TO 81010

OR  
DOWNLOAD  
OUR APP



# Southmoore

## — BAPTIST CHURCH —

### BRINGING HOPE TO THE WORLD

3801 S. BROADWAY | MOORE, OK 73160

405-794-5491

## JUNE 28, 2023



# DEALING WITH STRESS

*Mark 14:32-36*

He Gets Us Series - Part II

He Gets Us Series - Part 2  
Dealing With Stress - Mark 14:32-36

I. Confronting Stress - Philippians 4:6

A. A National Epidemic

B. The Cause of Stress

1. Change

2. Fast Pace

3. Personal Challenges

4. Getting Older

C. The Symptoms of Stress

1. Worry

2. Paranoid

3. Defensive

4. Short-Fuse

II. Choosing Faith

A. Choose to Rejoice - Philippians 4:4

B. Choose to be Gentle - Philippians 4:5

C. Choose to Pray - Philippians 4:6

D. Choose to be Thankful - Philippians 4:6

III. Celebrating Calm - Philippians 4:7

A. Celebrate God's Goodness - Philippians 4:4

B. Ask for Help - Philippians 4:6

C. Leave your Concerns with Him - Philippians 4:6

D. Meditate on Good Things - Philippians 4:8