

THIS WEEK AT  
*Northgate*

November 8, 2020

S E R M O N

**Anxious for Nothing, Week 3 Pastor Kayla Hurst**

S U N D A Y S O N L I N E

9 : 0 0 A M & 1 1 : 0 0 A M

In Person Services SF and Benicia Campuses  
Go to the <https://thisis.church> for details and tickets

Surviving the Holidays [GriefShare](#) Sunday 11/15

Wednesday Wake Up – 8AM on Facebook

Middle School - MSN at Benicia Campus Tue. 6:30pm

High School - HSN at Benicia Campus Wed. 6:30pm

Celebrate Recovery – Benicia Mon. 6:30pm

Kids Sunday Services – <https://thisis.church/online/children>

Financial Peace – Text “FPU2020” to 94000

Join a [Community Group](#) – Text “Groups1” to 94000

B E N I C I A



O N L I N E



S A N F R A N C I S C O





# WEEKLY READING PLAN

November 1, 2020

1 Philippians 4:4-8

2 1 Thessalonians 5:14-18

3 Colossians 3:15-17

4 Ephesians 5:17-21

5 Colossians 2:6-7

## HOW TO PRACTICE THE S.O.A.P. METHOD

**SCRIPTURE** Read the Scripture

**OBSERVATION** What do you see in this passage? What words/phrases stand out to you?

**APPLICATION** How can I apply what I read to my own life? Is there action I need to take?

**PRAYER** Thank Him. If He revealed something to you in His Word, pray about it.

## HOW TO PRACTICE C.A.L.M. STUDY AND PRAYER

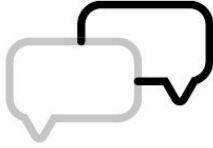
READ SCRIPTURE, THEN JOURNAL:

**C**ELEBRATE GOD'S GOODNESS

**A**SK GOD FOR HELP

**L**EAVE YOUR CONCERNS WITH GOD

**M**EDITATE ON GOOD THINGS



# G R O U P

## DISCUSSION GUIDE

N o v e m b e r 8 , 2 0 2 0

### W A R M U P

- A few weeks ago, Pastor Kayla suggested listing 5 things to be grateful for every day. If you did this, how did it affect you? If you did not, why not?

### R E A D

Philippians 4:4-9; 1 Thessalonians 5:14-18; Ephesians 5:17-21; Col 3:15-17

### A S K

- What are common ideas in these scripture passages? What stands out to you about the relationship between thankfulness and peace or anxiousness?
- How does grounding yourself in gratitude for actual past and present blessings, help calm anxiety or fear of future “What ifs”?
- What goodness in your life is completely outside your own ability to create or control?
- What are some of the top 5 things you thank God for?
- Pastor Kayla said “Gratitude creates Community”. Who are the people in your life that you can see God placed there for you.
- Many Christians refer to the sacrament of Communion as the *Eucharist*, the Greek word for Thanksgiving. How does remembering Christ’s words at the Last Supper evoke a gratitude that can overwhelm anxiety? (1 Corinthians 11:23-26)

### P R A Y

---