

Welcome

to



GraceUnion
CHURCH

Encountering Grace through Jesus, right where we are.
Being moved by Grace toward all God has for us.

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WELCOME TO GRACE UNION

Thank you for joining us today! If it's your first time with us, please stop by the Connect Center in the lobby for a free gift. We'd love to meet you.

GU News & Events

A NOTE FROM OUR PASTORS: Thank you all so much for being such an amazing church family to be a part of. We are so appreciative of the cards and gifts. THANK YOU! Pastors Bob, Jason, Josh and families.

CHRISTMAS PLAY PRACTICE - TODAY

Today's practice is for everyone with parts in Scenes 6 & 7. Kids can be checked out from elementary after service and brought in to the Main Auditorium. Contact Karen at karenmomma@live.com or Mindy at mindyadams82@gmail.com with any questions.

OASIS INTERNATIONAL MINISTRIES

Oasis International serves refugees in the St. Louis area and are in need of space heaters for the winter. If you are able to donate please see Carrie Indelicato today or contact her cindelicato@live.com.

OCC PACKING PARTY - Sunday, 11/10

We will be packing shoeboxes for the Samaritan's Purse Operation Christmas Child program Sunday, November 10 right after service. You can also pick up a shoebox to pack yourself. It's a great family service project. You can contact Christine Pahner at crafftycrispy@yahoo.com. She could also use help delivering the packed shoeboxes Sunday, November 24.



VOLUNTEER & LEADERSHIP
party
NOV 15 6:30 PM



WHO WE ARE
lunch
NOV 17 11:30 AM

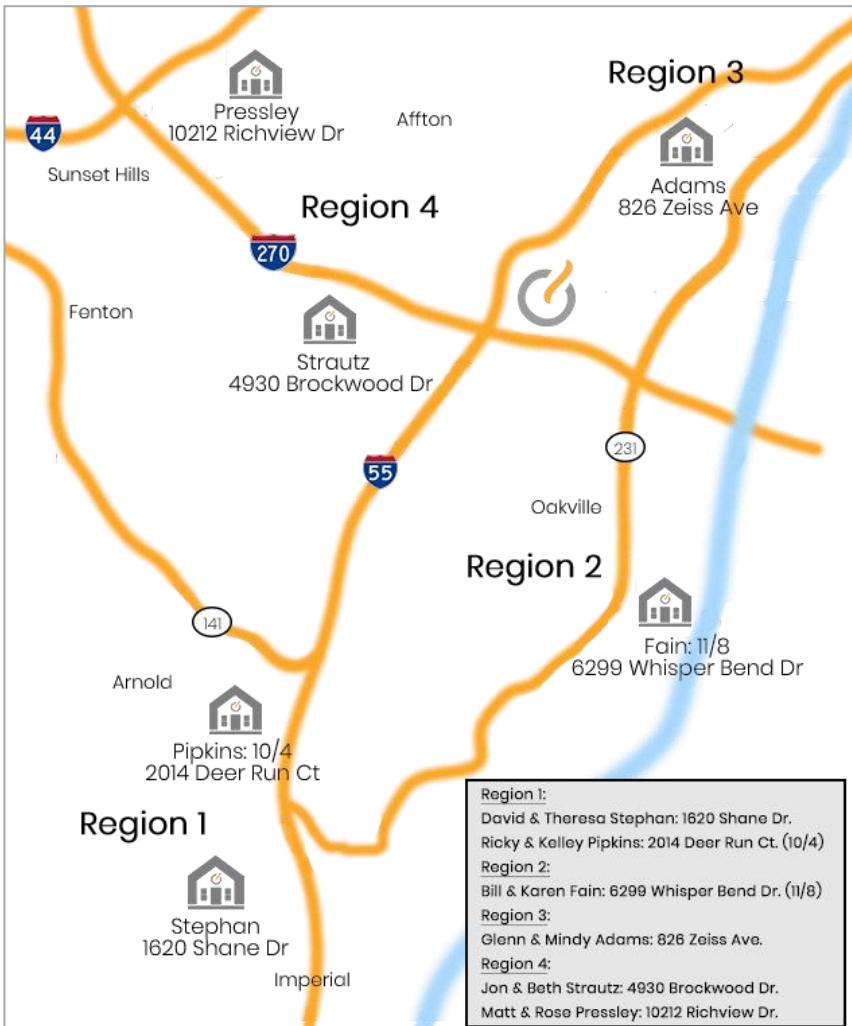
REGIONAL PARTIES



Get to know your GU neighbors with our Regional House Parties! See the map and schedule below to find your Region, host addresses and 2019 dates. Parties begin at 6:30 p.m. Bring a snack to share if able. If not, that's ok. Don't let that stop you from coming!

UPCOMING PARTIES:

Nov 8: Region 2 - Bill & Karen Fain



Come and Become: Check Your Worries

Matthew 6:25-27

- 25 "Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes?"
- 26 Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?"
- 27 Can any one of you by worrying add a single hour to your life?"

I. What is Worry? And why does Jesus speak so definitively against it?

- A. **Worry:** *noun:* a state of anxiety and uncertainty over actual or potential problems; *verb:* give way to anxiety or unease; allow one's mind to dwell on difficulty or troubles.
- B. One reason worry feels outside of our control is that it is like a reservoir.

- Even if we stopped current worrying tomorrow, it would not immediately eliminate the state of WORRY from our lives.

C. **Worry:**

- Steals the joy, peace, and pleasure from life.
- Weighs you down with physical and emotional baggage.
- Robs you of the energy and courage required to live life to its fullest.
- Nullifies and invalidates much of the blessing God sends.

- D. When done well, a CHECK moves the opposition out of your way long enough to progress down the ice with the puck.

II. Jesus provides us with a few ways to CHECK Worry.

A. **Worry Check 1: Look at the Birds.**

- "Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?"
- Your Cultivation Coupled with God's Care means that you are Double Covered.

B. Worry Check #2: The same God who created the Need, created the thing that fills the Need.

- “Is not your life more than food or your body more than clothes?”
- The fact that you exist in all your complex wonder should be ample evidence that God can do anything you find yourself needing.

C. Worry Check #3: Remember, Worry is not only Pointless but Counter-productive.

- “Can any one of you by worrying add a single hour to your life?”

Philippians 4:4-7

- 4 Rejoice in the Lord always. I will say it again: Rejoice!
- 5 Let your gentleness be evident to all. The Lord is near.
- 6 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.
- 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

- D. You continue to drop that situation off with God until God presents you with some opportunity to effect it.

III. The more often we Check our Worries the easier it becomes.

IV. Eventually we begin to live in Peace knowing that God is with us, he cares, and he is bigger than what worries us.

Romans 8:31-32

- 31 What, then, shall we say in response to these things? If God is for us, who can be against us?
- 32 He who did not spare his own Son, but gave him up for us all—how will he not also, along with him, graciously give us all things?

- A. There is nothing that any of us will ever face that is bigger, costlier, or more serious than what God has already done for us.
- B. “Worrying is really just imagining your future as if God were not in it.”

2019

PRAYPURSUEPARTY

OCTOBER

27 Christmas Play Rehearsals
28 Food Addicts Anonymous
30 Wednesday Night Experience

NOVEMBER

3 Healthcare Team Meeting
8 Regional House Party (Fair)
10 OCC Packing Party
15 Volunteer Appreciation Night
17 Who We Are Lunch
21 Men's Dinner (Hunan Royal)
24 Water Baptisms
27 Last Fall Wed. Night Experience
3,10,17,24 Christmas Play Rehearsals
4,11,18,25 Food Addicts Anonymous

* See graceunionstl.org or [Facebook.com/graceunionstl](https://www.facebook.com/graceunionstl) for details about these and other GU Events! *

WAYS TO CONNECT



SUNDAYS @ 10AM
WEDNESDAYS @ 6:30 PM
Nursery-Elementary



SUNDAYS @ 9AM
WEDNESDAYS @ 6:30 PM



SUNDAYS (Middle School) @ 10:15
WEDNESDAYS (Gr 6-12) @ 6:30PM



DAILY BIBLE READING PLAN
americanbible.org



PRAYER NEEDS
Email: gucprayer@gmail.com

WAYS TO GIVE



ENVELOPE
Offering/Giving Box



TEXT TO GIVE
314.888.5188
Tithe-Missions-Hub



ONLINE
graceunionstl.org

OUR STAFF IS HERE TO SERVE YOU

- **Rev. Bob Poley, Lead Pastor**
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