

Being Freed From Worry & Anxiety

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Preacher: Jesse Kincer

[0 : 00] Good morning, my name is Andrew. I'm one of the pastors at One Harbor Church. I consider it a great honor and privilege to host and to call us to worship this morning. If this is your first Sunday with us, we're honored by your presence, especially if you're not yet a follower of Christ.

We are expectantly hoping that God will do great things in your heart and life this morning. And so a special welcome to you. You know, Easter is over. We celebrated it last week.

And we, you know, sometimes I think in life we have a big holiday like this and all of a sudden it's over and we just kind of go back to life. It's a normal thing to do. And that's because the tyranny of life takes over.

And we want this morning to focus your attention again on the resurrection of Jesus because we know that you're going through great strife and great struggles right now. You've got kids at home. You're trying to work. You're trying to, you know, keep the house up.

You're trying to do all these things. And so our focus gets changed. And what we want to do is remind you of the great benefits of the resurrection. Our first song this morning is Happy Day.

[1 : 06] And it reminds us of those things which we have in Christ Jesus because he rose from the dead. That we are no longer bound by sin. That we will one day see him face to face.

That there will be no lasting hurt and anger and depression and all those things. That there will be everlasting joy in his presence.

We will see him face to face. Those are things that we can really hold on to as life continues to kind of maybe throw a curveball at us. And so if you will, if you'll stand with me this morning, I want to pray for us and then we will sing.

And so Lord God, we come before you this morning and we do seek your face. And we desire your presence. And the promise of your presence, Lord God, is that if there's two or three gathered in your name that you're there.

And so Lord God, this morning we just desire to sense your presence even more. That you would, as we worship and as we sing and as we listen to your word, that Lord God, that your spirit would just rest upon us.

[2 : 08] And so Lord God, we love you. We just love your son Jesus. We ask all these things in his name and for the glory of his name. Amen. Good morning, Red Harbor.

It's good to be back with you. Let's sing the greatest day in history. The greatest day in history.

Death is beating you. Have a rescue. Sing it out. Jesus is alive. Yes, he is.

It's a cross, the empty grave. Life eternal. You have won the name. Shout it out. Jesus is alive.

Yes, he is. Yes, he's alive. And oh, happy day. Oh, happy day. Happy day. You wash my sin away.

[3 : 09] Oh, happy day. Happy day. I'll never be the same. Forever I am. Forever I am changed.

Forever I am changed. When I stand. When I stand in that place.

Free last meeting face to face. I am yours. Jesus, you are mine. Needless joy.

Perfect peace. Earthly pain. Finally will cease. Delegate. Jesus is alive. Yes, he is.

Yes, he is alive. And oh, happy day. Happy day. You wash my sin away.

[4 : 12] Oh, happy day. Happy day. I'll never be the same. Yeah.

Forever I am changed. By your love. And oh, what a glorious day.

What a glorious way. Oh, that you have saved me. And oh, what a glorious day.

What a glorious name. Jesus. Yeah. And oh, happy day.

Happy day. You wash my sin away. Oh, happy day. Happy day. I'll never be the same.

[5 : 19] And oh, happy day. Happy day. You wash my sin away. Oh, happy day. Happy day.

I'll never be the same. Yeah. Forever I am changed. Yeah. Yeah. Forever I am changed.
Yeah. Sing oh, happy day. And oh, happy day. Happy day. Happy day. Lord, you wash my sin
away.

Oh, happy day. Happy day. Oh, I'll never be the same. Oh, happy night.

Oh, happy night. He's jealous. He is jealous for me.

[6 : 32] He loves like a hurricane. I am a tree bending beneath the weight of his wind and mercy.

When all of a sudden I am unaware of these afflictions eclipsed by glory.

And I realize just how beautiful you are and how great your affections are for me. And oh, how he
loves us so.

Oh, how he loves us. How he loves us so. Oh, how he loves us so.

Father, thank you, Father. And I just feel you this morning. Oh, God.

[7 : 42] He is jealous for me. He loves like a hurricane. I am a tree bending beneath the weight of
his wind and mercy.

Oh, God. Oh, God. Oh, God. By glory, when I realize just how beautiful you are and how great your
affection's gone for me.

And oh, how he loves us so. Oh, how he loves us.

How he loves us so. Oh, how he loves us. Oh, how he loves us.

Oh, how he loves us. Oh, how he loves. Oh, how he loves us.

[9 : 08] He loves us Oh, how He loves And we are His portion And He is our prize Drawn to
redemption By the grace in His eyes And His grace is an ocean We're all sinking When heaven
meets good Like the undeceived kiss And my heart turns by He's like magic And I don't have time
To maintain these regrets When I think about The way He loves us Oh, how He loves us Oh, how
He loves us

Oh, how He loves Yeah, He loves us Oh, how He loves us Oh, how He loves us Oh, how He loves
us And He loves And He loves And He loves And He loves us Oh, how He loves you He loves us
Oh, how He loves us Oh, how He loves us Oh, how He loves

Lord, we thank You that we don't come to a Father who has anger for us waiting in the wings
condemnation judgment silence, distance we have a Father who loves us so much that He sent His
only Son to come to this place to endure pain and suffering and death as we celebrated last week
and then rise again just to show how much You love us so that we could have life and life
everlasting and we thank You Father for Your love we thank You for that reminder this morning
guys, good morning it is so good to be with you this Sunday we do want to encourage you wherever
you're at maybe just to take this moment to send a quick message to a friend or a loved one we
wish you were alongside and at this moment we're going to transition into a time of prayer we love
you all good morning everyone my name is Barry and I'm one of the pastors here it is such a
privilege for me to be with you today and lead us in a time of intercession you know prayer is an
incredible gift given to us by our loving Heavenly Father

He desires to spend time with us I love what we read in Isaiah 65 24 before they call I will answer
and while they are yet speaking I will hear see God already knows what we need but He wants us
to ask Him and to trust Him and when it comes to intercessory prayer which is what we're doing
today standing in the gap praying for others Donnie has challenged us in the past with Jeremiah 29
7 but seek the welfare of the city where I have sent you into exile and pray to the Lord on its behalf
for in its welfare you will find your welfare so in light of these truths we're going to focus on three
groups of people and stand in the gap for them first please pray for those who have lost their jobs in
the wake of COVID-19 millions of people in the U.S.

have lost their jobs in just the last few weeks some of you know this first hand we all know from
scripture that God is our ultimate source for everything we need Philippians 4 19 reminds us and
my God will supply every need of yours according to His riches in glory in Christ Jesus knowing this
is one thing actually trusting God in times like this is tough second please pray for those struggling
with anxiety and or depression in Psalm 42 the writers were discouraged they felt far from God and
a deep sense of despair they were desperate they were desperate for God they begin the psalm
with this as a deer pants for flowing streams so pants my soul for you oh God and then they ask
themselves why are you cast down oh my soul and why are you in turmoil within me then they
answer themselves hope in God for I shall again praise Him so let's pray for those struggling with
anxiety and depression that they would cry out to God with all their hearts knowing that He is right
there with them that He loves them and will give them hope and peace and third please pray for

those who are still working and interacting with the public now we will continue to pray for our first responders but this is a unique group of people and a big group they continue to provide services for us that are told to stay at home these folks work in gas stations grocery stores pharmacies hospitals and other places and they're interacting with people every day that could be infected that adds stress to their lives so let's stand in the gap for these folks let's pray for supernatural protection for them and let's remember to encourage and thank them each time that we see them now whether you're with a group or by yourself let's take the next five minutes to pray for these three groups of people

[15 : 34] I love you all have a great day thanks to whoever you are Thank you.

Thank you.

Thank you.

Thank you.

Thank you.

[18 : 39] Thank you.

Thank you.

Thank you.

Thank you.

Thank you.

[21 : 09] Thank you.

Thank you.

Thank you.

Thank you.

Thank you.

[23 : 39] Thank you.

Thank you.

Thank you.

Thank you.

Thank you.

[26 : 09] Thank you.

Thank you.

Thank you.

Thank you.

Thank you.

[28 : 39] Thank you.

Thank you. Thank you.

Thank you.

Thank you.

Thank you.

[31 : 39] Thank you.

Thank you.

Thank you.

Thank you.

Thank you.

[34 : 39] Thank you.

Thank you.

Thank you.

Thank you.

Thank you.

[37 : 09] Thank you.

Thank you.

Thank you.

Thank you.

Thank you.

[39 : 39] Thank you.

Thank you.

Thank you.

Thank you. Thank you.

And you, thank you. Thank you.

[42 : 40] Thank you. Thank you. Thank you. Thank you.

And you, batter off of a spoon, a stirring spoon, we get a little foretaste of how good that cake is going to be.

If you are watching today and you're not a Christian, I hope today you've seen how hopeless it is to take on worry and anxiety without Jesus. I hope that as we spoke about Jesus, you've seen him and through his life and through his death and through his surrender, you saw the goodness of God and were convinced of that. And I hope you understand that you can't know God's goodness apart from believing that Jesus died on the cross for your sins. And I want to invite you right now, if that's you, invite you to repent of your sins and to believe in Jesus today.

And the promise from God is that if you do that, you will be saved. Now, for those of us watching that are Christians, you can respond now with communion. And I just want to say, before we do that, I ask that we just take a moment to just examine our hearts. And the way I want us to do that together today is with this prayer of confession. It was written down by this old pastor, and I just love it. And I am going to read it out, and you can make that your prayer. You can make that your own confession. So let's do that together. God, I have tasted your goodness, and it has both satisfied me and made me thirsty for more. I am painfully conscious of my need for further grace. I am distraught of my lack of desire for you. God, Father, Jesus, Holy Spirit, I want to want you. I long to be filled with longing. I thirst to be made more thirsty still. Show me your glory, I pray, so that I may truly know you. In communion, we drink and eat the symbols of Jesus's sacrifice. As we remember the cross with this meal, his body broken, his blood shed. And by faith, as we take that, and as we eat, and as we drink, let it bring to our souls the taste of God's goodness. Before we finish, just a couple of more things. If you're new, and you're watching this for the, you're tuning into this service for the first time, or maybe you just prayed that prayer of salvation, man, we would love for you to tell us about that. There are links underneath this video on the website for you to click on and fill something out, and that'll get to us.

And there's also a link there if you are wanting to give. There's a link there to give as well. And, you know, giving back to God is one of the ways that we practice surrender. And we say, we are saying in that moment that, you know what, God, you're the one who can give us peace, not our money. If you are new, we want you to know, man, no pressure to give. This is a privilege for those of us who call One Harbor home. So now what we're going to do is we're going to sing one more song, and then there will be some questions at the very end of this video that are going to come up, some questions for discussion for you to work through and enjoy together. Thanks for watching.

[47 : 39] Sing my hope. My hope is built on nothing less than Jesus' blood and righteousness. I dare not trust this truth is free.

But holy trust in Jesus' name. But holy trust in Jesus' name. Sing my hope. My hope is built on nothing less than Jesus' blood and righteousness. I dare not trust this in His sweetest fight. I dare not trust this to believe in Jesus'.

Lord, Lord, I am Sing with darkness When darkness seems to hide His face I rest on His unchanging grace In every high and stormy gale My anchor holds within the veil Yes, my anchor My anchor holds within the veil

Christ alone Cornerstone Weak and strong In the Savior's love Through the storm He is Lord Lord of all Sing in Christ alone Christ alone The cornerstone Weak and strong In the Savior's love Through the storm Yes, He is Lord Yes, He is Lord Lord of all And He shall come

With trumpets sound Oh, may I then In Him be found Dressed in His righteousness alone For this I stand before In His name is Lord In the Savior's love In the Savior's love Christ alone The cornerstone Weak and strong In the Savior's love Through the storm Yes, He is Lord the cornerstone though the weak may strong in the Savior's love through the storm cause He is the Lord yes He is Lord of all singing Christ alone

[52 : 05] Christ alone though the cornerstone the weak may strong in the Savior's love through the storm cause He is the Lord yes He is Lord of all yes He is Lord of all yes He is Lord of all Jesus we stand on you guys it has been an absolute privilege pleasure privilege all those things to have you with us this morning want to thank you for joining us we often say this and so we want to continue to

say it we have six days to do a few things we have six days to make disciples to push back
darkness all for the sake of the gospel Lord we need your help for that and so we cry out to you
lead us this week Spirit fill us with power fill us with love for our neighbors guys we love you so good
to be with you we wish you a happy Sunday have a great week