

Core Value: Have FUN!

We value laughing together and enjoying each other's company

A cheerful heart is good medicine, but a broken spirit saps a person's strength. (Proverbs 17:22, New Living Translation)

HOW CAN I FIND JOY WHEN I'M STRESSED OUT?

One day . . . David received the news that Saul was on the way to... search for him and kill him. (1 Samuel 23:15, NLT)

Worry weighs a person down; an encouraging word cheers a person up. (Proverbs 12:25, NLT)

Jonathan went to find David and encouraged him to stay strong in his faith in God. 'Don't be afraid,' Jonathan reassured him. 'My father will never find you! You are going to be the king of Israel, and I will be next to you, as my father, Saul, is well aware.' (1 Samuel 23:17, NLT)

"Don't be afraid..."

1. Identify your fears.

It is impossible to please God without faith. (Hebrews 11:6, NLT)

'For I know the plans I have for you,' says the Lord. 'They are plans for good and not for disaster, to give you a future and a hope.' (Jeremiah 29:11, NLT)

"...You are going to be the next king of Israel..."

2. Remember God's promises.

1) Jesus will never leave you.

I will never leave you nor forsake you. (Hebrews 13:5, English Standard Version)

I am with you always, even to the end of the age. (Matthew 28:20, NLT)

2) Jesus will guide you.

I will guide you along the best pathway for your life. I will advise you and watch over you. (Psalm 32:8, NLT)

The Spirit . . . will guide you into all truth. (John 16:13, NLT)

3) Jesus is coming back for you!

I am going to prepare a place for you. . . . When everything is ready, I will come and get you, so that you will always be with me where I am. (John 14:2-3, NLT)

The Lord isn't really being slow about his promise, as some people think. No, he is being patient for your sake. He does not want anyone to be destroyed but wants everyone to repent. (2 Peter 3:9, NLT)

"...and I will be next to you."

3. Find your "Jonathans".

So the two of them renewed their solemn pact before the Lord. Then Jonathan returned home, while David stayed at Horesh. (1 Samuel 23:18, NLT)

Share each other's burdens, and in this way obey the law of Christ. (Galatians 6:2, NLT)