

GCFSM SUNDAY

JULY 31, 2022 | SERMON OUTLINE ISSUE #31

TURN YOUR STRESS INTO REST

REV. MIKE TRINIDAD | PSALM 91

The sleepy town of Dolores, Abra was roused from deep slumber (so to speak) on the early morning of July 27, 2022 as an intensity 7.0 magnitude earthquake struck and startled the region and other parts of Northern Luzon, bringing it down to its knees as a number of fatalities were reported, putting grim faces on the families of those who were severely affected. Likewise, extensive damage was reported in nearby provinces to homes, buildings, historical landmarks and the like.

The startling and unsettling shake could not have come at a more precarious time as the country still reels from the massive impact on lives, the economy and other nerve-wracking issues brought about by the pandemic. This, coupled by the recent announcement of the first monkeypox case of the 31 year old Filipino who recently returned from overseas only rub salt to our already festering wounds.

In challenging times such as these, we can only draw strength and encouragement from God and His Word for truly, He is the only anchor on which we can rely on for us to weather the storms that continue to batter us unrelentingly.

The unknown writer of Psalm 91 exhorts us to seek God in order for us to experience much

needed relief from stress inducing events that may leave us otherwise dumbfounded and confused.

In the psalm of comfort and assurance, the writer points us to God, the only source of rest, safety and protection who gives us true and lasting comfort to soothe our already frazzled nerves.

In this sermon, we will learn that:

- I. God gives us rest (vv. 1-8).
- II. God gives us safety (vv. 9-13).
- III. God gives us protection (vv. 14-16).

Today, it is my prayer that you would allow Psalm 91 to assure you that there is hope in the midst of your stress. Let God turn your stress into rest! ✱



SERMON OUTLINE

ANNOUNCEMENTS

- **40 DAYS OF PRAYER**
Grow Deep in Intimacy with Christ
July 25 - September 2, 2022
- **BASKETBALL CLINIC FOR KIDS**
Children's Ministry
Beginning August 6, 2022
Saturday | 8:00 - 10:00 AM
- **NIGHT OF WORSHIP**
NextGen Ministry
August 13, 2022
4:30 - 6:00 PM
- **CONTENDING FOR THE NEXT GENERATION**
Peculiar Men's Ministry
August 13, 2022 | 8:30 AM
- **ROMANS STUDY TIME**
Every Sunday at 9:00-10:00 AM
- **JOIN A GROWTH GROUP**
If you still aren't part of a Growth Group, we highly encourage to join one. You can get in touch with us through the GCF South Metro FB Page, GCF South Metro YouTube or email us at email@gcfsouthmetro.org

FLOWER SPONSORS

The church opens the opportunity for everyone to support our worship services and special events by sponsoring our flower decor and arrangements! If you want to sponsor, you can contact our administrator Ninch Estrella at 09276551156.