

Cast All Your Anxiety on Him Because He Cares for You 2

Main Bible Verse:

(1 Peter 5:6-7) 6 Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. 7 Cast all your anxiety on him because he cares for you.

Prayers of Blessing to the New Friends:

Lisa Zhang, Jian-Long Sun, Cici Xiao, Wei-Jian Li, Bao-Jun Wang, Rong Chen, Wei-Jian Li, Serena Cui, Feng-Jiao Liu

List of Healing Prayers Request:

Anne Wang, JT Foo, Winnie Liang, Jian-Hua Wu, Shu-Hui Wang, Ying-An Chen, Mei-Lin Ke, Hui-Xin Lai, Qing-De Ren, Shu-Hui Ye, Cai-Wen Wang, He-Ping Chen, Ping-Yang Li, Shu-Hui Liu, Jia-Yi Ren, Betty Shen, Rosa Huang, Ya-Ping Su, Mandy Zhang, Carter, Nian-Jiao Chen, Henry Qiao, Zhen-Hui Zhu, Joy Chang, Christine Zhang, Zhu-Xian Chen, Feng-Lun Bai, Xue-Hui Bai, Xiu-Lan Wu, Chu-Xian Chen, Jian-Ping Ren, Hui-Mei Liu, Richard Don, Li-Xin Liu, Du-Hua Wang, Bi-Yun Wu, Xiao-Ning Xie, Pin-Tong Meng, Suan-You Hu, Xiu-Ling Chen, Zhen-Gang Gu

Prayers for the Kingdom Commission:

- Monthly Church Fasting and Prayer will be held every last Saturday after Morning Prayer. We encourage brothers and sisters to attend the Morning Prayer at 8:30 and join us for the Fasting and Prayer afterwards.
Date of Fasting and Prayer in December: 12/28.

Summary:

1 Peter 5:6-7 | Romans 12:1-2

- We must learn to cast our cares onto the Lord daily.
 - We must daily renew our minds with the word of God and be filled with the Holy Spirit.
- God wants us to live a life of peace and joy without fear or anxiety.
- Though we may live in challenging times, we must remember that we have Jesus and not let our environment overcome us.
- If we want to live a life that is anxiety free and worry free, we must first humble ourselves
 - We cannot be proud. We must allow God to help us and not rely on our own thoughts.
 - God can rescue us in all situations, but we must first ask God for help.
- No matter what problem we may have, whether it be depression, stress, or nervousness, we can cast it onto the Lord.
- Casting our worries on the Lord must be done by faith.
 - We must know in our hearts that nothing is impossible for God.
- When God tells us to do something, we must persevere and do as God says.
 - If we run into problems, we must call out to the Lord and ask Him for His strength and wisdom.
 - When we are troubled, we must always remember to cast our anxiety on the Lord.
- When God helps us, we must remember to always give glory to God.

- When we rely on our worldly knowledge and insight, our mind is not renewed with the word of God, and our spirit is weak.
 - When this happens, it will be difficult for us to cast our anxieties on the Lord.
 - We must be willing to pull our fleshly will down and give it to God.
- (Romans 12:1-2) ¹Therefore, I urge you, brothers and sisters, in view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. ²Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.
- Paul talks about two things in Romans 12:1-2.
 - The body and the mind.
- The body is your flesh and your own thoughts.
 - We must offer our bodies as a living sacrifice to God.
 - We must put down our body and allow God to do things for us.
- We must renew our mind with the word of God daily.
- When we come before God, humble ourselves, and repent, God will help us.
 - We must not expect our problems to miraculously solve themselves. We must first come before God and ask for His help.
 - Only then will our mind and spirit be renewed.
- When we make the first step and ask God for help, we will be set free.
- Jesus is the greatest healer.
 - When we come to church and worship God, and do our part, we will be healed.
- When our mind and fleshly life are against the word of God and when we walk in our sinful nature, our prayers will not be heard.

Matthew 5:30 | Galatians 5:19-21 | 1 Corinthians 9:27

- (Matthew 5:30) And if your right hand causes you to stumble, cut it off and throw it away. It is better for you to lose one part of your body than for your whole body to go into hell.
 - We must part ways from anything that causes us to sin against God.
- (Galatians 5:19-21) ¹⁹The acts of the flesh are obvious: sexual immorality, impurity and debauchery; ²⁰idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions ²¹and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God.
 - These are the acts of the flesh.
 - All of these things will affect our prayers and prevent us from inheriting the kingdom of God.
 - Therefore, we must be filled with the Holy Spirit daily and renew our minds with the word of God.
- (1 Corinthians 9:27) ²⁷No, I strike a blow to my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize.
- Paul was a great apostle and was filled with the Holy Spirit.
 - He daily kept his flesh in check so that he would not lose the presence of God and the presence of the Holy Spirit.
- Even though our flesh is deteriorating daily, our spirit is renewed daily.

- We need to receive the word of God daily.
- We must be filled with the Holy Spirit daily.
- Casting our worries on the Lord has to do with our heart.
 - We must do it by faith.
- Our man in Christ must be greater than our outside.
 - Only then will we live a carefree and trouble-free life no matter what happens.

John 15:5-8 | 1 John 4:4 | Psalms 55:22

- (John 15:5-8) ⁵“I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing. ⁶If you do not remain in me, you are like a branch that is thrown away and withers; such branches are picked up, thrown into the fire and burned. ⁷If you remain in me and my words remain in you, ask whatever you wish, and it will be done for you. ⁸This is to my Father’s glory, that you bear much fruit, showing yourselves to be my disciples.
- We must abide in Christ as well as abide in the Holy Spirit.
- To remain in Jesus, we must first be born again.
 - When we are baptized in the water, we are a new creation in Christ, and we have the righteousness of God.
- To abide in Christ means to have fellowship with Him.
 - Jesus Christ is the word of God.
 - We must read the bible daily and train ourselves upon the word.
- The Holy Spirit is a wonderful counselor.
 - The Holy Spirit will give wisdom to our minds.
 - The Holy Spirit gives direction to our spirit.
 - The Holy Spirit will give strength to our bodies.
- (1 John 4:4) ⁴You, dear children, are from God and have overcome them, because the one who is in you is greater than the one who is in the world.
 - He who is in us is the Holy Spirit.
 - The Holy Spirit dwells in us.
 - “Overcome them” means that we overcome sickness, sorrow, poverty, worry, and pain.
- The Holy Spirit can overcome all things and help us to overcome and have victory.
 - We must daily welcome the Holy Spirit into our heart and worship.
- The Holy Spirit is our best friend.
 - The Holy Spirit lives in us and will always help us.
- (Psalms 55:22) ²²Cast your cares on the Lord and he will sustain you; he will never let the righteous be shaken.
- Our righteousness comes from Jesus.
 - When we accept Jesus as our Lord and Savior we have this righteous standing before God.
 - Therefore, we must daily walk in righteousness.
- Joseph encountered a variety of problems, but he always walked in righteousness and followed God’s direction.
 - God was with Joseph wherever he went.
- We must never complain and cast our cares upon the Lord.
- God is with us daily, but we must take the first step to come before the Lord.

Holy Spirit We Welcome You

Lyrics & Music:
Chris Bowater

Shènglíng wǒmen zhēn huānyíng ní
Shènglíng wǒmen zhēn huānyíng ní

Chorus

Qiú ní shèngguǒ fénsāo wǒmen
Rújīn wǒmen fàngxià shìshàng suǒ ài
Jǔ shuāng shǒu shēn shēn kěmù ní
Qīn'ài shènglíng wǒmen huānyíng
Qīn'ài shènglíng huānyíng ní lái

Jíshǐ kuàngyě dàolù
wúlì yānmò wǒ de xīn
wǒ yào xiàng nǐ qūxī
gèng duō xúnqiú nǐ de xīnyì
qiú qiānyǐn wǒ tiējìn nǐ
Wúlùn gāo chù dī chù
kěwàng néng chóngxīn délì
qīngdǎo nǐ de huǒyàn
ràng huījìn néng zàicì rán qǐ
chéngwéi féngshāo de shēngmìng

Chorus

Qiú nǐ diǎnrán

diǎnrán wǒmen qǐchū wèi nǐ huǒrè de xīn

zhǔ nǐ dǎkāi tiānmén

fénshāo liàn jìng wǒmen

xiàng wǒmen xiǎnmíng nǐ xīnyì

qiú nǐ diǎnrán

xīngqǐ wǒ de shēngmìng

chéngwéi xīnxiāng de huó jì

zhǔ nǐ zhāngxiǎn dà néng

yīzhì shìfàng wǒmen

qiú nǐ zàicì jiànglín diǎnrán wǒ de xīn

Bridge

Shènglíng rú fēngchuī qǐ tiāo wàng xìn xīn

hū zhào yīn nǐ lièhuǒ zàicì rán qǐ

bēn xiàng jìtán quán rán xiàn shàng zìjǐ

shènglíng huǒ jiànglín

Xiàng yàbó lāhǎn xiàn shàng yǐ sā
wǒ shēngmìng zhì'ài dū xiàn gěi nǐ
suǒyǒu yīqiè dōu shì nǐ de shǎngcì
nǐ pèi dé wǒ xiàn shàng quán suǒyǒu

Chorus

Wǒ quánrán xiàn shàng
wǒ quánrán xiángfú
zhào nǐ zhǐyì bù zhào wǒ de
gēnsuí nǐ shì wǒ de xǐlè
wǒ quánrán xiàn shàng
wǒ quánrán xiángfú
zài měi yītiān měi gè xuǎnzé
wǒ dū shuō wǒ xīn zūn zhǔ wéi dà

Bridge

Shí jià jiù zài qiántou shìjiè jiù zài hòutou
wǒ xuǎnzé yēsū gēnsuí bù huítóu

Yuànzǔ de ēnhuì cí'ài yǔ nǐ tóng zài
yuànzǔ de líng shí shí wéirào
ēndiǎn jiàngxià cì fú yǔ nǐ
píng'ān xǐlè tiāntiān chōngmǎn nǐ
ēndiǎn jiàngxià cì fú yǔ nǐ
píng'ān xǐlè tiāntiān chōngmǎn nǐ

Chorus

Cì fú yǔ nǐ cì fú yǔ nǐ
píng'ān xǐlè tiāntiān chōngmǎn nǐ
cì fú yǔ nǐ cì fú yǔ nǐ
píng'ān xǐlè tiāntiān chōngmǎn nǐ

Holy Spirit We Welcome You

Lyrics & Music:
Chris Bowater

Holy Spirit, we welcome You

Holy Spirit, we welcome You

Chorus

Move amongst us with holy fire
As we lay aside all earthly desire

Hands reach and hearts aspire

Holy Spirit, Holy Spirit

Holy Spirit, we welcome You

Though in the wildness
I'm overwhelmed in weakness
I will bow on my knees
It is Your will I'll be seeking
Lord lead me closer to You

No matter ups or downs
You'll be renewing my strength
Fire pour down on me
Raise all the ashes up again
A fire blazing in me

Chorus

Lord would you come

Ignite the first love

in our hearts that burns for You

You open the heavens

You purify your church

Oh Lord we wanna know Your heart

Lord would You come

Revive our lives to be Your pleasing sacrifice

You move with Your powers

Bring healing and freedom

Lord would you come again

Bridge

Come ignite my heart

Holy Spirit come and stir up my faith

Every calling from You burning again

I will give my whole life on the alter

Holy Spirit Come

Just like Abraham offered Isaac
I bring You my heart completely
All that I have is a gift from You
You alone are worthy of my praise

Chorus

This is my offering
I will surrender my everything
Your will be done, in my life
I'll follow You, Lord

This is my offering
I will surrender in every way
And every day, I will say,
“Have Your way in me”

Bridge

The cross is there before me
The world is now behind me
I will follow You, never turning back

May Father's love and His grace be with you

May Holy Spirit cover you

Grace upon grace, granted to you

May His peace and joy flow over you

Grace upon grace, granted to you

May His peace and joy flow over you

Chorus

Grace upon grace, granted to you

May His peace and joy flow over you

Grace upon grace, granted to you

May His peace and joy flow over you