




JUGGLED **THE STRUGGLE** **THRIVING in THE AGE OF ANXIETY**

Your hands on guide to studying and
reflecting on weekly sermon text.



South Euclid
UNITED CHURCH OF CHRIST

Rev. Courtney Clayton Jenkins
Senior Pastor and Teacher





Juggle The Struggle:

Thriving In The Age of Anxiety

This powerful sermon series lead by Rev. Courtney Clayton Jenkins our Senior Pastor and Teacher. Join us as we learn how to thrive in the age of anxiety.

Use this guide to follow along with the series by studying the scripture, reflecting and expounding on the Scripture during your study time and taking notes directly from our live sermon series.

A Message From Our Pastor



Rev. Courtney Clayton Jenkins
Senior Pastor and Teacher

Beloved,

I greet you in the mighty and matchless name of our Lord and Savior Jesus Christ. As we engage this new sermon series, “Juggle the Struggle: Thriving in the Age of Anxiety,” I want you to know you can thrive with all that you are facing.

Anxiety is real. Over and over the Bible tell us the stories of heroes who were anxious, afraid and/or depressed. Yet, they learned to move forward by faith and do life scared. Like those before us, I want to remind you that God will “never leave you and never forsake you” (Deut. 31:6).

I hope you will utilize this ebook to help you process the Scripture and keep the sermons before you. I will be praying for you on the journey.

Called for the Purpose of the Kingdom,
Pastor Courtney Clayton Jenkins



3 tips for using this guide

"Here is what we suggest ..."



1.

Atmosphere

First, set your atmosphere, perhaps turn on our suggested worship song. Start before you begin scrolling on social media or prior to inundating yourself in the flow of your day.



2.

Pray

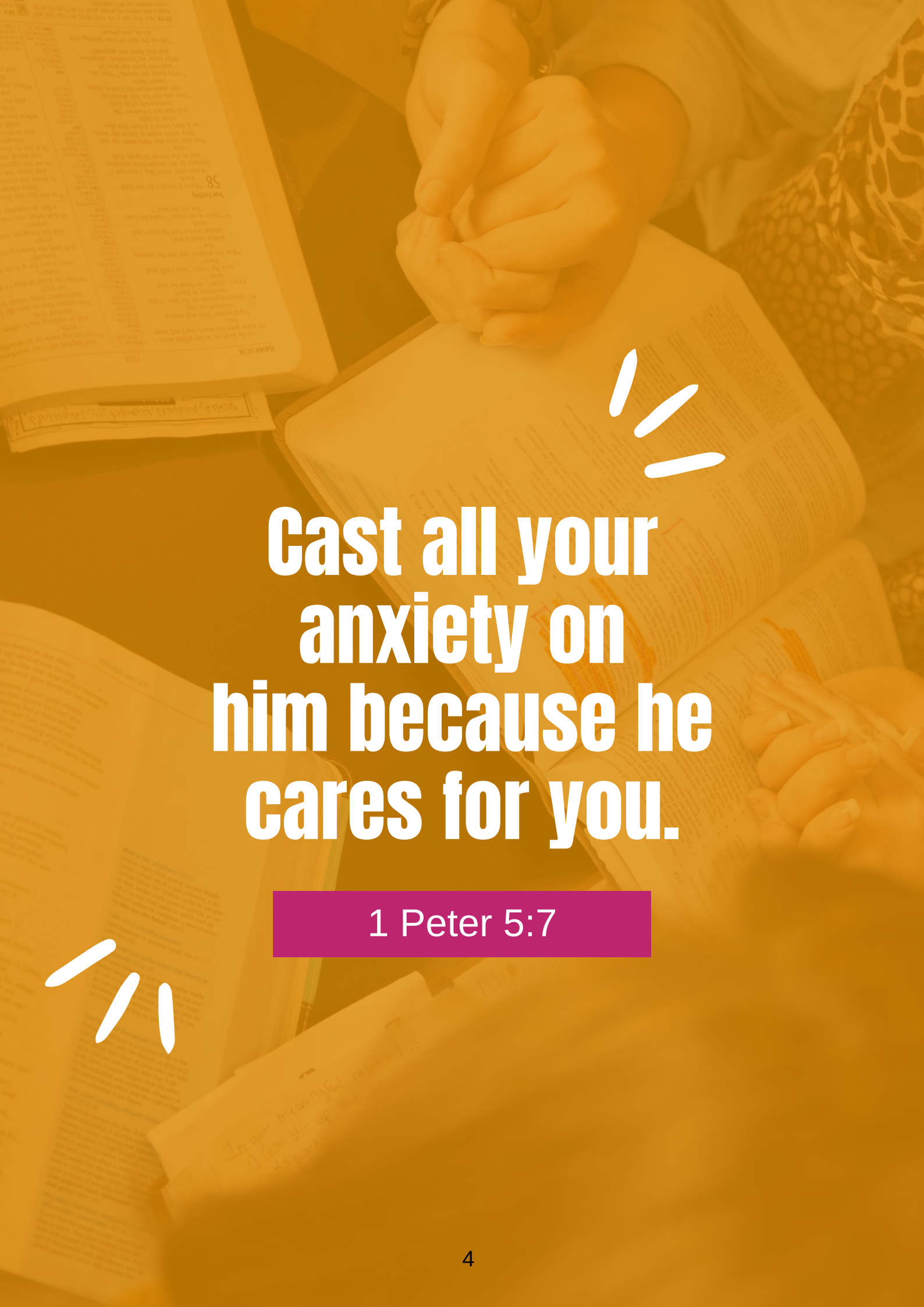
Second, pray and ask the Lord to give you understanding of the Scripture. Ask for revelation in how the Scripture relates to you or what the Lord wants you to see.



3.

Intention

Third, be intentional about the time you set aside and the space you are in. Commit to your studies to show yourself approved (2 Tim 2:15). Follow, re-watch, or catch-up with our live worship experience to fuel you each week.



**Cast all your
anxiety on
him because he
cares for you.**

1 Peter 5:7

August 2, 2020

Part I:

Carrying Vs. Casting

Text: 1 Peter 5:6-11 NIV

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. 8 Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour. 9 Resist him, standing firm in the faith, because you know that the family of believers throughout the world is undergoing the same kind of sufferings. 10 And the God of all grace, who called you to his eternal glory in Christ, after you have suffered a little while, will himself restore you and make you strong, firm and steadfast. 11 To him be the power for ever and ever. Amen.

Worship Song:

"You Can Have My Heart" By Maverick City Music



Reflection

*Let's reflect on what you received
from the text or what you felt*

What did you get from this text?

How can you apply this text to your own life?

Sermon Notes:

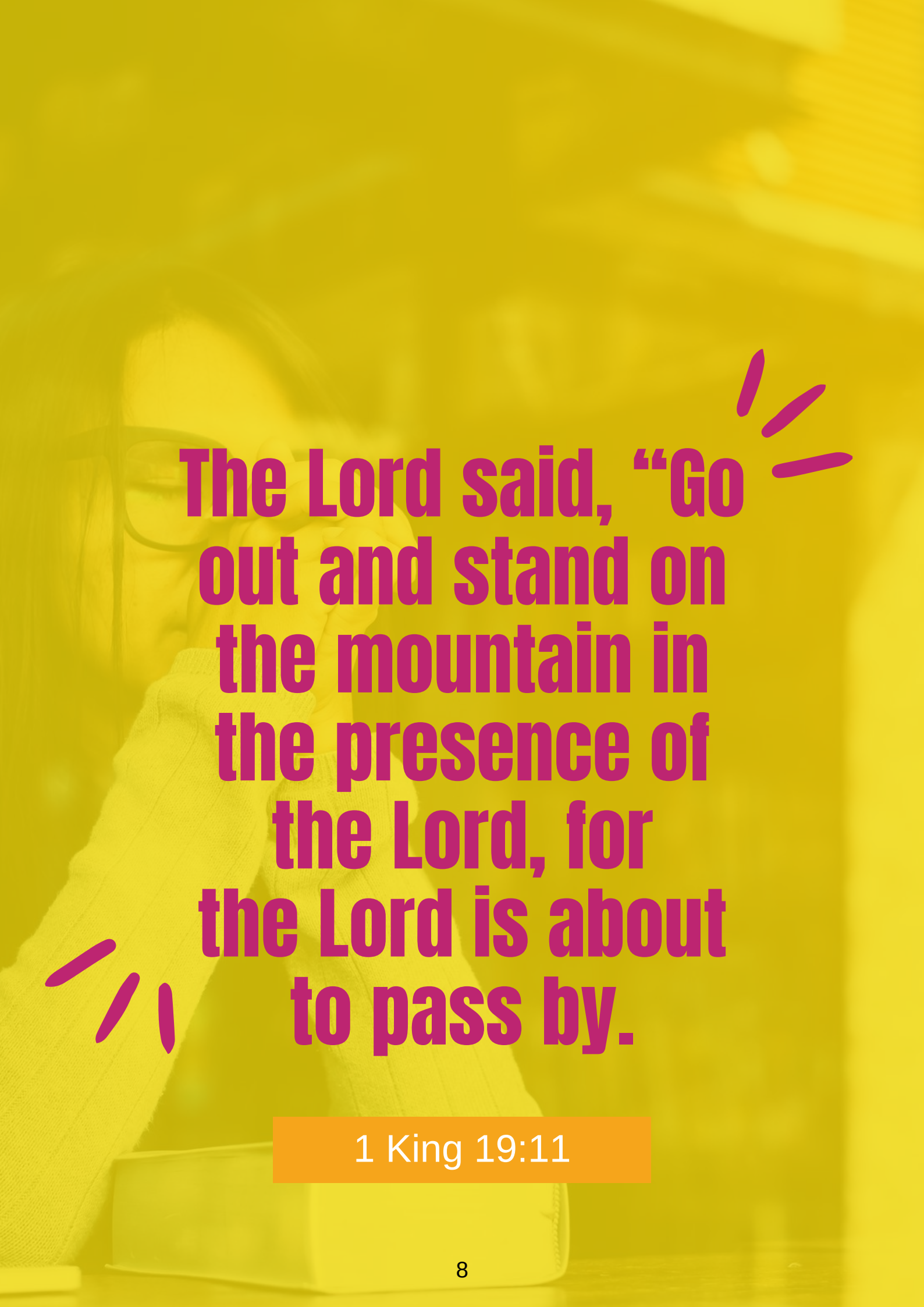
August 2, 2020 | Carrying Vs. Casting

Watch the live worship experience Sundays at 11am EST on



Roku





**The Lord said, “Go
out and stand on
the mountain in
the presence of
the Lord, for
the Lord is about
to pass by.**

1 King 19:11

Part II: Overwhelmed vs. Unnoticed

Text: 1 Kings 19:1-13 (NIV)

1 Now Ahab told Jezebel everything Elijah had done and how he had killed all the prophets with the sword. 2 So Jezebel sent a messenger to Elijah to say, "May the gods deal with me, be it ever so severely, if by this time tomorrow I do not make your life like that of one of them."

3 Elijah was afraid[a] and ran for his life. When he came to Beersheba in Judah, he left his servant there, 4 while he himself went a day's journey into the wilderness. He came to a broom bush, sat down under it and prayed that he might die. "I have had enough, Lord," he said. "Take my life; I am no better than my ancestors." 5 Then he lay down under the bush and fell asleep. All at once an angel touched him and said, "Get up and eat." 6 He looked around, and there by his head was some bread baked over hot coals, and a jar of water. He ate and drank and then lay down again. 7 The angel of the Lord came back a second time and touched him and said, "Get up and eat, for the journey is too much for you." 8 So he got up and ate and drank. Strengthened by that food, he traveled forty days and forty nights until he reached Horeb, the mountain of God.

Overwhelmed vs. Unnoticed

Text: 1 Kings 19:1-13 (NIV)

9 There he went into a cave and spent the night. The Lord Appears to Elijah
And the word of the Lord came to him: "What are you doing here, Elijah?"

10 He replied, "I have been very zealous for the Lord God Almighty. The Israelites have rejected your covenant, torn down your altars, and put your prophets to death with the sword. I am the only one left, and now they are trying to kill me too." 11 The Lord said, "Go out and stand on the mountain in the presence of the Lord, for the Lord is about to pass by." Then a great and powerful wind tore the mountains apart and shattered the rocks before the Lord, but the Lord was not in the wind. After the wind there was an earthquake, but the Lord was not in the earthquake. 12 After the earthquake came a fire, but the Lord was not in the fire. And after the fire came a gentle whisper. 13 When Elijah heard it, he pulled his cloak over his face and went out and stood at the mouth of the cave.

Worship Song:

"You Know My Name" By Tasha Cobbs



Reflection

*Let's reflect on what you received
from the text or what you felt*

What did you get from this text?

How can you apply this text to your own life?

Sermon Notes:

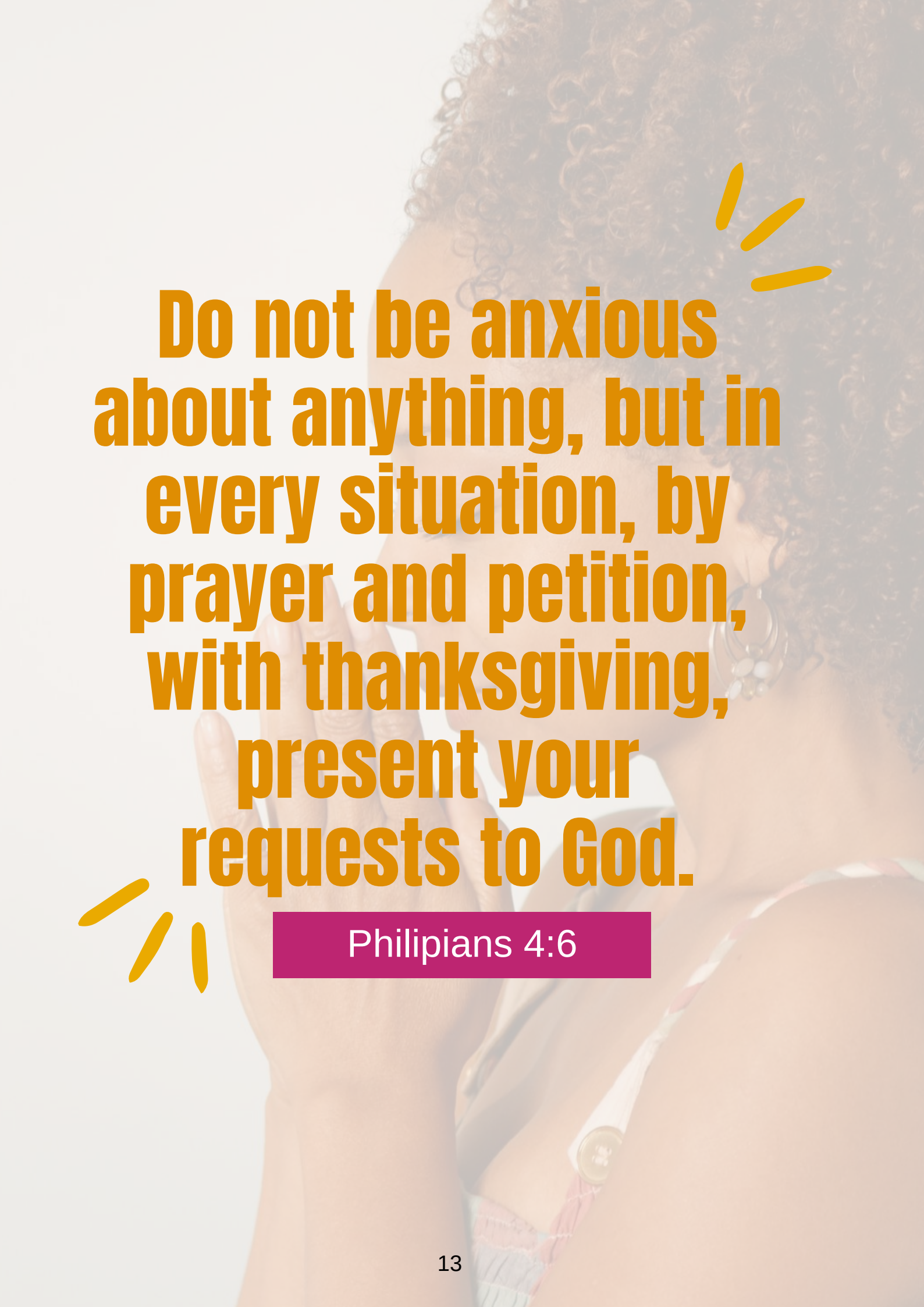
August 9, 2020 | Overwhelmed Vs. Unnoticed

Watch the live worship experience Sundays at 11am EST on



Roku





**Do not be anxious
about anything, but in
every situation, by
prayer and petition,
with thanksgiving,
present your
requests to God.**

Philipians 4:6

August 16 2020

Part III:

More vs. Enough

Text: Philippians 4:6-13

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. 8 Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. 9 Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you. 10 I rejoiced greatly in the Lord that at last you renewed your concern for me. Indeed, you were concerned, but you had no opportunity to show it. 11 I am not saying this because I am in need, for I have learned to be content whatever the circumstances. 12 I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. 13 I can do all this through him who gives me strength.

Worship Song:

"I Worship You With All of Me" By Mary Alessi



Reflection

*Let's reflect on what you received
from the text or what you felt*

What did you get from this text?

How can you apply this text to your own life?

Sermon Notes:

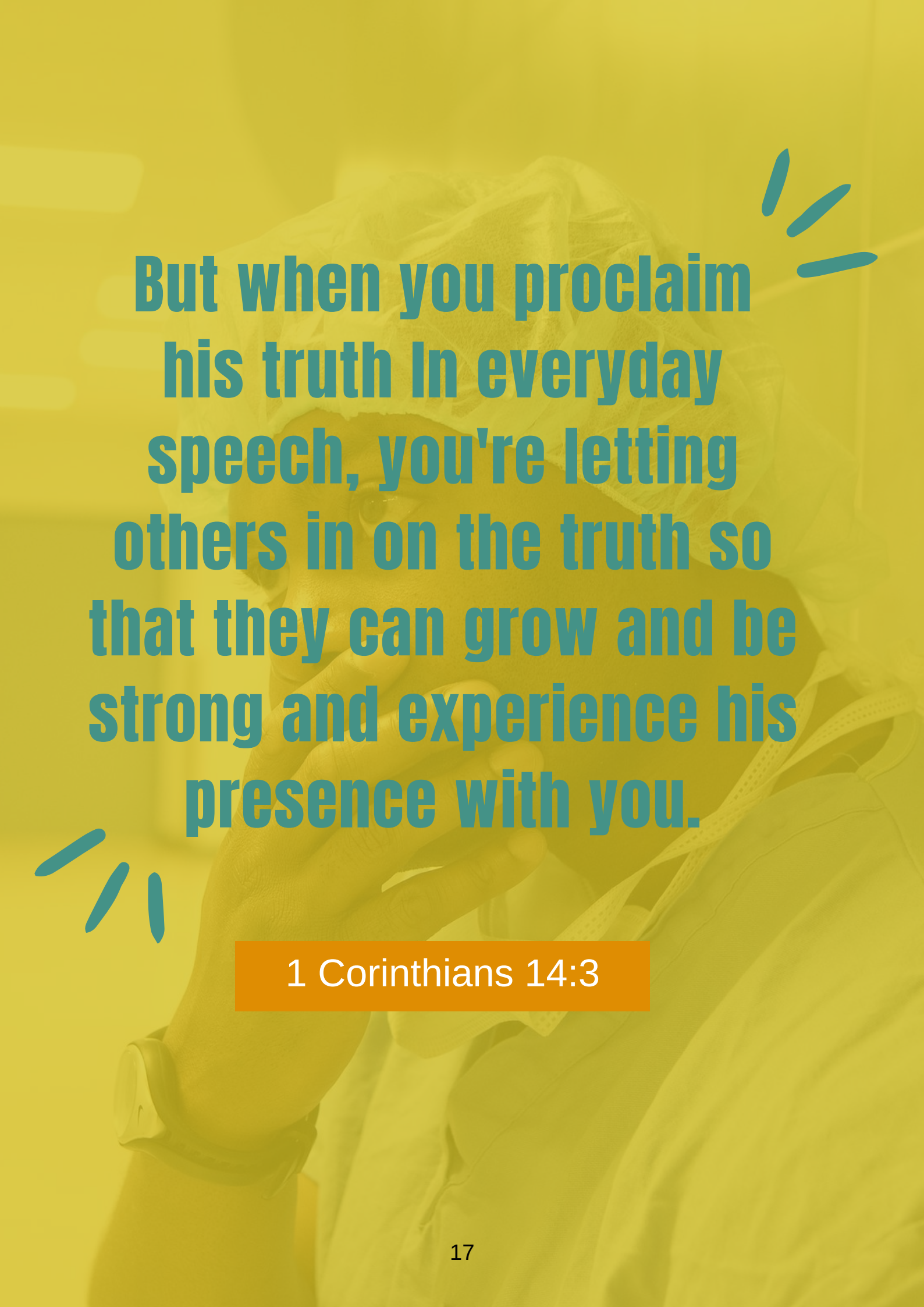
August 16, 2020 | More vs. Enough

Watch the live worship experience Sundays at 11am EST on



Roku





**But when you proclaim
his truth in everyday
speech, you're letting
others in on the truth so
that they can grow and be
strong and experience his
presence with you.**

1 Corinthians 14:3

August 23 2020

Part IV:

Nightmares vs. Dreams

Text: Genesis 40:1-8 (NLT); 1 Corinthians 14:3 (MSG)

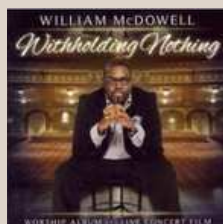
Some time later, Pharaoh's chief cup-bearer and chief baker offended their royal master. 2 Pharaoh became angry with these two officials, 3 and he put them in the prison where Joseph was, in the palace of the captain of the guard. 4 They remained in prison for quite some time, and the captain of the guard assigned them to Joseph, who looked after them. 5 While they were in prison, Pharaoh's cup-bearer and baker each had a dream one night, and each dream had its own meaning. 6 When Joseph saw them the next morning, he noticed that they both looked upset. 7 "Why do you look so worried today?" he asked them. 8 And they replied, "We both had dreams last night, but no one can tell us what they mean." "Interpreting dreams is God's business," Joseph replied. "Go ahead and tell me your dreams."

Genesis 40:1-8 (NLT)

But when you proclaim his truth In everyday speech, you're letting others in on the truth so they can grow and be strong and experience his presence with you. 1 Corinthians 14:3 (MSG)

Worship Song:

- "Withholding Nothing" By William McDowell



Reflection

*Let's reflect on what you received
from the text or what you felt*

What did you get from this text?

How can you apply this text to your own life?

Sermon Notes:

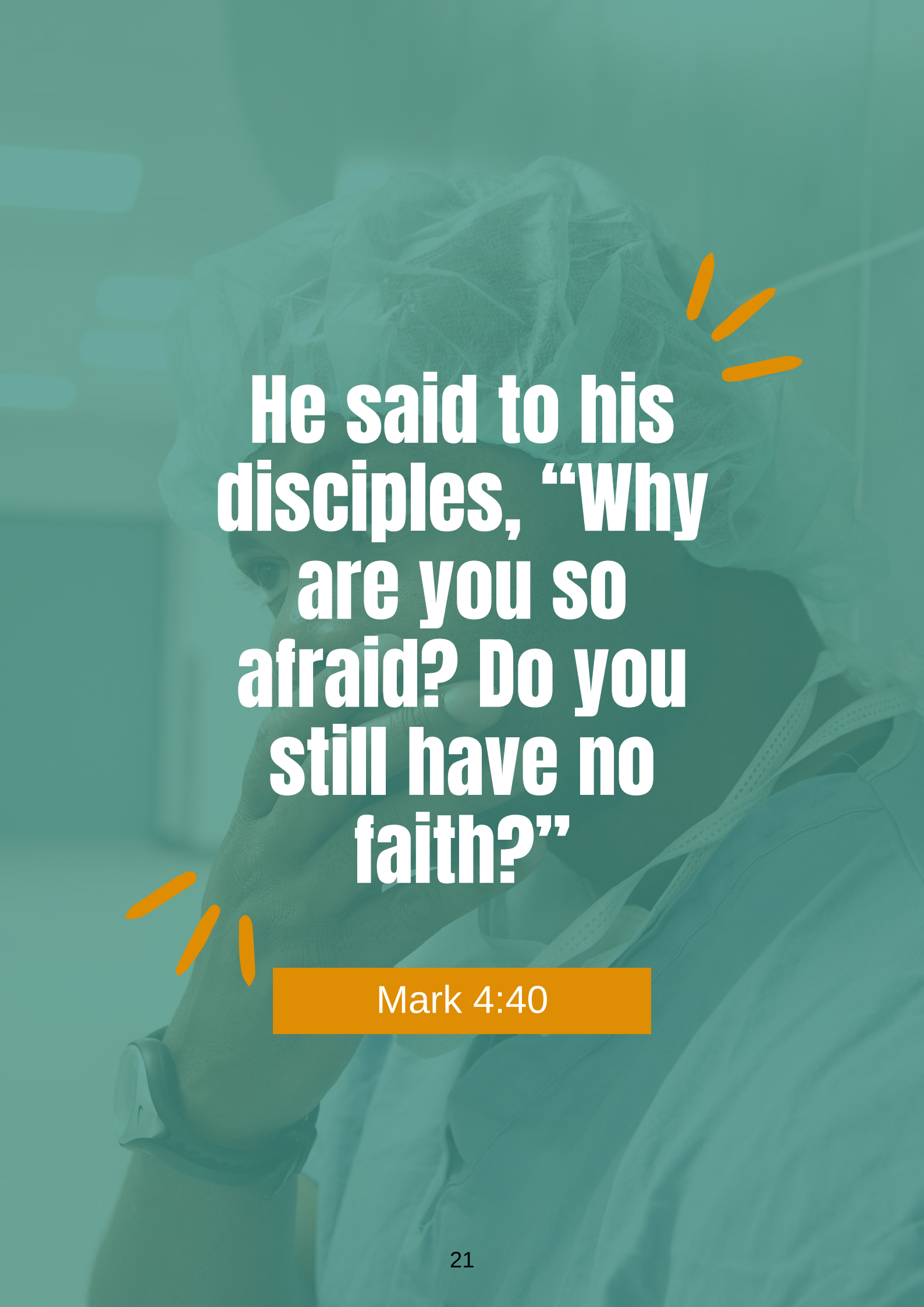
August 23, 2020 | Nightmares Vs. Dreams

Watch the live worship experience Sundays at 11am EST on



Roku





**He said to his
disciples, “Why
are you so
afraid? Do you
still have no
faith?”**

Mark 4:40

Part V: Control vs. Surrender

Text: Mark 4:35-41 (NIV)

35 That day when evening came, he said to his disciples, "Let us go over to the other side." 36 Leaving the crowd behind, they took him along, just as he was, in the boat. There were also other boats with him. 37 A furious squall came up, and the waves broke over the boat, so that it was nearly swamped. 38 Jesus was in the stern, sleeping on a cushion. The disciples woke him and said to him, "Teacher, don't you care if we drown?" 39 He got up, rebuked the wind and said to the waves, "Quiet! Be still!" Then the wind died down and it was completely calm. 40 He said to his disciples, "Why are you so afraid? Do you still have no faith?" 41 They were terrified and asked each other, "Who is this? Even the wind and the waves obey him!"

Worship Song:

- "My Hands Are Lifted Up" By Briana Babbineaux



Reflection

*Let's reflect on what you received
from the text or what you felt*

What did you get from this text?

How can you apply this text to your own life?

Sermon Notes:


August 30, 2020 | Control Vs. Surrender

Watch the live worship experience Sundays at 11am EST on



Roku





**But Jesus
immediately said
to them: “Take
courage! It is I.
Don’t be afraid.”**

Matthew 14:27

Part VI:

Unfollow vs. Follow

Text: Matthew 14:22-33 (MSG)

22-23 As soon as the meal was finished, he insisted that the disciples get in the boat and go on ahead to the other side while he dismissed the people. With the crowd dispersed, he climbed the mountain so he could be by himself and pray. He stayed there alone, late into the night. 24-26 Meanwhile, the boat was far out to sea when the wind came up against them and they were battered by the waves. At about four o'clock in the morning, Jesus came toward them walking on the water. They were scared out of their wits. "A ghost!" they said, crying out in terror. 27 But Jesus was quick to comfort them. "Courage, it's me. Don't be afraid." 28 Peter, suddenly bold, said, "Master, if it's really you, call me to come to you on the water." 29-30 He said, "Come ahead." Jumping out of the boat, Peter walked on the water to Jesus. But when he looked down at the waves churning beneath his feet, he lost his nerve and started to sink. He cried, "Master, save me!" 31 Jesus didn't hesitate. He reached down and grabbed his hand. Then he said, "Faint-heart, what got into you?" 32-33 The two of them climbed into the boat, and the wind died down. The disciples in the boat, having watched the whole thing, worshiped Jesus, saying, "This is it! You are God's Son for sure!"

Worship Song:

"I Need You to Survive" By Hezekiah Walker



Reflection

*Let's reflect on what you received
from the text or what you felt*

What did you get from this text?

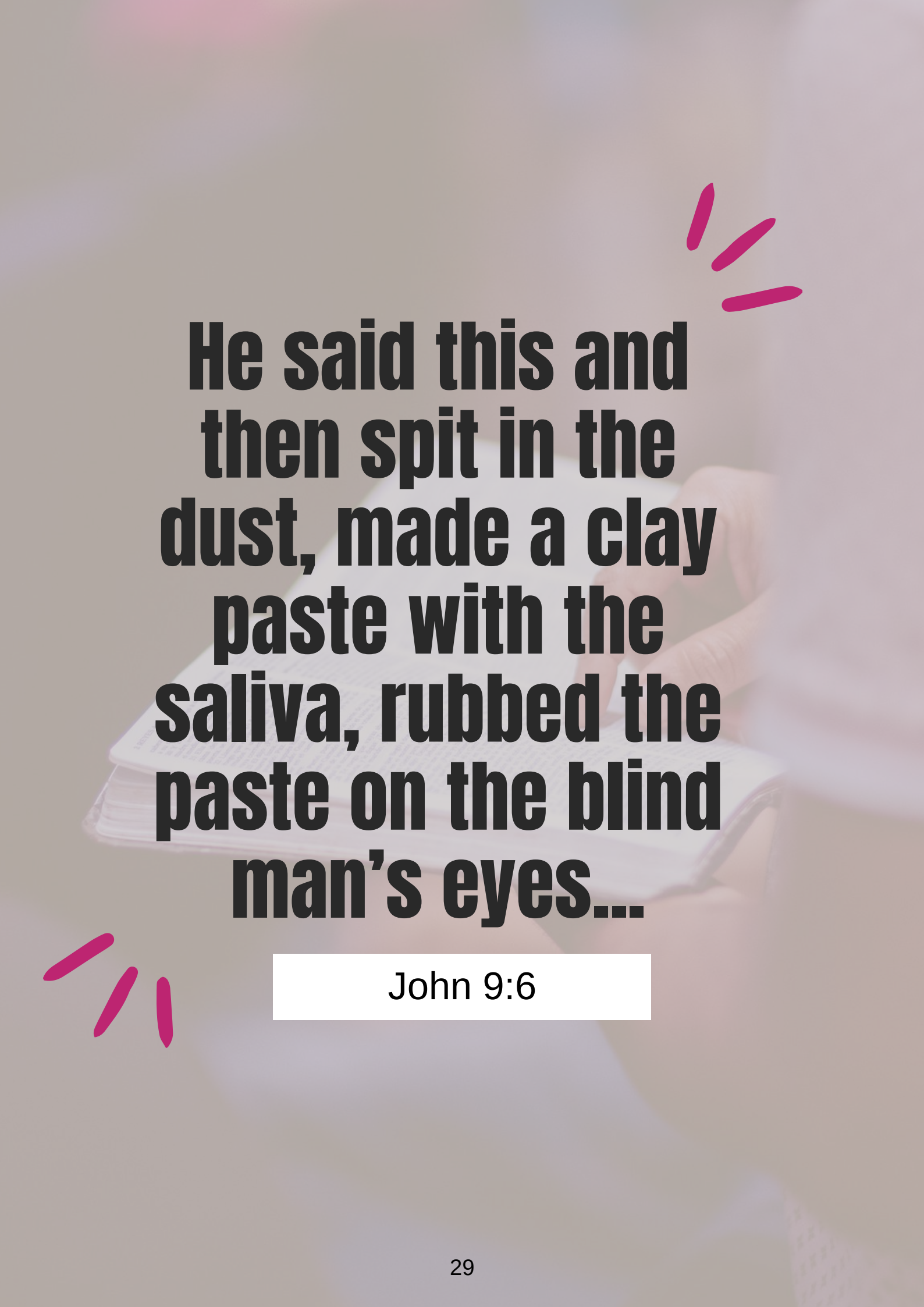
How can you apply this text to your own life?

Sermon Notes:

Sept 6, 2020 | Unfollow vs. Follow

Watch the live worship experience Sundays at 11am EST on





**He said this and
then spit in the
dust, made a clay
paste with the
saliva, rubbed the
paste on the blind
man's eyes....**

John 9:6

Part VII:

Self-Medicating vs. Medicating

Text: John 9:1-12 (MSG)

1-2 Walking down the street, Jesus saw a man blind from birth. His disciples asked, “Rabbi, who sinned: this man or his parents, causing him to be born blind?” 3-5 Jesus said, “You’re asking the wrong question. You’re looking for someone to blame. There is no such cause-effect here. Look instead for what God can do. We need to be energetically at work for the One who sent me here, working while the sun shines. When night falls, the workday is over. For as long as I am in the world, there is plenty of light. I am the world’s Light.” 6-7 He said this and then spit in the dust, made a clay paste with the saliva, rubbed the paste on the blind man’s eyes, and said, “Go, wash at the Pool of Siloam” (Siloam means “Sent”). The man went and washed—and saw. 8 Soon the town was buzzing. His relatives and those who year after year had seen him as a blind man begging were saying, “Why, isn’t this the man we knew, who sat here and begged?” 9 Others said, “It’s him all right!” But others objected, “It’s not the same man at all. It just looks like him.” He said, “It’s me, the very one.” 10 They said, “How did your eyes get opened?” 11 “A man named Jesus made a paste and rubbed it on my eyes and told me, ‘Go to Siloam and wash.’ I did what he said. When I washed, I saw.” 12 “So where is he?” “I don’t know.”

Worship Song:

“So Will I” By Davies



Reflection

*Let's reflect on what you received
from the text or what you felt*

What did you get from this text?

How can you apply this text to your own life?

Sermon Notes:

Sept 13, 2020 | Self-Medicating vs. Medicating

Watch the live worship experience Sundays at 11am EST on



ROKU



Are You Dealing With Anxiety?

You don't have to deal with It alone. If you partner with South Euclid United Church of Christ, please contact: Rev Gina Moore our Pastoral Counselor at revgmoore@southeucliducc.org or visit aada.org to find a therapist nationwide.

Listen, catch-up, or replay the series

Visit our "Juggle The Struggle" playlist on YouTube for the entire sermon series, night meditations and accompanying worship songs. Don't forget to subscribe, like and comment while you are there.

Or scan the QR code with you smart phone camera to take you directly there.



**We pray this series blessed you.
Make sure you tune in every Sunday
at 11am EST for our live online
worship experience**

Do you need a church home? We would love to have you as a part of our family. Visit JoinSEUCC.org for more details on partnering with us to
Gather, Grow, Give and Go.



South Euclid
UNITED CHURCH OF CHRIST