



DISCIPLING THE NATIONS

# THE LIVING HOPE

Pastor-In-Charge  
of Young Life Development

Rev. Dr. Irene Cheung

Senior Pastor

Rev. Dr. Samuel Chan

Associate Pastors

Rev. Dr. Calvin Lam

Rev. Dr. Linda Shum

## Youth Pastors

Pastor Ray Lee

Pastor Kelly Tam

Pastor Lynn Ye-Chin

Pastor Alex Chan

Youth SPLAT Worship Services

Gr. 7-Gr.12

Sunday

11:00AM-12:15PM ♣ GYM

2:00PM-3:15PM ♣ Chapel

Address: 9670 Bayview Ave  
Richmond Hill,  
ON L4C 9X9

Phone: 905-884-3399

Fax: 905-884-9465

Website: www.rhccc.ca

Email: yld.connect@rhccc.ca

RICHMOND HILL CHRISTIAN COMMUNITY CHURCH

# SPLAT

May 7, 2017

(11:00AM)

SERMON NOTES

Pastor Kelly Tam

## State of Being: Anxiousness

### Causes of Anxiety (Matthew 6:25-35)

1. Feelings of INADEQUACY (v 26)
2. Fear of losing CONTROL (v 27)
3. Our FAITH or there lack of (v 28-30)
4. PRIORITIES are not in order (v 32-33)
5. Trying to plan TOMORROW and not be focused on the TODAY (v 34)

### Countering Anxiety (Philippians 4:4-9)

1. Choose to REJOICE in any circumstances (v 4)
2. Recognize that TOUGH CIRCUMSTANCES are not always BAD (v 6a)
3. Build your FOUNDATION in Christ (v 6-7)
4. Focus on things that are IMPORTANT (v 8)
5. Develop DISCIPLINES in your life (v 9)