

The Goal

By miracle, medical, or practice, we seek wholeness that comes from the Lord.

We cannot remove every threat, but we can become less anxious and more like Jesus.

Guarding the Inner Dwelling

- Proverbs 13:20 (CSB): "The one who walks with the wise will become wise, but a companion of fools will suffer harm."

We cannot choose our traffic companions, but we can choose our inner circle. The people we allow into our lives directly impact our anxiety levels.

Three Groups of People & Their Impact

1. Divisive People (Different & Different) — LIMIT VOICE

- The Distinction: Not simply people with different perspectives. These are individuals who actively create trouble, cause division, and thrive on chaos.
- Titus 3:10–11: Hairetikos — Pushing false doctrine that destroys faith.
- Romans 16:17–18: Dichostasia — Creating dissension, splitting groups, stirring the pot.

Takeaway: We often have to interact with different people, but we do not have to give divisive people a voice in our lives.

2. Sharpening People (Same But Different) — GRANT VOICE

- The Distinction: They share your core faith in Christ, but bring different backgrounds, personalities, or views. They stretch you.
- Proverbs 27:17 (CSB): "Iron sharpens iron, and one person sharpens another."
- The Church at Antioch (Acts 13:1–3): Men from completely different social, political, and cultural backgrounds unified under one anchor: Jesus Christ.

Takeaway: Learning to relate to different people matures us and strengthens our ability to navigate different situations. This lessens our anxiety.

3. Safe People (Same & Same) — WELCOME VOICE

- The Distinction: Shared faith, shared values, and mutual comfort. They offer rest, encouragement, and a place to be real.
- 1 Corinthians 10:13: We need relationships that remind us: "You are not alone."

Takeaway: Spending time with same and same people gives us peace and rest which lessens our anxiety.

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NEED PRAYER

If you need prayer for anything, email Pray@jchurch.life, or fill out a connect card so we can be praying with and for you!

NEW BELIEVER

Have you accepted Jesus as Lord and Savior? We are so excited for you and your new journey. Please fill out a connect card so we can follow up with you!

FIRST TIME GUESTS

If this is your first time here, thank you for joining us today! Stop by the Welcome Booth for a Guest Bag (there's a coffee gift card too).

