

## WAYS TO GIVE

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to (833) 267-4734

On the App  
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8601 101st Ave N,  
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## THANKS FOR YOUR GENEROSITY!

Last Week Giving  
\$24,496

Fiscal Year-to-Date Giving  
- Starts Apr 1 -  
\$730,149

## NEED TO KNOW!

#1. On Sunday, September 12 is Love Our City Day! On this amazing day, the whole church heads out to love and serve our community. The morning will look like this: At 9 AM, we will meet for a quick outdoor service. From 10 - Noon, we will serve our cities. At Noon, we will meet back at Grace for lunch and baptisms. You can see all the projects and get signed up on the website. Remember no 10:45 service, and no kids or youth programming. Kids and youth are invited to serve too!

#2. Get ready for our great big Come Back Sunday on Sept 19! It's the day all the ministries comeback together and kick off for the fall. Grace Kids will have a super fun Back to School Bash. Grace Youth will have just one service at 10:45 and they are having Color Wars! And for the main service, we will be kicking off the History Makers series. Donuts are also making a comeback. And to celebrate we will have an 18 foot donut buffet!

#3. The History Makers series is about Acts 1-7. The disciples were making history as they shared good news of Jesus everywhere. To get the most out of this series, we have a free devo book for everyone and we encourage everyone to get connected with a small group. You can grab a History Makers Book in the commons.



The  
**CHOSEN**

AUG 29

We Are So Glad You Joined Us!

## TAKE NOTES

The Chosen week 5 - Message Notes

Where can I go from your Spirit? Where can I flee from your presence? - Psalm 139:7

If I go up to the heavens, you are there; if I make my bed in the depths, you are there. - Psalm 139:8

"As long as you keep secrets and suppress information, you are fundamentally at war with yourself...The critical issue is allowing yourself to know what you know. That takes an enormous amount of courage."  
Bessel A. van der Kolk, *The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma*

"Being able to feel safe with other people is probably the single most important aspect of mental health; safe connections are fundamental to meaningful and satisfying lives."  
Bessel A. van der Kolk, *The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma*

For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord. - Romans 8:38-39

If I rise on the wings of the dawn, if I settle on the far side of the sea, even there your hand will guide me, your right hand will hold me fast. - Psalm 139: 9-10

For You created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. - Psalm 139: 13-14

Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting. - Psalm 139:23-24

The 3 I's of Anxiety:

Intake  
Integrity  
Isolation

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. - Philippians 4:6

And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. - Philippians 4:7