

# INSIDE ROCK CREEK

NEW  
MEMBERS  
CLASS

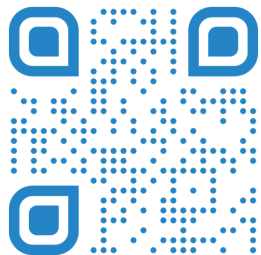
JANUARY 25<sup>TH</sup> | 9 AM  
COMMUNITY ROOM



BREAKFAST, COFFEE, THE HISTORY OF ROCK  
CREEK, AND MEETING NEW PEOPLE!  
JOIN US FOR OUR MEMBERSHIP CLASS!

IF THIS IS YOUR  
**FIRST TIME**  
...THANKS FOR JOINING US!

WE WOULD LOVE TO MEET YOU! STOP AND MEET A PASTOR  
TO THE RIGHT OF THE STAGE AFTER THE SERVICE.



**SCAN**  
THE CODE  
FOR A LIST OF  
IMPORTANT  
ROCK CREEK LINKS!



# UNEXPECTED STRESS

SERMON SERIES BY MARK EVANS

## HOW TO HANDLE PEOPLE AND PROBLEMS AND STILL HAVE PEACE

### 1. UNEXPECTED STRESS IS UNAVOIDABLE...BUT

*The whole community of Israel started out from the Desert of Sin. They traveled from place to place, just as the Lord commanded. They camped at Rephidim. But there wasn't any water for the people to drink. <sup>2</sup> So they argued with Moses. They said, "Give us water to drink. Moses replied, "Why do you quarrel with me? Why do you put the Lord to the test?" <sup>3</sup> But the people were thirsty for water there, and they grumbled against Moses. They said, "Why did you bring us up out of Egypt to make us and our children and livestock die of thirst?"*

*Exodus 17:1-3*

*A furious squall came up, and the waves broke over the boat, so that it was nearly swamped.*

*Mark 4:37*

### 2. WHEN UNEXPECTED STRESS COMES...\_\_\_\_\_

#### I TURN WILL REVEAL \_\_\_\_\_

*Then Moses cried out to the Lord, "What am I to do with these people? They are almost ready to stone me."*

*Exodus 17:4*

*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?"*

*Mark 4:38*

### 3. PEOPLE MAY \_\_\_\_\_ BUT GOD CAN

*The Lord answered Moses, "Go out in front of the people. Take with you some of the elders of Israel and take in your hand the staff with which you struck the Nile, and go. <sup>6</sup> I will stand there before you by the rock at Horeb. Strike the rock, and water will come out of it for the people to drink." So Moses did this in the sight of the elders of Israel.*

*Exodus 17:5-6*

### 4. PEACE DOES NOT COME FROM THE \_\_\_\_\_

#### OF PROBLEMS...PEACE COMES FROM THE

#### OF JESUS

*He got up, rebuked the wind and said to the waves, "Quiet! Be still!" Then the wind died down and it was completely calm. <sup>40</sup> He said to his disciples, "Why are you so afraid? Do you still have no faith?"*

*Mark 4:39-40*

### 5. DO NOT ALLOW STRESS TO \_\_\_\_\_...

#### GOD WILL USE IT TO \_\_\_\_\_

*And he called the place Massah and Meribah because the Israelites quarreled and because they tested the Lord saying, "Is the Lord among us or not?"*

*Exodus 17:7*

*They were terrified and asked each other, "Who is this? Even the wind and the waves obey him!"*

*Mark 4:41*