

GROUPS

Brotherhood (Men)

Tuesday 6:30am
One Chapel Austin

You Belong Here! (Women)

Monday 6:30pm
5604 Southwest Pkwy #1328
Austin, TX 78735

BeReal. Check-In.

Friday 7pm
One Chapel Austin

Free Forever

Sunday 7pm
One Chapel Austin

RESOURCES

Center for Relational Care

www.relationalcare.org
(512) 492-6200

Abundant Life

abundantlifecounseling.com
(512) 288-5100

Timothy Center

www.timothycenter.com
(512) 331-2700

Christian Counselors of Texas

cctx.org

Denise Cleveland

www.denise.cleveland.com
(512) 576-2009

Sarah Arnold, LPC

restoredfamily.com
(512) 627-3880

Listening Prayer

Jan Willoughby
(832) 370-0987

CRISIS & SUICIDE

Lore Cottone, LMSW (512) 848-9413
Denise Cleveland, LCSW (512) 576-2009

National Suicide Prevention Lifeline (800) 273-TALK (8255)
suicidepreventionlifeline.org/chat

In case of extreme emergencies or if in danger:
Integral Care Crisis Center (512) 472-4357

**OVER
WHELMED** HOPE FOR
ANXIETY &
DEPRESSION



ONE CHAPEL

WELCOME TO



ONE CHAPEL
AUSTIN

It's so great to have you here today!

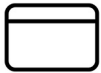
One Chapel is a place where church feels like home. A family for you to belong to, where people know your story. A place to help you move from where you are to where God wants you to be.

Here are a few things to help you get oriented...



COFFEE

Fresh Summer Moon coffee is brewed every Sunday. Being rooted in the community is one of our values. Supporting local businesses is one way to show our appreciation.



NAME TAGS

Wearing name tags breaks down the first barrier in getting to know someone. Wearing them every week makes everyone feel at home. Even the pastor wears a name tag.



KIDS

Engaging classes with age-specific curriculum allow kids to have fun, enjoy friends, and learn about the Bible; all in a safe, clean environment.



COMMUNION & CREED

The communion table and declarations of belief have had a place in Christian worship for centuries. We remain rooted in history and open to the mystery of the Holy Spirit at work.



TEAMS

Volunteers make things happen around here every week. Brewing coffee, greeting visitors, teaching kids, running tech, and more are all parts of Team One.



GROUPS

Church is about more than Sunday services. Small and medium-sized groups meet all around the area during the week to share life with friends and make disciples.

Make yourself at home. Enjoy the service. Stay a while.

LEARN MORE ONLINE AT
www.onechapel.com



ONE CHAPEL
AUSTIN

Ross Parsley - September 15, 2019

Overwhelmed...by Anxiety

"The presence of anxiety is unavoidable, but the prison of anxiety is optional." – Max Lucado, *Be Anxious for Nothing* (Luke 21:34 NIV)

Philippians 4:6-8 (NIV) 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.

Three Practices for Peace

#1. Talk to God about everything...because He loves the sound of your voice.

- **Romans 8:15-17 (NIV)**
- Anxiety decreases as understanding of our Heavenly Father **increases**.
- **Prayer:** Getting your **mind** and your **mouth** moving in the same direction.

#2. Thank God in every circumstance...because His goodness always prevails.

- Not thanking God **for** everything but thanking God **in** everything.
- **Romans 8:28 (NIV)**

#3. Think about what you think about...because toxic thoughts can be replaced.

- Your thoughts are **powerful**.
- Your thoughts **lie**.
- You don't have to **believe** every thought you have.
- Every time you have a thought, your brain releases **chemicals**.
 - Thoughts + Feelings = **Actions**
 - "If you realized how powerful your thoughts are, you would never think a negative thought." – Caroline Leaf, *Switch On Your Brain*
- **2 Corinthians 10:5 (ESV)** www.21daybraindetox.com

Radios de interpretación al español disponibles en el vestíbulo.

onechapel.com