



This is the fourth and final in our Spring Series on Stress. We have looked at three different causes of Stress thus far: circumstances beyond our control; fear; and relational conflict. Today we look at stress from suffering for trials. This kind of stress can be caused by us (our mistakes or our choices) or perhaps God is taking us through a refining process. Either way, we experience the burden of physical or emotional or spiritual pain.

1. Can you relate to the description above regarding ‘Stress from Suffering or Trials?’ When in the past have you experienced this burden? Are you going through this kind of stress right now?
2. Read [Romans 5:1-8 & James 1:2-4](#). There is a progression, according to Paul and James, regarding what suffering or trials can produce for the one who trusts in Christ. List the progression in each passage. Has that result been true in your life? Discuss...
3. In Romans 5:1-2 & 6-8, Paul describes gifts from God that help us face and overcome suffering. What are those gifts? What has God done for us in and through His Son, our Savior?
4. I didn’t preach on this section of Scripture, but take a look at [Hebrews 12:1-3](#). How might Jesus’ approach to suffering help us when we are undergoing trials?
5. From Hebrews 12:3, how “weary and weak of heart” are you right now? Has the COVID-19 Quarantine sapped your reserves? How do all these verses have the potential to re-fill your well?
6. As we end this series on managing stress, what are your takeaways? What might you pray individually to God for because of the Scriptures you looked at today? How can you encourage and buoy up friends, family, and those in need during this challenging time? Where might you witness to others regarding “suffering produces endurance, and endurance produces character, and character produces hope, and hope ‘doesn’t disappoint you, because God’s love has been poured into your hearts through the Holy Spirit that has been given to us?’”



# Managing STRESS

## 8:30 AM Service

Memorial Day Sunday • May 24, 2020

Alf Halvorson preaching

[Romans 5:1-8 & James 1:2-4](#)

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**Welcome & Call to Worship**

Beth Case

**Song of Praise**

*Trading My Sorrows*  
*All Creatures of Our God and King*

Darrell Evans  
arr. Crowder

**Prayer of Confession & Assurance**

Brett Hurst

**Songs of Response**

*Lord, Send Revival*

Hillsong Young & Free

**Moment of Prayer**

Brett Hurst

**Song Reprise**

*Lord, Send Revival*

Hillsong Young & Free

**Message**

*Managing Stress from Trials & Suffering*

Alf Halvorson

**Song of Response**

*Forever Reign*

Hillsong Worship

**Time of Grateful Remembrance**

Beth Case

**Sharing Our Gifts & Benediction**

Alf Halvorson

# Managing STRESS

**9:45 AM Service**

Memorial Day Sunday • May 24, 2020

Alf Halvorson preaching

[Romans 5:1-8 & James 1:2-4](#)

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**Welcome**

Meliza Gómez

**Song of Praise**

*Great Things*

Phil Wickham

**Kids' Moment**

Amanda Grace Caldwell

**Moment of Confession & Assurance**

Hillary McMullen

**Moment of Worship**

*Fierce  
Lord, Send Revival*

Jesus Culture  
Hillsong Young & Free

**Message**

*Managing Stress from Trials & Suffering*

Alf Halvorson

**Song of Response**

*Forever Reign*

Hillsong Worship

**Time of Grateful Remembrance**

Beth Case

**Sharing Our Gifts & Benediction**

Alf Halvorson

# Managing STRESS

**11:15 AM Service**

Memorial Day Sunday • May 24, 2020

Alf Halvorson preaching

[Romans 5:1-8 & James 1:2-4](#)

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<b>Prelude</b>	<i>Variations on the Tune 'Westminster Abbey'</i>	David N. Johnson
<b>Welcome &amp; Remembrances</b>		Beth Case
<b>Choral Introit</b>	<i>Come, Thou Fount of Every Blessing</i>	arr. James Mulholland
<b>Hymn of Praise</b>	<i>Standing on the Promises</i>	PROMISES
<b>Confession, Assurance, &amp; Affirmation</b>		Amy Delgado
	<i>from 1 Corinthians 15:1-6 &amp; Colossians 1:15-20</i>	
<b>Time of Grateful Remembrance</b>		Beth Case
<b>Anthem</b>	<i>Lay Aside Every Weight</i>	Glenn Burleigh
<b>Pastoral Prayer</b>		Beth Case
<b>Anthem of Preparation</b>	<i>Make Me an Instrument of Thy Peace</i>	
Mary MacDonald		
<b>Message</b>	<i>Managing Stress from Trials &amp; Suffering</i>	Alf Halvorson
<b>Hymn of Response</b>	<i>Great is Thy Faithfulness</i>	FAITHFULNESS
<b>Sharing Our Gifts</b>		Alf Halvorson
<b>Postlude</b>	<i>Trumpet Tune</i>	Rob Landes (b. 1942)

# MINISTRY HIGHLIGHTS

May 24, 2020

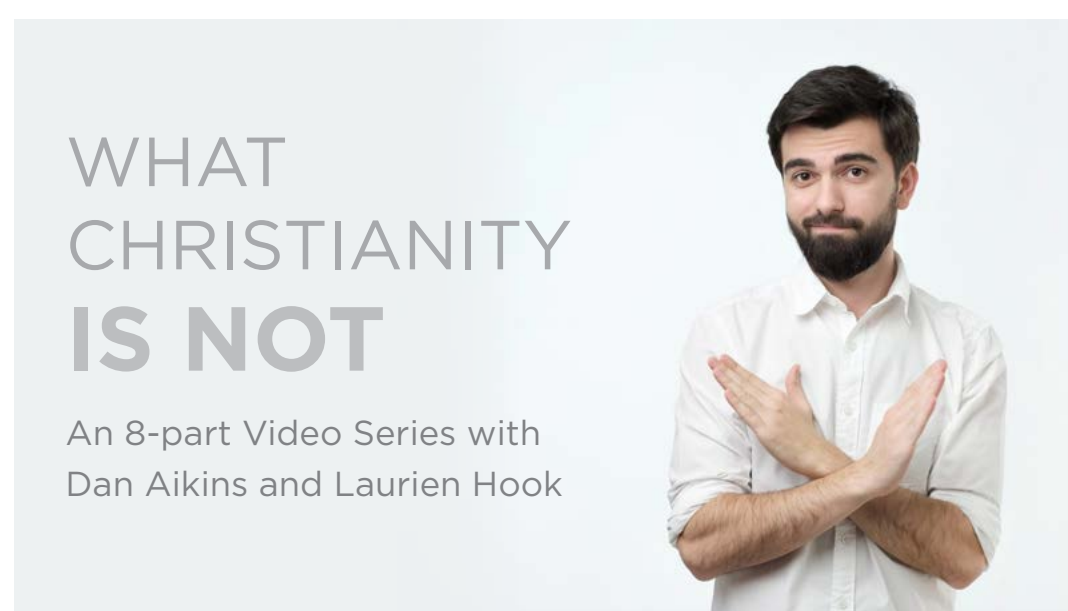
While many in-person events have been cancelled or rescheduled, there are still lots of opportunities to serve, study, grow, and share. To see all that is offered, visit [events.mdpc.org](https://events.mdpc.org).



The **MDPC** Café is back, serving up delicious prepared meals - and now offering convenient curbside (and limited delivery) service. Check out its menu and order by visiting [cafe.mdpc.org](https://cafe.mdpc.org). To learn more about delivery options, call 713-953-2571.



**MDPC** is planning to have limited-capacity in-person worship on May 31. Visit [open.mdpc.org](https://open.mdpc.org) to learn more about plans to keep those on our campus safe and healthy. If you prefer to continue worshipping safely at home, we affirm your decision!



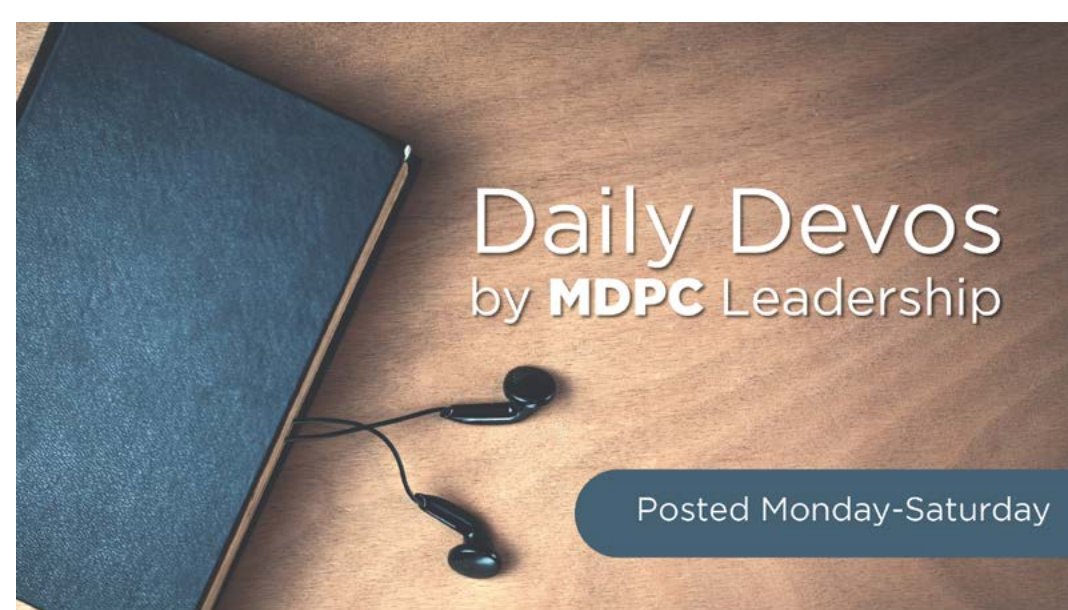
## WHAT CHRISTIANITY IS NOT

An 8-part Video Series with Dan Aikins and Laurien Hook

Pastor Dan Aikins and seminarian Laurien Hook have teamed up for a series of brief videos on *What Christianity Is Not*. These eight videos cover a variety of common myths and misconceptions of the Christian faith. Visit [not.mdpc.org](https://not.mdpc.org) to view the entire series.



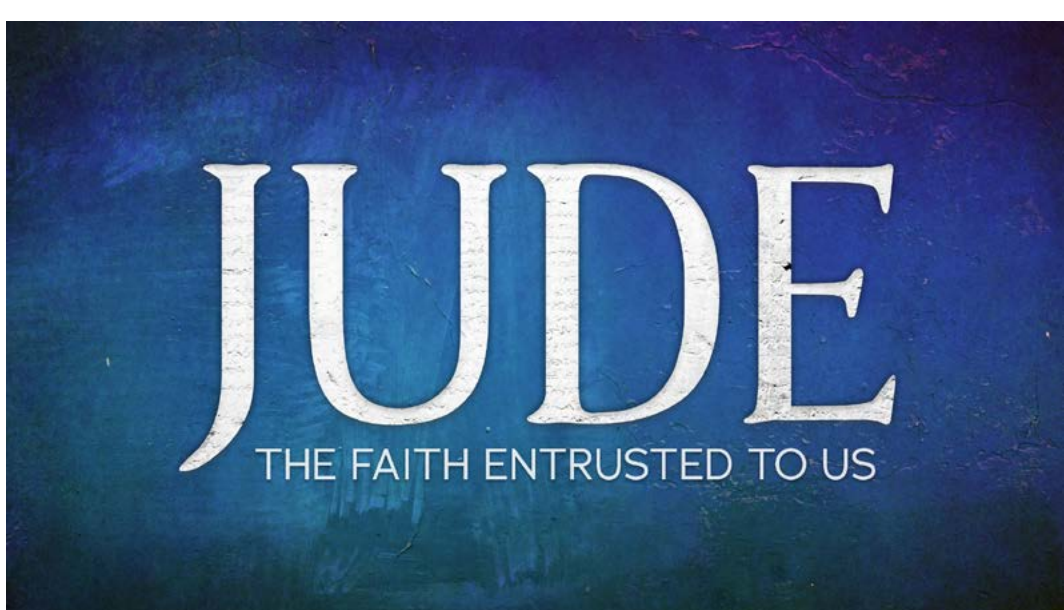
After much discussion and review of options, Children's Ministries staff are excited to report that Summer Celebration 2020 will move forward with a different format. Visit [summercel.mdpc.org](https://summercel.mdpc.org) for specifics regarding this year's program.



## Daily Devos by MDPC Leadership

Posted Monday-Saturday

For a daily dose of encouragement, follow our Monday-Saturday devotionals recorded by **MDPC** Pastors and leadership. Visit [dailydevos.mdpc.org](https://dailydevos.mdpc.org) to hear brief examinations of Scripture, coping mechanisms, and other spirit-lifting subjects.



We will explore The Book of Jude in three Zoom sessions. You can join the Wednesday or Thursday group, beginning May 27 and 28. Each 60-minute session starts at 7:00 PM. Zoom invitations and study notes will be sent each week. Visit [jude.mdpc.org](https://jude.mdpc.org).



## Counseling Tips for the Quarantimes

Counselor-in-residence Amanda Grace Caldwell, has curated a series of videos by accredited guests that will help you deal with some of the emotional issues associated with the quarantine. Visit [counselingtips.mdpc.org](https://counselingtips.mdpc.org) to view the entire series.



In this time of COVID-19, the demand for volunteers is ongoing. Help us bless our ministry partners, like **MDPC** Fuente Food Pantry, Kids' Meals, and Houston Food Bank. Discover opportunities to help at [action.mdpc.org](https://action.mdpc.org).



## Preschool Sunday School Lesson

Looking for good, healthy content for your children? View the weekly Sunday School lessons by Preschool Director Mayra Escamilla and Elementary Director Lyndsey Dottavio. Visit [preschoollessons.mdpc.org](https://preschoollessons.mdpc.org) or [elementarylessons.mdpc.org](https://elementarylessons.mdpc.org).



## The Witnessing Disciple

Seeing God at Work through Spiritual Conversations

The Witnessing Disciple is the latest six-session small group study produced especially for **MDPC**. In this study, you'll focus on recognizing and enjoying how God often works through spiritual conversations. Visit [witnessing.mdpc.org](https://witnessing.mdpc.org).



## Donate Blood



## Save Lives

Gulf Coast Regional Blood Center has seen a tremendous response to its call for help - but our work is not over. Blood donors are needed to give now and in the future consistently. Visit [blooddrive.mdpc.org](https://blooddrive.mdpc.org) to register for the May 27 drive at **MDPC**.



## HEBREWS

JESUS IS BETTER  
A WORD AND WORSHIP STUDY

Registration is now open for the fall series of Word & Worship. This year's study of the Book of Hebrews will leave us with a deeper knowledge of Jesus and more complete understanding of the Bible as a whole. Learn more and register at [hebrews.mdpc.org](https://hebrews.mdpc.org).



## A Time to Connect

Ladies, come learn something new, eat something good, work out your stresses, or just make new friends at these one-off events! Flexibility is needed to give now and in the future consistently. Learn more and register at [tc.mdpc.org](https://tc.mdpc.org).