



## CURRENT SERMON SERIES: **OVERCOME**

We live in challenging times! Many of us are facing circumstances that are keeping us from God's best. It is interesting to me that in Jesus' letters to the seven churches of Revelation, near the end of each letter is this phrase, "to him that overcomes..." Regardless of what else each church was doing, each one had something it had to overcome. That is life in this fallen world. Jesus has a challenging word for each of us; overcome!

In the coming weeks we will look at lies, evil, anxiety, fear, confusion, weakness, and temptation. Jesus tells us that He has overcome the world, and in His power and strength, we can be overcomers too.

"For everyone who has been born of God overcomes the world. And this is the victory that has overcome the world—our faith."  
1 John 5:4

- Dr. Donn S. Chapman, Senior Pastor

## WE'RE GLAD YOU'RE HERE!

Guests can exchange their tear-off at the Information Center in the Lobby for a special gift. Stop by with any questions you may have!

## SIGN LANGUAGE INTERPRETATION

Available during the Sunday morning, 11 am service.

## VIEW RECENT MESSAGES

At [www.cornerstonelive.net](http://www.cornerstonelive.net),  
On Demand page, Services.

## FINANCIAL INFORMATION

Need Each Week:	\$73,000.00
Rec'd last Week:	\$59,933.44
Need to Date:	\$2,044,000.00
Rec'd to Date:	\$2,077,596.90

## CONNECT WITH US:



@cornerstone\_connects



@cornerstoneministriespa



Cornerstone Ministries

**UNCOMMON**  
love your neighbor

LET'S SERVE TOGETHER!

## C-KIDS FAMILY DRIVE-IN MOVIE NIGHT

C-Kids will be hosting a family drive-in movie night on August 13, @ 8 pm featuring the movie *Sing*. The evening event will include music, games, and FREE Kona Ice for the kids! Invite your friends and register by August 9, by visiting [www.cornerstonekidslive.net](http://www.cornerstonekidslive.net) OR scan the QR code.



PRAY for CAMPS

## LOVE YOUR NEIGHBOR

Save the date for UNcommon on August 21 & 22, as we serve the community of Jeannette. Today Jeannette faces many challenges including abandoned homes & vacant lots with 97% of the school children from economically disadvantaged homes. If you are aware of a home or family in Jeannette that needs property clean-up, lawn care, landscaping, painting / staining, cleaning, power washing, or small home repairs, please let us know! You can pick up a nomination form at the Information Center or email [uncommon@cornerstonelive.net](mailto:uncommon@cornerstonelive.net).



## PRAY FOR CAMPS

One way that Cornerstone is working to impact the next generation is through our camps! X-Plosion Kids Camp is July 19-23 & Vertical Camp is August 1-6. Pray for each student, leader, and volunteer that their hearts are open to what God wants to speak to them during their week at camp.

## JULY 17 & 18, 2021 VOLUNTEER OPPORTUNITIES



## TECH TEAM VOLUNTEERS

We're always looking for tech volunteers to help with audio, video,

lighting, ProPresenter, and more! No experience needed, we'll train you! If you're interested in checking out all the exciting opportunities to serve on our AVL team, contact George Aukerman at [gaukerman@cornerstonelive.net](mailto:gaukerman@cornerstonelive.net).

☐ Yes, I'd like to volunteer



## SAFETY & SECURITY VOLUNTEERS

Each weekend service requires 6

team members to maintain safety and security throughout the campus, and we have a variety of positions available. If you have an interest in helping to keep our church safe & secure, please consider joining our team. Sign up with your info on the Connect Card. If you have any questions, please contact Kathi Labra at [klabra@cornerstonelive.net](mailto:klabra@cornerstonelive.net).

☐ Yes, I'd like to volunteer

## QR CODES

C-KIDS DRIVE-IN  
MOVIE NIGHT



## WELCOME TO CORNERSTONE MINISTRIES

Building Lives & Families on Lasting Values

Welcome, Friends! We are so glad to have you here with us today! It is our hope that at Cornerstone Ministries, you will find a friendly environment and experience meaningful worship and relevant messages that address the everyday concerns of life from a godly perspective. Please make yourself at home.



# Overcome Anxiety with Peace

Series: Overcome

Week: 6

July 17 & 18, 2021

## I. Know your ENEMY because the enemy knows YOU!

*<sup>15</sup>One day the evil spirit answered them, "Jesus I know, and Paul I know about, but who are you?"*  
(Acts 19:15 NIV)

## II. Know your PLAYBOOK because the enemy KNOWS your playbook!

*<sup>6</sup>Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. <sup>8</sup>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. <sup>9</sup>Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.*  
(Philippians 4:6, 8-9 NIV)

1. Learn how to PRAY right – vs. 6
  - Prayer – Focuses on adoration, devotion, and worship
  - Petition – Focuses on your needs and problems
  - Thanksgiving – Focuses on giving thanks to God
2. Learn how to THINK right – vs. 8
3. Learn how to LIVE right – vs. 9

## III. Know the PEACE of God because the enemy does NOT know the peace of God!

*<sup>7</sup>And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.*  
(Philippians 4:7 NIV)

Cornerstone Ministries ~ 2200 Cornerstone Lane ~ Murrysville, PA 15632 ~ 724.733.0070

Today's Speaker: Dustin Bingham, Caring & Counseling Pastor

All scriptures, unless otherwise noted, are English Standard Version (ESV).

Messages can be watched online at [www.cornerstonelive.net](http://www.cornerstonelive.net).

# 10 Ways How Not to Think

(Also known as Cognitive Distortions)  
Dr. David Burns

1. **All or nothing thinking:** You look at things in absolute, black-and white categories.
2. **Overgeneralization:** You view a negative event as a never-ending pattern of defeat.
3. **Mental filter:** You dwell on the negatives and ignore the positives.
4. **Discounting the positives:** You insist that your accomplishments, or positive qualities, “don’t count.”
5. **Jumping to conclusions:** (A) Mind reading – you assume that people are reacting negatively to you when there’s no definite evidence for this. (B) Fortune-telling – you arbitrarily predict that things will turn out badly.
6. **Magnification or minimization:** You exaggerate or blow things out of proportion, or you shrink their importance.
7. **Emotional reasoning:** You reason for how you feel. “I *feel* like an idiot, so I really must be one.” Or “I don’t *feel* like doing this, so I’ll put it off.”
8. **Should statements:** You criticize yourself or other people with “should” or “shouldn’t.” “Must,” “ought’s,” and “have-tos” are similar offenders.
9. **Labeling:** You identify with your shortcomings. Instead of saying “I made a mistake,” you tell yourself, “I’m a jerk,” or “a fool,” or “a loser.”
10. **Personalization and blame:** You blame other people and overlook ways that your own attitudes and behavior might contribute to a problem.

Burns, David D., MD: *The Feeling Good Handbook* (pp. 8-11) Plum Publishing. An imprint of Penguin Random House LLC.