

SUNDAY WORSHIP AT CENTER GLOBAL METHODIST CHURCH

Please join us for Sunday School at 9am & Worship Every Sunday at 10 am.

You Tube Live Worship Service at Center GMC-Yadkinville NC

Member(s) of the Week: Mary Ann Hill, P. O. Box 311, Yadkinville, NC 27055

Prayer Needs: Jacob Shore; Kent Mathis; Audrey Sink; Jerry Motsinger; Gale Redding; Susie Andrews; Brenda Brown; Jennifer Pruitt; Wayne & Tracey Denny; Judy Davis; Shane Stewart; Doc Lynch; Robert & Beth Steelman; Jimmy Collins; Tim Harrison; Susan Andrews; Sarah Williams; Judy & Lilly friends of Jerry Motsinger; David Crook; Ricky Spicer; Chris Buelin; Peggy Brown; Mike Lawson; Emmett Winslow; Margie Sizemore; Jean Lumley; Kyle Bumgardner; Tim Eads; Linda Church; Jerry & Hilda Carlton; Jayden Adams; Dee Jones; Drew Harris; JJ Graves; Tommie Gambill; Jim Chatman; Brad Higgins; Ryan, Maria & Cali Shumate; Alice Pickett; Katelyn Bryant; Chris Turner; Georgia Windsor; Edward Allen; Barbara Gentry; Johnny Carter; Cindy Luxe; Larry Aimes; Jim Long; Dan Kibbler; Kelly Shumate; Banks Marion; Lori Evans; Betty Wiles; Debby Gough; Sara Vestal; Penny Knowles; Debbie Hoots; Betty Drye; Azanette Cyprian; Rita Poplin; Jeff Wilkerson; Judy Baldwin; Halee Boggs; Jeff Payne; Mike Whitaker & Tammy Morrison.

Pray for Our Shut-ins: Patty Harrison; Sara Vestal; Evelyn Weatherman; Nina & Lee Groce; Mary Lou Ring; Mary Ann Hill; Peggy Casstevens; Kathy Whitaker Johnson; Audrey Hutchins.

Pray for the Family of: Eva Whitaker, Terry Whitaker, Tom Fenzel

Center Global Methodist Church

1400 Center Road, Yadkinville, NC 27055

Office Hours: Friday 1:30 pm -5:30 pm

Office Phone: (336) 679-8247

Email: admin@centergmc.org.

Church Website: centergmc.org.

Pastor: Rev. Justin Douglass- Ph# 704-657-0557

Email: pastorjustin@centergmc.org

Office Manager: Crystal Sprague

Head Ushers: David Sloop / Darry Groce

Pianist: Penny Spernoga

Welcome to Center Global Methodist Church

February 8, 2026

Center Global Methodist Church

The Unanxious Life: Living at the Pace of Grace

The One Thing "Matthew 6:31-34"

The Dashboard Light "Psalm 94:19; 139:23-24"

The Architecture of Anxiety "Luke 10:38-42"

Identifying the Weight "Matthew 11:28-30"

Strangled by the Thorns "Mark 4:7, 18-19"

From Concern to Casting "1 Peter 5:6-7"

The Grace of Giving Up "2 Corinthians 12:7-10"

The Great Exchange "Phillipians 4:6-7"



CENTER GLOBAL METHODIST CHURCH

WELCOME & PRELUDE

✚ OPENING PRAYER SEE SCREEN

✚ OPENING SONG "COME CHRISTIANS JOIN TO SING" UMH #158 (ALL VERSES)

BRINGING IN THE LIGHT OF CHRIST

SPECIAL MUSIC CENTER CHOIR

PRAYERS OF THE PEOPLE

TITHES & OFFERINGS/DOXOLOGY

CENTERING OUR LIVES FOR WORSHIP

MESSAGE "THE ARCHITECTURE OF ANXIETY" LUKE 10:38-42 (NKJV)

TIME CAPSULE

✚ CLOSING SONG "O HOW I LOVE JESUS" UMH #170 – (ALL VERSES)

✚ BENEDICTION

✚ *Please stand (as you can)*



Children's Church Today – February 8th - Tammy, Ronald & Stephanie Drye

Children's Church Next Sunday – February 15th – Shawna Poindexter & Sharron Sloop

Acolyte Ministry Schedule

February: Eli Carter, Ian Carter, Bradley Owens, Evelyn Owens & Jacob Shore

Backpack Program Delivery Schedule for Yadkinville Elementary School – Week of February 12th – SWC & Kim Matthews.

Deliveries will need to be made on Thursday, anytime from 9:00 -11:00 am.



Calendar of Events

Today	Feb 8 th	Children's & Youth Valentine's Day Party – Youth Room -Following Worship
Tues	Feb 10 th	Bible Study – NFH (Morning Class at 10 am & Evening Class at 7 pm) Children/Youth Night – 6:35 pm – Youth Room
Tues	Feb 17 th	Bible Study – NFH (Morning Class at 10 am & Evening Class at 7 pm)
Wed	Feb 18 th	Susanna Wesley Circle – 6 pm – NFH (Please note time change for this meeting) Ash Wednesday Service – Sanctuary at 7 pm
Sun	Feb 22 nd	Bible Study Following Worship – (NFH – Men) (OFH – Women)
Tues	Feb 24 th	Bible Study – NFH (Morning Class at 10 am & Evening Class at 7 pm) Children/Youth Night – 6:35 pm – Youth Room
Tues	Mar 10 th	Bible Study – NFH (Morning Class at 10 am & Evening Class at 7 pm)
Wed	Mar 18 th	Susanna Wesley Circle – 7 pm – NFH
Tues	Mar 24 th	Bible Study – NFH (Morning Class at 10 am & Evening Class at 7 pm)
Sun	Mar 29 th	5 th Sunday Breakfast – 9 am in our New Fellowship Hall Bible Study Following Worship – (NFH – Men) (OFH – Women)

Worship Team

<u>Date</u>	<u>Multimedia</u>	<u>Nursery</u>	<u>Ushers</u>	<u>Greeter(s)</u>
2/8	Shawna P.	Jody Shore/Sharron Sloop	David Sudderth/Brad S.	Jamie Williard
2/15	Jamie W.	Paul Woodruff/Shawna P.	Rebecca H./Henry Davis	Sharron Sloop
2/22	Cameron D.	Renae Hall/ Lori C.	Ronald & Tammy Drye	Ronald & Tammy Drye
3/1	Shawna P.	Scott Poindexter/Deborah G.	Darry Groce/David Nance	David Nance



Community Fellowship FUN Day
CENTER GLOBAL METHODIST CHURCH

CRUISE IN

All cars, trucks, bikes, rat rods,
tractors & lawn mowers welcome!

Music
2pm-3pm &
4pm-5pm
by:
Cranberry
Creek
Bluegrass
Band



Hotdogs &
Hamburgers

SUNDAY, MAY 3RD 2026
2:00 PM - 5:00 PM

Homemade
Desserts &
Ice Cream

TO REGISTER EMAIL:
ADMIN@CENTERGMC.ORG

Exhibitor
Door Prizes

Proceeds will support our Children and Youth Ministries

1400 Center Rd. Yadkinville, NC
27055

***Hey! It's Almost Cruise In Time!** Please consider volunteering this year, a sign-up sheet will be available next Sunday! We hope you all will be able to join us for this Community Fellowship FUN Day on Sunday, May 3rd from 2-5 pm! Be sure to mark this event on your calendars!*



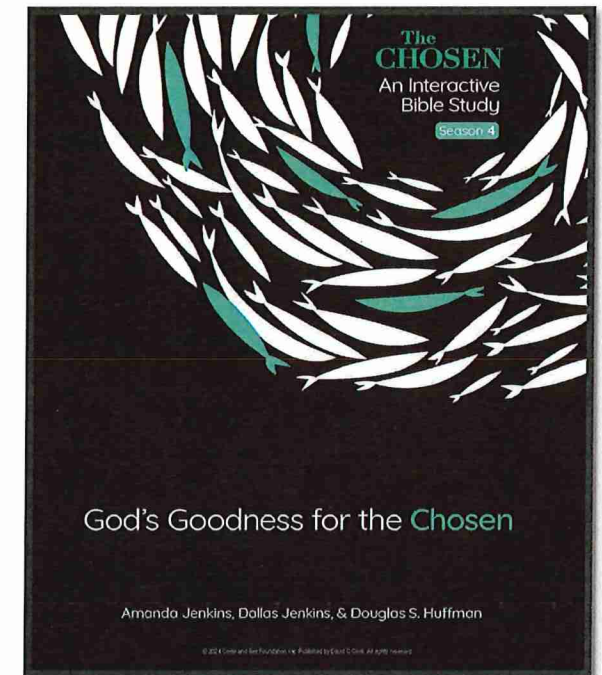
*Please join us for our
Ash Wednesday
service on February
18th at 7pm in our
church sanctuary.*

Spring Bible Study Schedule

*Everyone is invited to join us for our
Spring Bible Study Classes as we study
Season 4 of the Chosen. The dates and
times for our upcoming bible study classes
are as follows:*

*February 10th
February 24th
March 10th
March 24th
April 7th
April 28th
May 12th*

*Our Morning Class will be held at 10
am & our Evening Class will be held
at 7 pm in our New Fellowship Hall.*



ADOPT
--- A ---
COLLEGE
STUDENT

Sharing God's Love,
One Student
at a time.


STUDENTS FOR 2026

KYLIE CANTRELL
CAMREN DOUGLASS
STEPHANIE GRESHAM
RAVEN POINDEXTER
SAWYER POINDEXTER
PIERCE SPRAGUE

PLEASE CONSIDER SUPPORTING OUR YOUNG ADULTS ATTENDING COLLEGE FOR THE 2026 SEMESTER I
(CARDS OF ENCOURAGEMENT, OR SMALL GIFTS)

***Please contact
Jackie Douglass
if you need an
address for our
college students.***

***Thank you all for
your support for
these amazing
young adults.***




Join Us
To become empowered Men and Women of Christ's Kingdom

BIBLE
STUDY

Last Sunday
of every
month

Men's Bible Study- NFH
Women's Bible Study- OFH

Immediately
Following
Service



Facilitators: Justin and Jackie Douglass
Refreshments will be served during study

**We hope you will make plans to join us
for our Men's & Women's Bible Study
Classes that will be held the last
Sunday of every month!**

**These Bible Study classes will be held
immediately following worship service
and snacks will be available as well.
Schedule for the first 6 months is listed
below, so be sure to mark your
calendars!**

**February 22nd
March 29th
April 26th
May 31st
June 28th
July 26th**

Worship Notes:

1. When we become too busy to “_____” our souls through prayer and rest, we might still be “_____,” but the output is no longer beautiful or aligned with the Conductor: _____.
2. Martha’s service, like so much of our own busyness, had become a _____ rather than a _____ to Jesus, which caused her anxiety to grow because her “_____” outpaced her “_____.”
3. The word Scripture used for “_____” means “to be pulled in different _____,” “to be driven about _____,” and “to be _____ all around.”
4. First, we become anxious and lose our _____, and when we lose our peace, the natural response is _____.
5. While being dragged around, the second thing is feeling _____.
6. Third, we _____ God.
7. The word Jesus used for “worried” means having a _____ mind, while the word for “troubled” means to be _____ troubled, or what we might call feeling “_____.”
8. We often think the antidote to distraction is “_____,” but the real antidote is “_____” – getting a grip on the “one thing” that “will not be taken away:” Jesus Christ.
9. Jesus reminds us that while the “_____” of life are pressing, only “one thing” is essential: _____ with Him.
10. The tasks we obsess over today will eventually be forgotten, but the time spent in the presence of Christ – the “_____” – has _____ value.

First, how do you see Christ’s redemption in today’s Scripture? Second, what does the last part of verse 42 (“will not be taken away from her”) reveal about salvation? Third, in a world where we can lose our jobs, our health, or our reputations, what are the specific things Jesus gives us (like He did Mary) that are impossible for the world to strip from us? Fourth, we’re still reading about Mary’s choice 2,000 years later, while Martha’s menu for that day is forgotten. How does today’s Scripture challenge your definition of a “productive” day? Lastly, do you have a **personal relationship** with Jesus Christ as Savior?

*In addition to the seven daily Consider questions, reflect upon this week-long exercise:
Imagine you have two bags. **1. Bag A (The Martha Bag):** Contains things that can be taken away (your family, house, career, physical strength, health, etc.). **2. Bag B (The Mary Bag):** Contains the “good part” (your identity in Christ, the truths of Scripture, salvation, peace with God, etc.). At the end of the week, ask yourself which bag you spent more time filling.
For further study & encouragement see: Psalm 27:4;119:15; Proverbs 4:25; Isaiah 26:3; Matthew 6:33; John 6:35; Hebrews 12:28

Something To Consider:

The Architecture of Anxiety begins by creating a blueprint regarding how anxiety is constructed. First, we begin by defining the New Testament Greek word used for “distracted” (*periespato*), which means “to be pulled in different directions,” to be “driven about mentally,” and to be “dragged all around.” This is a great definition for anxiety because it isn’t just having a lot to do; it’s the internal fragmentation that happens when our attention is pulled away from the present moment and/or the Person in front of us. Martha was distracted by “much serving” – a good thing. How can even “good” or “godly” responsibilities become a source of periespato? As we add details to our blueprint of anxiety, the second thing we must do is discover the words Jesus used in today’s Scripture. The word Jesus used for “worried” is *merimnao*, meaning “to have a divided mind,” and the word He used for “troubled” is *turbazo*, meaning “to be inwardly troubled,” “a disturbance,” “outcry,” “emotional turmoil,” or in a “hubbub.” Feeling hubbub implies being overwhelmed by or immersed in a hectic, noisy, and confusing scene. The Old Testament Hebrew word for “hubbub” is *hamon*, meaning “a sound, murmur, roar, crowd, and noisy” (see Psalm 65:7). First, when Martha speaks to Jesus, her words are full of “hubbub” – she blames her sister and even questions if Jesus cares. How does anxiety change the way we talk to God and to the people we love? Second, examine the chart below and describe both the hubbub and the stillness in your life.

Martha's Hubbub	Mary's Stillness
Driven by "many things"	Focused on "one thing"
Fragmented and distracted	Present and attentive
Seeking to control others	Seeking to be taught

Comedy has a way of diffusing even the most anxious situations, so we can let our guard down to listen. As The Architecture of Anxiety blueprint unfolds, the last thing we turn our attention to is a word pun used by Jesus in answering Martha’s “hubbub” concern. (If you think your pastor likes puns, wait until you hear this one spoken by Jesus!) In verse 42, the word Jesus used for “part” is *meris*, meaning “participation” and “to share a portion.” This is a perfect response to Martha’s anxious situation because the word 'meris' describes sharing a meal together. Meris was commonly used in the Greek Old Testament (Septuagint) to describe a literal portion of food at a meal (see Genesis 43:34). **By using this pun, Jesus is teaching how Mary found a “meal” that Martha didn’t know was being served.** First, how does seeing meris as a “spiritual dish” change the way you view Jesus’ response? Second, Martha was focused on the “parts” of the meal, while Mary was focused on the “part” of the kingdom. Which “portion” (part) are you hungriest for today?

As you study the blueprint of anxiety and focus on the word “meris” (see above), notice how meris is a “part” that is distinct from the “whole.” Martha was “troubled about many things” (fragments), while Mary chose the “one thing” (the essential part). First, how can focusing on many “good” parts actually prevent us from possessing the “best” part? Second, identify three “parts” of your life that currently feel fragmented (broken, divided, shattered) and list how sitting at Jesus’ feet would help you see the “one thing” that heals, unites, and restores. Third, examine the chart below to see which portion (part) you’ve been feasting on.

Martha's Portion	Mary's Portion (Meris)
Temporary (eaten and gone)	Eternal (cannot be taken away)
Multiple and distracting	Single and focused
Self-provided (her own work)	Received (provided by the Teacher)
Led to resentment	Led to peace

Jesus didn’t tell Martha that her work was useless; He told her that her worry was unnecessary. By doing so, Jesus invited Martha, and YOU, to do our day’s work from a place of rest instead of working to find rest. Examine the chart below and ask if you find yourself more in the Martha State or the Mary State. If you answered the “Martha State,” what can you start doing today to recenter yourself towards Christ? If you answered the “Mary State,” what can you continue to do in making sure you stay anchored in Christ?

The Martha State	The Mary State
Scattered: Pulled in many directions.	Centered: Focused on Christ.
Resentful: Comparing burdens with others.	Receptive: Listening to the Word.
Performance-based: Worth is found in "doing."	Grace-based: Worth is found in "being."

Today’s Scripture reveals a big difference between distraction and devotion. As you read in question 1, to be distracted is to be dragged around mentally. Now, read 1 Corinthians 7:35. In this verse, the apostle Paul uses a related word, *aperispastos*, which means “without distraction” (the prefix a-makes it negative), to encourage believers to live in a way that allows for “undivided devotion.” Since our interests can be “divided,” what are some specific earthly things in your life that are good, but currently compete for your “mental real estate.” Next, in remembering how Jesus told Martha, “one thing is necessary,” if you had to define that “one thing,” what would it be? Everyone needs redemption because we have all sinned (Romans 3:23), and Christ’s redemption brings salvation (Romans 3:24). In today’s Scripture, we don’t just see busyness and anxiety; we also see how Jesus restores our relationship with God by freeing us from the “yoke” of self-reliance and cultural expectations to receive the grace that only Christ provides. Martha’s “distraction” is often seen as a personality flaw, but theologically, it also represents the human struggle to earn God’s favor through service and “doing,” which cannot bring salvation (Ephesians 2:8-9; Titus 3:5). Mary’s part, however, depended only on her presence with Jesus.