

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: Nina Groce, Yadkin Nursing Home, 903 W. Main Street,
Yadkinville, NC 27055 – Room #405

Prayer Needs: Jacob Shore; Kent Mathis; Audrey Sink; Jerry Motsinger; Gale Redding; Brenda Brown; Jennifer Pruitt; Wayne & Tracey Denny; Judy Davis; Shane Stewart; Doc Lynch; Robert & Beth Steelman; Jimmy Collins; Tim Harrison; 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; Katelyn Bryant; Chris Turner; Georgia Windsor; Cindy Luxe; Larry Aimes; Jim Long; Dan Kibbler; Kelly Shumate; Banks Marion; Lori Evans; Betty Wiles; Penny Knowles; Betty Drye; Azanette Cyprian; Rita Poplin; Jeff Wilkerson; Judy Baldwin; Marilyn Baird; Bridget Kimmer; Halee Boggs; Jeff Payne; Ronald Drye; Lisa Cornelius; Shelly Logan; Aunt Kitty (Kitty Kid) Sandra Overby; Karie Matthews; Taylor Kiger; Danny Athan; Mike Whitaker; Jackie Hicks; Gray Hauser & Tammy Morris.

Pray for Our Shut-ins: 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: Patty Whitaker Harrison, Nelson Spaulding & Edward Allen

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

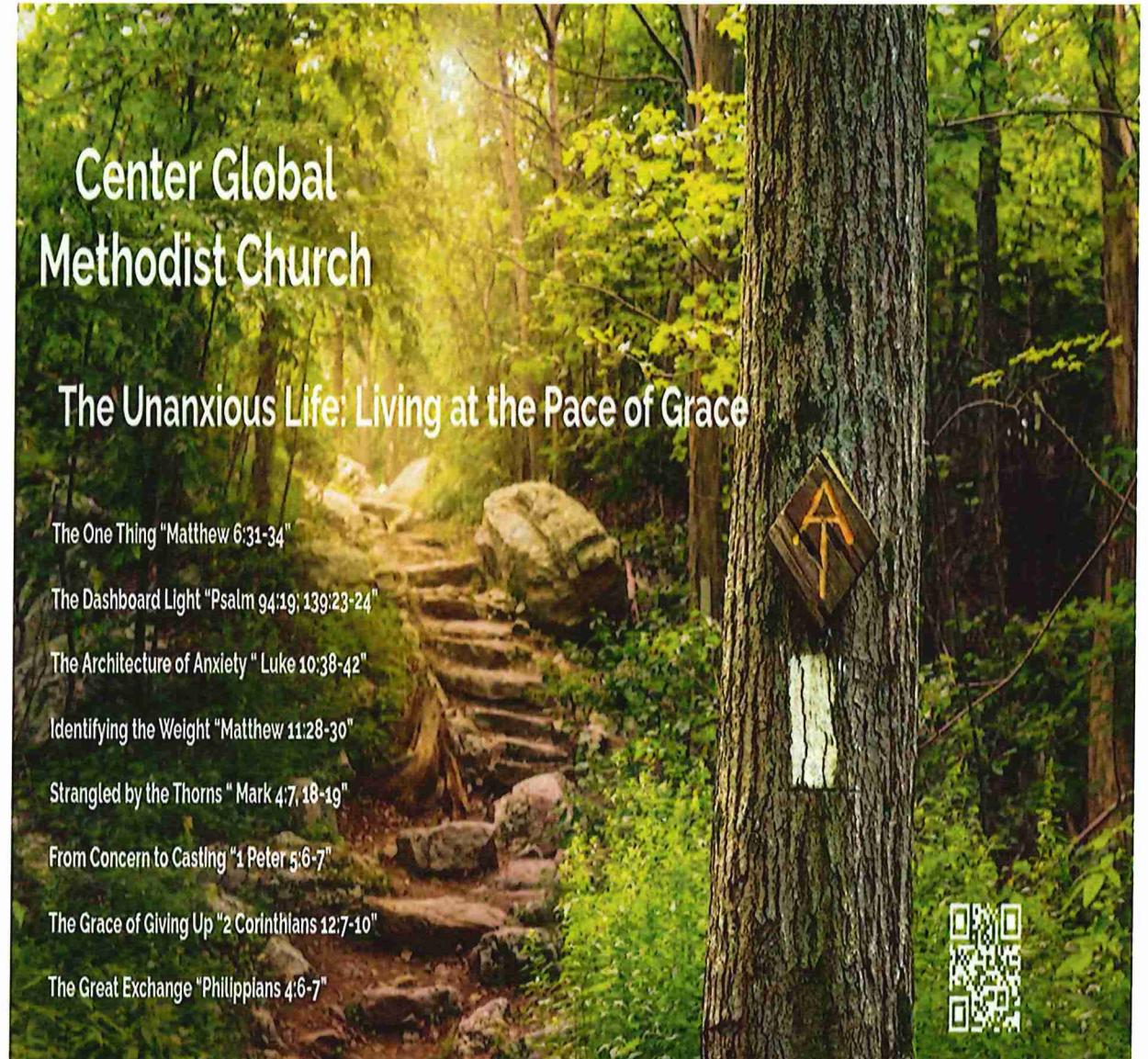
Email: pastorjustin@centergmc.org

Office Manager: Crystal Sprague

Head Ushers: David Sloop / Darry Groce

Pianist: Penny Spernoga

Welcome to Center Global Methodist Church
March 15, 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 "Philippians 4:6-7"



CENTER GLOBAL METHODIST CHURCH

WELCOME & PRELUDE

✚ OPENING PRAYER

SEE SCREEN

✚ OPENING SONG "ASK YE WHAT GREAT THING I KNOW" UMH #163 (ALL VERSES)

BRINGING IN THE LIGHT OF CHRIST

SPECIAL MUSIC

CENTER CHOIR

CHILDREN'S CHURCH DISMISSAL

PRAYERS OF THE PEOPLE

TITHES & OFFERINGS/DOXOLOGY

MESSAGE "THE GREAT EXCHANGE" PHILIPPIANS 4:6-7(NIV)

✚ CLOSING SONG "HALLELUJAH WHAT A SAVIOR" UMH #165 (ALL VERSES)

✚ BENEDICTION

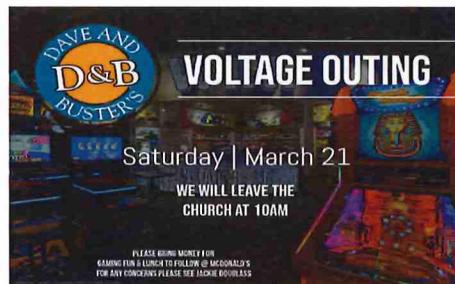
✚ *Please stand (as you can)*



Children's Church Today - March 15th – Crystal Sprague & Renae Hall

Children's Church Next Sunday – March 22nd – Jackie Douglass & Deborah Gentry

Acolyte Ministry Schedule March: Max Woodruff, Sam Woodruff, Camren Douglass & Chase Spernoga



Our Children & Youth are invited to a fun outing at Dave & Buster's in Winston Salem on Saturday, March 21st with lunch to follow at McDonald's.

Please see Jackie Douglass if you have any questions or concerns, thank you!



*Backpack Program Delivery Schedule for Yadkinville Elementary School – Week of March 19th – Paul Woodruff
Deliveries will need to be made on Thursday, anytime from 9:00 -11:00 am.*

Calendar of Events

Sun	Mar 15 th	Today - Children's & Youth Ministry Meeting immediately following worship in the sanctuary
Wed	Mar 18 th	Susanna Wesley Circle – 7 pm – NFH
Sat	Mar 21 st	Children/Youth Outing to Dave & Busters with lunch to follow at McDonald's
Tues	Mar 24 th	Bible Study – NFH (Morning Class at 10 am & Evening Class at 7 pm) Children/Youth Night – 6:35 pm – Youth Room
Thur	Mar 26 th	Ladies Bingo Night – NFH – 6:00 – 7:30 pm – New Fellowship Hall
Sun	Mar 29 th	5 th Sunday Breakfast – 9 am in our New Fellowship Hall Bible Study Following Worship – (NFH – Men) (OFH – Women)
Thur	Apr 2 nd	Maundy Thursday Service – 7 pm in sanctuary
Fri	Apr 3 rd	Good Friday Service – 8 pm in sanctuary
Sun	Apr 5 th	Easter Sunday (Easter Sunrise Service at 7 am in the cemetery beside the church with breakfast to follow in the New Fellowship Hall at 7:30 am. Sunday School at 9am & Sunday Worship Service at 10 am)
Tues	Apr 7 th	Bible Study – NFH (Morning Class at 10 am & Evening Class at 7 pm)

Worship Team

Date	Multimedia	Nursery	Ushers	Greeter(s)
3/15	Cameron D.	Kenneth Reavis/Martha Redding	Rebecca H./Brad S.	Robin Nance
3/22	Jamie W.	Bobbie G/Cheryl P	Ronald & Tammy Drye	Ronald & Tammy Drye
3/29	Cameron D.	Gale Matthews/Sharron S.	Darry Groce/David Nance	Anna Owens
4/5	Shawna P.	Paul Woodruff/Shawna P.	David Sudderth/Brad S.	Sharron Sloop

Thursday, March 26th

Ladies BINGO Night



Lite Snacks
&
Drinks
Provided



6:00 - 7:30 PM

Center Global Methodist Church
1400 Center Rd, Yadkinville

Please join us for our
Good Friday service
on Friday, April 3rd at
8:00 pm in our sanctuary.



GOOD Friday SERVICE

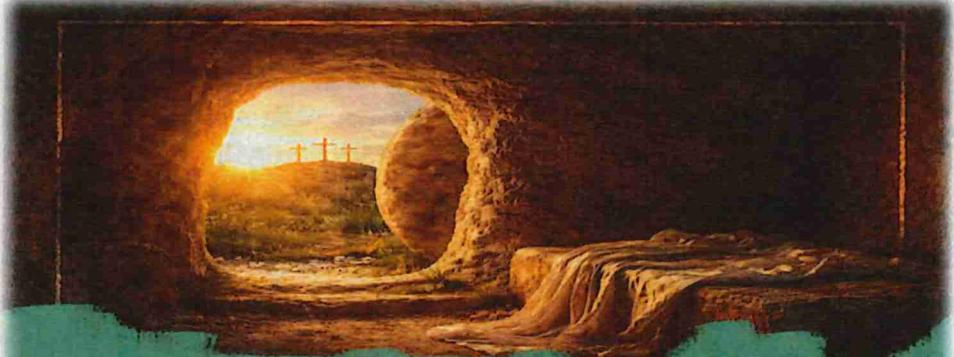
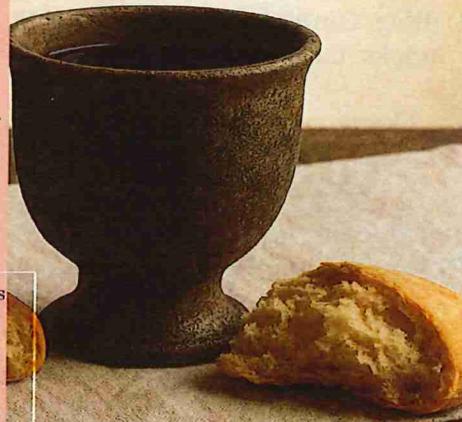
Please join us for our special Maundy
Thursday service in our sanctuary at 7 pm on
April 2nd in our sanctuary.



JOIN US for MAUNDY Thursday

Have the same mindset as
Christ Jesus,
who... made himself
nothing by taking the
very nature of a servant.

Philippians 2:5-7, NIV



EASTER SUNDAY

Celebrating the Resurrection

Please join us on Sunday, April 5th at 7:00 am for
our *Easter Sunrise Service* in the cemetery beside
the church, with breakfast to follow at 7:30 am
in the New Fellowship Hall. Sunday School will
follow at 9:00 am and our *Easter Sunday Worship
Service* will begin at 10 am. We look forward to
seeing you all on Easter Sunday to celebrate together!
Please Invite Your Friends & Family To Join Us As We
Celebrate The Resurrection!

**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.**

Community Fellowship FUN Day
CENTER GLOBAL METHODIST CHURCH

CRUISE IN

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

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

Hotdogs &
Hamburgers

FREE
ENTRY

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

Homemade
Desserts &
Ice Cream

Exhibitor
Door Prizes

**TO REGISTER EMAIL:
ADMIN@CENTERBMC.ORG**

Proceeds will support our Children and Youth Ministries
**1400 Center Rd. Yadkinville, NC
27055**

**Hey! It's Almost Cruise In
Time!** Thank you to everyone
who has volunteered so far to help!
If you would like to help and have
not signed up yet, please contact
Rena Hall or Crystal Sprague. 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!

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!**

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

**Please help us continue to fill the shelves at Yadkin
Christian Ministries this year! If you would like to donate,
we currently have boxes for donations located in the
narthex and by the church mailboxes. Please be sure
your donation's are in a bag for easy drop off for our
volunteers at the ministry.**

Current Needs: Rice, Canned Tuna, Spaghetti Noodles,
Sweet & Salty Snacks, Canned fruit & cereal



Thank you to everyone for your support of this ministry!

Spring Bible Study Schedule

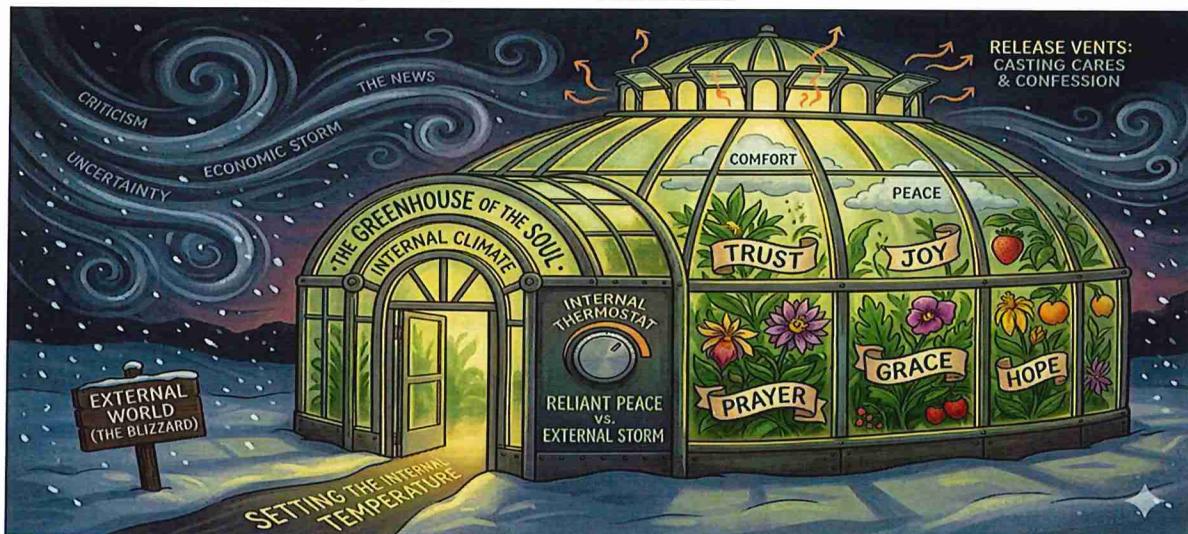
**Everyone is invited to join us for our Spring Bible Study Classes as we study Season 4 of
the Chosen. The dates and times for our upcoming bible study classes are as follows:**

**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.**

Worship Notes:

1. The word _____ comes from an Old English word meaning “to strangle” or “to choke,” which is what anxiety does – like thorns, it _____ the joy out of today.
2. A _____ life is one of growth, but it only survives because of a barrier that allows the light in while keeping the _____ frost out.
3. “Do not be anxious about anything” implies a _____: stop being habitually pulled in different directions by taking the energy you’re spending on life’s “_____” and redirect it to God’s “_____.”
4. To change the way someone responds to a _____ (v. 6), first change what they _____ about life and Christ.
5. _____ is the act of stepping out of the world’s weather and into Heaven’s atmosphere, because while the world provides a climate of anxiety, comparison, and fear, _____ provides a climate of grace, sovereignty, and peace.
6. Pure _____ without thanksgiving can actually increase anxiety because it focuses entirely on the problem. Thanksgiving allows the “_____” of God’s faithfulness into the heart, creating a climate where peace can grow.
7. The “_____” stands like a guard at the door, checking the “_____” of every thought before it’s allowed to enter.
8. When God “guards our hearts,” He is protecting the climate of the _____ within us, so that the fruit of the Spirit can grow regardless of the _____ outside.



Something To Consider:

This sermon series – “The Unanxious Life: Living at the Pace of Grace” has explored:

Wk. 1: “**The One Thing**” – Seek Christ first, foremost, & always

Wk. 2: “**The Dashboard Light**” – Don’t ignore the warning light of anxiety in your life

Wk. 3: “**The Architecture of Anxiety**” – The blueprint of barriers, busyness, and distractions that keep us from the best thing: Christ

Wk. 4: “**Identifying the Weight**” – Christ’s yoke carries your burden & provides guidance, direction, and strength

Wk. 5: “**Strangled by the Thorns**” – Decluttering our lives of things that grow faster than faith

Wk. 6: “**From Concern to Casting**” – Give the rope of anxiety into the Savior’s mighty hands

Wk. 7: “**The Grace of Giving Up**” – Finding peace on God’s bridge when you don’t feel worthy

Wk. 8: “**The Great Exchange**” – Submitting to God so He can guard your heart & mind by providing peace

The Unanxious Life isn’t a life free from trouble; it’s a life where your internal peace is directed by God more than by your external circumstances. Living at the Pace of Grace is following Jesus as a disciple by intentionally prioritizing maturing your faith so Christ’s character becomes your framework for life. What are your takeaways from this series? What is The Unanxious Life? How can you start Living at the Pace of Grace?

A greenhouse creates a specific environment that allows things to grow even when the outside weather is harsh. A greenhouse isn’t a bunker; it’s transparent, but it’s contained, meaning you can remain visible and active in the world while having boundaries that filter what is allowed to come inside. Additionally, plants in a greenhouse grow faster because the soil is rich and the water is consistent, meaning growth is a byproduct of a healthy environment. Living a “greenhouse” Christian life has 3 main benefits for believers today. (1) **Protection:** Guarding your time, energy, mind, and heart from outside thorns, temperatures, and “pests” that threaten you spiritually, disrupt your peace, cause confusion, and produce anxiety. (2) **Cultivation:** Focusing on the inward growth of spiritual fruit, where spiritual nutrients are provided for Christian growth and peace to flourish. (3) **Sustainability:** Understanding that “busy” is a choice, not a requirement for value, and how discipleship is the eternal position of believers who grow in the faith as overcomers. What does your “greenhouse” Christian life look like? How would you describe a Christian as a “greenhouse” for God? Lastly, how does the Protection, Cultivation, and Sustainability of Christ help your anxiety, give strength, and produce peace?

In today’s Scripture, the phrase, “transcends all understanding” (*hyperechousa pas nous*) suggests a peace that operates outside the boundaries of human calculation. In a technical sense, human “understanding” is an **analytical feedback loop**. When a problem arises, the mind calculates resources, weighs risks, and seeks a solution. Peace usually only arrives *after* the calculation shows a positive outcome. However, this specific peace is described as a **system override**. It is a state of stability that exists even when the “data” suggests there should be chaos. This is why the Greek word “transcends” means “to be over and above” or “to excel,” because it’s a peace that comes from God that guards a believer’s heart and mind in Christ Jesus. This peace is independent of circumstances and is accessed by prayer, petition, and thanksgiving, which replaces anxiety with trust in the presence of God. Knowing Paul wrote this from prison, how does his situation help to distinguish “understanding” (intellect/logic) from “peace?” How does

“peace which surpasses all understanding” help you grow in the Christian faith (ex. Does it help produce trust? Does it allow Jesus to better guide your life? Etc.)? When have you experienced a sense of calm that did not make sense based on your circumstances?

In today’s Scripture, notice how peace comes after the prayer, but often before the circumstances change. Believers are to trust God first and pray first because God IS first in the believer’s life. Keeping God first produces peace, which is described as a “guard” for your heart (will & emotions) and mind (thoughts & intellect). The Greek word for “guard” (*phrouresei*) refers to a garrison or a sentinel stationed to protect a city. Like a greenhouse, God’s “guard” is the framework, glass, and doors to protect the interior atmosphere, thereby maintaining a “pressurized environment” that keeps the external “pollutants” from leaking in. Thus, it’s not just a feeling; it’s a spiritual security system that maintains the life-sustaining conditions inside you. Today, begin by turning anxieties into prayers, replace negative thought patterns with Scripture, and identify practical habits to foster spiritual, emotional, and mental health. Then, answer these questions: In what ways can you keep God first in all things? How does peace sourced from the Creator differ from peace sourced from favorable circumstances? In what ways is Godly peace superior to, or different from, the peace the world offers? Lastly, why did the fisherman have such great peace? Because he knew even if he didn’t catch anything, he was still “hooked” on the right source! What source are you hooked on for peace?

When The Unanxious Life journey began, “A Short Summary of Anxiety” was provided in the church narthex, which briefly outlined the amygdala’s response in the brain to anxiety. Your amygdala operates like a smoke alarm and provides a reaction before we know we need one. When the amygdala activates, our pupils dilate, which improves our vision. We breathe faster, pulse rate increases, adrenaline amps up, and surface-level blood vessels constrict to help reduce trauma-related blood loss from an injury. We appreciate our amygdalae, just not overly sensitive ones. After all, we don’t need our smoke detectors going off for no reason. That’s why chronic anxiety is an overly active amygdala that never quite turns off. Limited anxiety is needed and helpful, but nobody wants to live in a state of high alert. Thus, God created our brains to replenish themselves with natural mood enhancers like dopamine and serotonin, which restore peace and joy. But if the amygdala never stops, these enhancers never have a chance to work. The brain never resets, and we become unsettled, moody, and restless. The good news is that God can calm our amygdalae, especially when we apply today’s Scripture. The brain possesses neuroplasticity, meaning it can be physically reshaped by our thought patterns. Focusing on prayer, petition, and gratitude has been shown to reduce oversensitive amygdalae. First, if the amygdala is like a smoke detector, what are the specific “false alarms” that trigger yours most often? Second, do a before-and-after reading of today’s Scripture. What specific actions does Paul command before we reach verse 6 (hint: begin in verse 4)? Second, what specific actions does Paul command after verse 7 (hint: begin in verse 8)? Lastly, read Psalm 38:8-22. How does the psalmist describe the physical sensation of being distressed? How do you personally feel the symptoms of anxiety? How does the psalmist pray for healing?

Greenhouses are made of glass or plastic to let the light in. They are essentially houses where nothing is hidden. For a plant to grow, it needs maximum exposure to the sun. Likewise, spiritual growth requires transparency before God. If we “paint the glass” (hide our sins, struggles, or anxieties), we block the very light needed to survive. In God’s Kingdom, exposure isn’t for shame; it’s for growth, because you can’t grow in the dark. Prayer is the act of stepping out of the shadows and into the light. Confession and honesty in prayer are like cleaning the glass. Thus,

when we’re transparent before God, we receive the full “Son-light” necessary for growth and reduced anxiety. To alleviate anxiety, how transparent are you with God? Next, read 1 John 1:5-10. Is your life a “light” of prayer? Lastly, what does it mean to “walk in the light?” How does this help provide The Unanxious Life?

Today’s Scripture moves from the **problem** (the cold) to the **process** (the glass) to the **protection** (the guard). We cannot simply “stop” worrying; we must replace it with God’s “glass” to guard us. Otherwise, keeping the window open creates a vacuum, and if you don’t fill your mind with prayer and gratitude, the vacuum of your life will automatically suck anxiety back in. Thus, to “Be anxious for nothing” is to close the window by stopping circular thinking. Examine the chart below. How do you see The Great Exchange occur? What is The Great Exchange you need to give God? After the exchange, what is your remaining responsibility as a Christian?

The World (The Open Field)	The Greenhouse (The Prayer Life)
Vulnerable to every "wind of doctrine"	Protected by the presence of God
Growth is stunted by harsh "frost" (trials)	Trials are filtered through God's sovereignty
Dependent on external circumstances	Dependent on the internal environment
Often dry and thirsty	Constant "irrigation" through the Spirit

Expanded version of Philippians 4:6-7, adding how the definitions of each Greek word help provide a more detailed picture of The Great Exchange:

6 “Stop being pulled in different directions by even a single anxiety. Instead, in every detail of life, through worshipful prayer and urgent, personal blinking-eye petitions – always seasoned with a deep sense of gratitude – allow your specific needs to be laid open and made fully known in the presence of God.”

7 “And then, the peace of God – that tranquil state of soul that rises far above and excels beyond anything the human mind can calculate or devise – will stand like a military sentinel, mounting a guard over your hearts and your mental perceptions within the protective sphere of Christ Jesus.”

Enjoy The Unanxious Life: Living at the Pace of Grace!

For further study & encouragement see: Psalm 55:22; Proverbs 4:23; Isaiah 26:3; John 14:27; Ephesians 6:18; Colossians 4:2; 1 Thessalonians 5:17-18