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www.mydestiny.me

Prayer Requests

Giving

Connect Groups

Events

UPCOMING EVENTS AND NEWS

WOMEN'S GAME NIGHT — Friday, August 28, 6:00 pm

Bring a dessert to share and join the women of Destiny for a night filled with fun, laughter, and connection!

ALL WORSHIP SUNDAY + POTLUCK + VOLUNTEER APPRECIATION — Sunday, August 30

This month has five Sundays, which means it's All-Worship Sunday! Join us for an extended, passionate time of worship, followed by a potluck lunch together. We'll also take time to celebrate the incredible volunteers who faithfully serve our church family and community. Come worship, eat, celebrate, and enjoy being together—we can't wait!

INTENTIONAL PARENTING CONNECT GROUP — Wednesdays, 6:00 pm, beginning September 2

*Parenting doesn't come with easy answers, and good intentions aren't always enough. This fall, Pastor Shawn will lead a 10-week Intentional Parenting Connect Group based on the book by Doug and Cathy Fields. Together, we'll explore practical, biblical principles for moving beyond quick fixes and raising healthy, independent young adults with purpose, confidence, and grace. This isn't a group for perfect parents—it's for real parents who want to become more intentional. **Please RSVP to Pastor Shawn** at shawn@destiny4square.org **by Wednesday evening**. A suggested companion book is available at DougFields.com/store.*

PURPOSE DRIVEN LIFE CONNECT GROUP — Wednesdays, 6:00 pm, beginning September 2

What on earth am I here for? Join Pastor Lyle on Wednesday evenings for a new Connect Group based on Rick Warren's "The Purpose Driven Life." Together, we'll explore five Biblical purposes for our lives—worship, fellowship, discipleship, ministry, and mission—and discover how God has uniquely created and called us to live for Him. This group will meet in the office building.

SHEPHERDING YOUR SOUL — Wednesdays, 6:00 pm, beginning September 2

*We all face moments when emotions feel overwhelming, our thoughts don't align with God's truth, or obedience simply feels hard. Join Pastor Valerie as we dig into Scripture, learn from the experiences of those who have gone before us, and encourage one another through the ups and downs of everyday life. **This is a group for real people dealing with real-life issues who want to grow and give glory to God on the journey.***

MEN'S PUTZ N GLO — Saturday, Sept. 12, 5:00 pm

Join us for our first event of the season—indoor black light mini golf! Everyone will pay their own admission. Come hang out, have some fun, and kick off the season with us!

MEN'S BIBLE STUDY — Sundays, 6:00 pm, beginning September 13

Join the men of Destiny this fall for God, Our Warrior King, a new Bible study led by Matt Davis.

We love capturing moments of worship and community. Photos and videos may be taken today for Destiny Foursquare's online and promotional use. If you'd rather not appear, let our Welcome Team know.

phone: **605.348.7958** • email: **destiny@destiny4square.org** • website: **www.mydestiny.family**

MESSAGE NOTES

08.23.26 | STEADY, Part 3: Lift Your Head

GO DEEPER WITH THIS WEEK'S MESSAGE, INCLUDING SMALL GROUP QUESTIONS, DAILY DEVOTIONS, A FAMILY GUIDE AND MORE AT [MYDESTINY.FAMILY/SERMONS](https://mydestiny.family/sermons)

WHAT ARE YOU STILL HOLDING?

ASK THE QUESTION: What if I am still holding on to everything? Some of us worship God while _____ our lives.

Anxiety has the ability to make us experience _____ trouble today.

Therefore humble yourselves under the mighty hand of God, so that He may exalt you at the proper time, having cast all your anxiety on Him, because He cares about you. 1 Peter 5:6-7 NASB

1. God is not asking you to stop caring. He is asking you to let Him _____ what you care about.
 - The invitation is to _____.
2. Anxiety can often get tangled up with our need for _____.
3. Biblical humility is _____ with God about who He is and who I am.
4. God has given _____, not sovereignty. I can obey, but not guarantee outcomes.
 - We are not the _____ in the story.

RELEASE THE WEIGHT

5. God's mighty hand is associated with His _____ and _____.
6. Peter gives us something to do with the weight: _____ it.

PRACTICAL TOOLS FOR RELEASING ANXIETY: *Ground your feet, breathe slowly, name what is happening, speak the truth about what you know, go for a walk, get outside, put on worship music, call somebody safe, write down what you are carrying, or pray it out loud.*

TRUST THE HANDS THAT HOLD YOU

7. Open hands are _____ hands.

I am the good shepherd; the good shepherd lays down His life for the sheep. John 10:11 NASB

After you have suffered for a little while, the God of all grace, who called you to His eternal glory in Christ, will Himself perfect, confirm, strengthen, and establish you. 1 Peter 5:10 NASB

8. **LOOK AT WHAT HE WILL DO:** He will perfect you, confirm you, strengthen you, and establish you. In other words, He will make you _____.

BREATHE AGAIN || LIFT YOUR HEAD || OPEN YOUR HANDS