

# “Silicon Valley Bank Collapse Explained in Graphics”

by Carlie Procell and Ramon Padilla  
USA Today (Mar. 14, 2023)



# Wall Street's Biggest Banks Rescue Teetering First Republic

A plan led by Treasury Secretary Janet Yellen and JPMorgan Chase's chief executive led to a \$30 billion infusion by 11 of the largest U.S. banks.

*NY Times Mar. 14*



FIRST REPUBLIC BANK

ONE WAY

## *Banking Crisis Hangs Over Economy, Rekindling Recession Fear*

Borrowing could become tougher, a particular blow to small businesses — and a threat to the recovery's staying power.

*NY Times Mar. 17*



# OUR LENTEN Journey



## FREEDOM from ANXIETY

A HOLISTIC APPROACH TO  
EMOTIONAL WELL-BEING

MARCEY SHAPIRO, MD

### 50 STRATEGIES TO MANAGE YOUR ANXIETY

@BELIEVEPHQ

- ENGAGE IN SOMETHING PLEASURABLE
- ENGAGE IN SOME EXERCISE
- LIMIT THE AMOUNT OF ALCOHOL YOU DRINK
- CHALLENGE YOUR THOUGHTS
- JOURNAL YOUR WORRIES
- WORK ON YOUR PROBLEM SOLVING SKILLS
- TAKE A DEEP BREATHE AND COUNT BACKWARDS
- PRACTICE SOME DEEP BREATHING
- UNDERSTAND WHEN YOU START CATASTROPHIZING
- PRACTICE SOME SELF CARE
- TAKE A BREAK FROM TECHNOLOGY
- ACCEPT THAT YOU HAVE ANXIETY
- TALK TO SOMEONE ABOUT YOUR ANXIETY
- FOCUS ON THE PRESENT MOMENT
- LIMIT THE AMOUNT OF CAFFEINE YOU HAVE
- HAVE A BATH
- DOWNLOAD AN APP
- WHY NOT TRY DOING SOME YOGA
- JOIN AN EXERCISE GROUP
- BUY A MINDFULNESS COLOURING BOOK
- LEARN WHAT YOUR TRIGGERS ARE
- LEARN MORE ABOUT HOW YOUR ANXIETY AFFECTS YOU
- COUNT TO TEN SLOWLY
- COME UP WITH AN ALTERNATIVE THOUGHT
- BUILD A MENTAL HEALTH SUPPORT NETWORK
- TRY TO KEEP THINGS IN PERSPECTIVE
- FOCUS ON THINGS YOU CAN CONTROL
- TAKE A BREAK
- EXPLORE SOLUTIONS TO OVERCOME YOUR WORRIES
- MAKE SURE YOU ARE EATING A BALANCED DIET
- TRY SINGING
- LEARN SOME PROGRESSIVE MUSCLE RELAXATION
- SET ASIDE SOME TIME TO WORRY
- PRACTICE SOME MINDFULNESS
- TRY ENGAGING IN RATIO BREATHING
- LISTEN TO RELAXING MUSIC
- IDENTIFY THINKING ERRORS
- ASK YOURSELF: WHAT'S THE WORST THAT CAN HAPPEN
- REDUCE YOUR STRESS LEVELS
- MANAGE YOUR TIME EFFECTIVELY
- PRACTICE IMAGERY TO REDUCE AROUSAL
- DON'T BE AFRAID TO ASK FOR HELP
- LOOK AFTER YOURSELF
- DISTRACT YOURSELF
- SLOW DOWN WHAT YOU ARE DOING
- TEST OUT THE VALIDITY OF YOUR THOUGHTS
- VISUALISE A SAFE PLACE
- RECOGNISE THE SIGNS OF YOUR ANXIETY
- CALL A FRIEND
- MAKE SURE YOU ARE GETTING PLENTY OF SLEEP



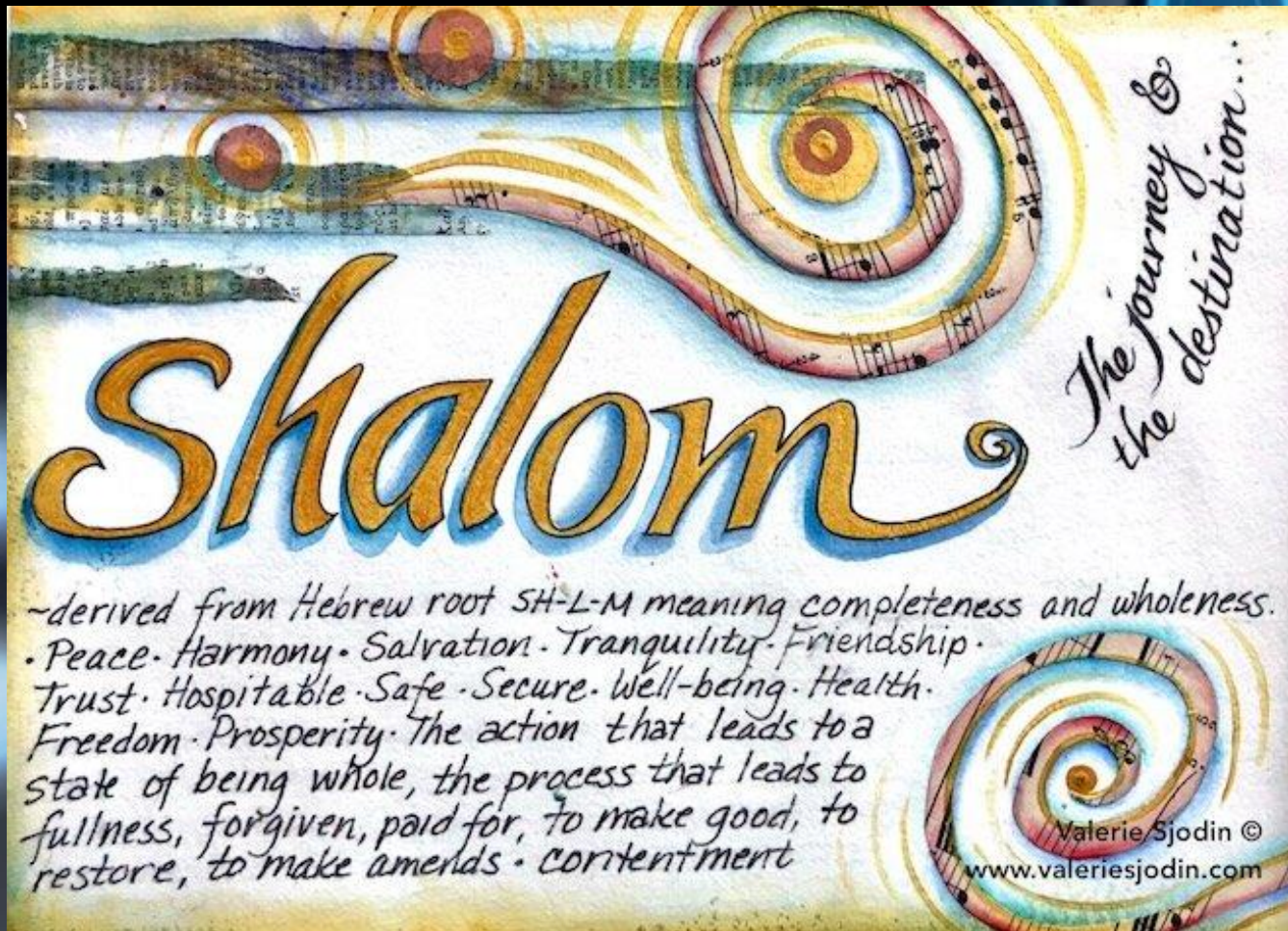
# *Be Perfect,*

*therefore, as Your Heavenly Father Is Perfect.*

1. The Journey of the Mortals - Feb. 26
2. Settle Matters Quickly with Your Adversaries - Mar. 5
3. To Be Seen by God, not by Men - Mar. 12
4. Seek First His Kingdom and His Righteousness - Mar. 19
5. Love Your Enemy - The Act of True Forgiveness - Mar. 26
6. Like the King Gentle and Riding on a Donkey - Palm Sunday, Apr. 2
7. Report of the Passion of the Mattean Jesus - Maundy Thursday
8. Seven Woes, Then and Now - Good Friday

# Matthew 6:25-34

## What Matters Most



*The journey & the destination...*

# Shalom

-derived from Hebrew root SH-L-M meaning completeness and wholeness.  
• Peace • Harmony • Salvation • Tranquility • Friendship •  
Trust • Hospitable • Safe • Secure • Well-being • Health •  
Freedom • Prosperity • The action that leads to a  
state of being whole, the process that leads to  
fullness, forgiven, paid for, to make good, to  
restore, to make amends • contentment

Valerie Sjodin ©  
[www.valeriesjodin.com](http://www.valeriesjodin.com)

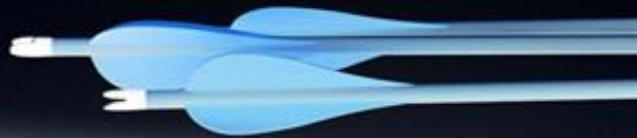


# Matthew 6:25-34

## Do Not Worry

μεριμνάω

merimnaō / be anxious



Therefore...  
**DO NOT**  
**WORRY**

MATTHEW 6:25-34

6:25 *“do not worry about your life”*

v. 27: *by worrying who can add a single hour to his life*

v. 28: *do you worry about clothes?*

v. 31: *so do not worry – pagans do*

v. 34: *do not worry about tomorrow ... worry about itself.*

# Matthew 6:25-34

## God is Your Father

As a father has compassion on his children,  
so the LORD has compassion on those who fear him.

**Psalms 103:13**

FOR YOU DID NOT  
RECEIVE A SPIRIT THAT  
MAKES YOU A SLAVE AGAIN  
TO FEAR, BUT YOU RECEIVED THE  
SPIRIT OF SONSHIP.  
AND BY HIM WE CRY,  
“**ABBA, FATHER.**”

**ROMANS 8:15**



*Cast*  
your cares on  
the LORD  
& he will  
sustain you

*Psalms 55:22*



*TriciaGoyer.com*

# *Matthew 6:25-34*

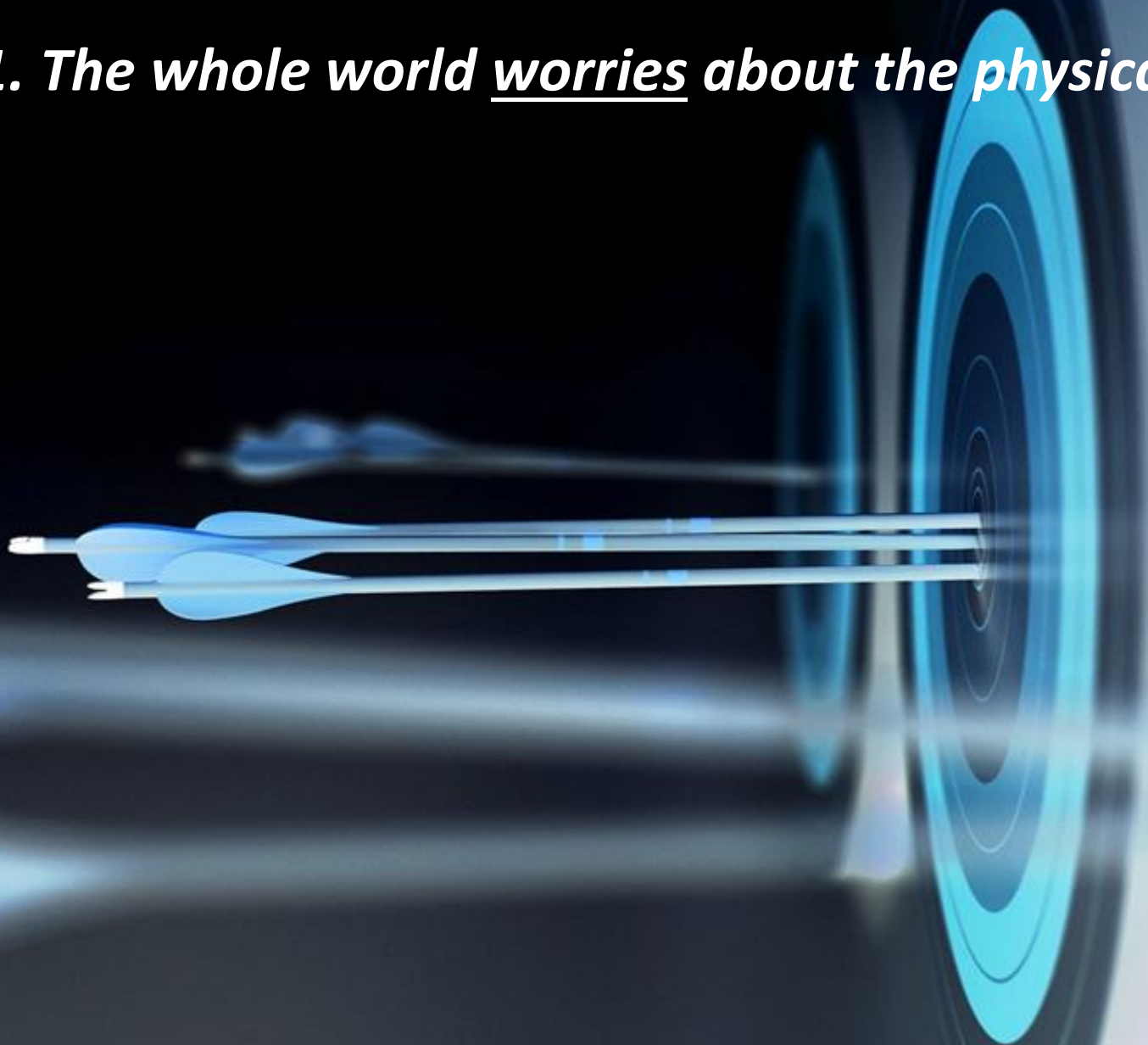
## *He is an Extravagant Giver*



You matter to God  
**You matter to us**



**1. The whole world worries about the physical needs.**



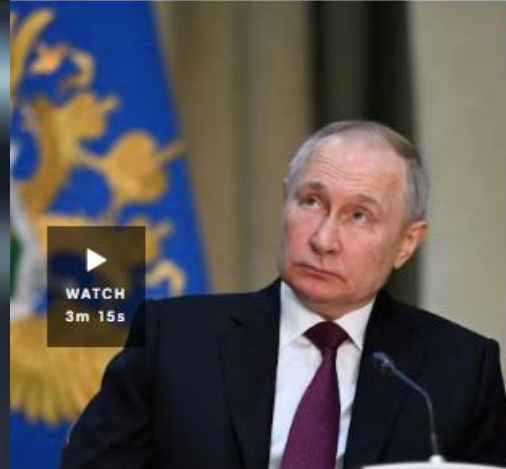
***“Be Perfect, therefore, as Your Heavenly Father Is Perfect”***  
*Part 4. Seek First His Kingdom and His Righteousness*

1. The whole world worries about the physical needs.



**ICC issues arrest warrant for Russian President Vladimir Putin over Ukraine war crimes**

Posted Fri 17 Mar 2023 at 3:47pm, updated Fri 17 Mar 2023 at 8:18pm



**ARREST  
WARRANT**

**NEWS**

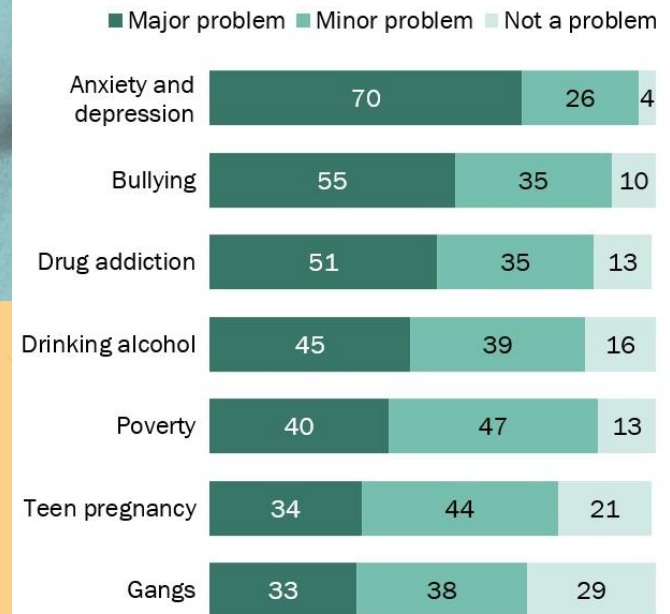
*“Be Perfect, therefore, as Your Heavenly Father Is Perfect”  
Part 4. Seek First His Kingdom and His Righteousness*

# 1. The whole world worries about the physical needs.



## Anxiety and depression top list of problems teens see among their peers

% of teens saying each of the following is a \_\_\_ among people their age in the community where they live



Note: Share of respondents who didn't offer an answer not shown. Source: Survey of U.S. teens ages 13 to 17 conducted Sept. 17-Nov. 25, 2018.

"Most U.S. Teens See Anxiety and Depression as a Major Problem Among Their Peers"

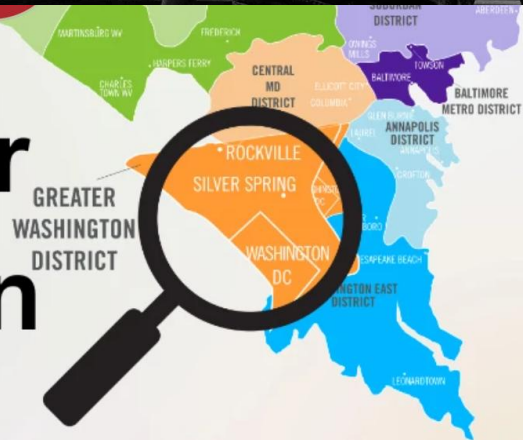
PEW RESEARCH CENTER

**"Be Perfect, therefore, as Your Heavenly Father Is Perfect"**  
 Part 4. Seek First His Kingdom and His Righteousness

1. The whole world worries about the physical needs.



# Interim changes for Greater Washington



*“Be Perfect, therefore, as Your Heavenly Father Is Perfect”  
Part 4. Seek First His Kingdom and His Righteousness*

- 1. The whole world worries about the physical needs.*
- 2. The church doesn't run after all these concerns.*



*“Be Perfect, therefore, as Your Heavenly Father Is Perfect”  
Part 4. Seek First His Kingdom and His Righteousness*

## 2. The church doesn't run after all these concerns.

Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes?

**Matthew 6:25**

*A psalm of David. When he fled from his son Absalom.*

*O LORD, how many are my foes! How many rise up against me! <sup>2</sup>Many are saying of me, "God will not deliver him."*

*Selah <sup>3</sup>But you are a shield around me, O LORD; you bestow glory on me and lift up my head. <sup>4</sup>To the LORD I cry aloud, and he answers me from his holy hill.*

***<sup>5</sup> I lie down and sleep; I wake again, because the LORD sustains me.** <sup>6</sup> I will not fear the tens of thousands drawn*

*up against me on every side. ...*

*Psalm 3:1-8*

***"Be Perfect, therefore, as Your Heavenly Father Is Perfect"***

*Part 4. Seek First His Kingdom and His Righteousness*

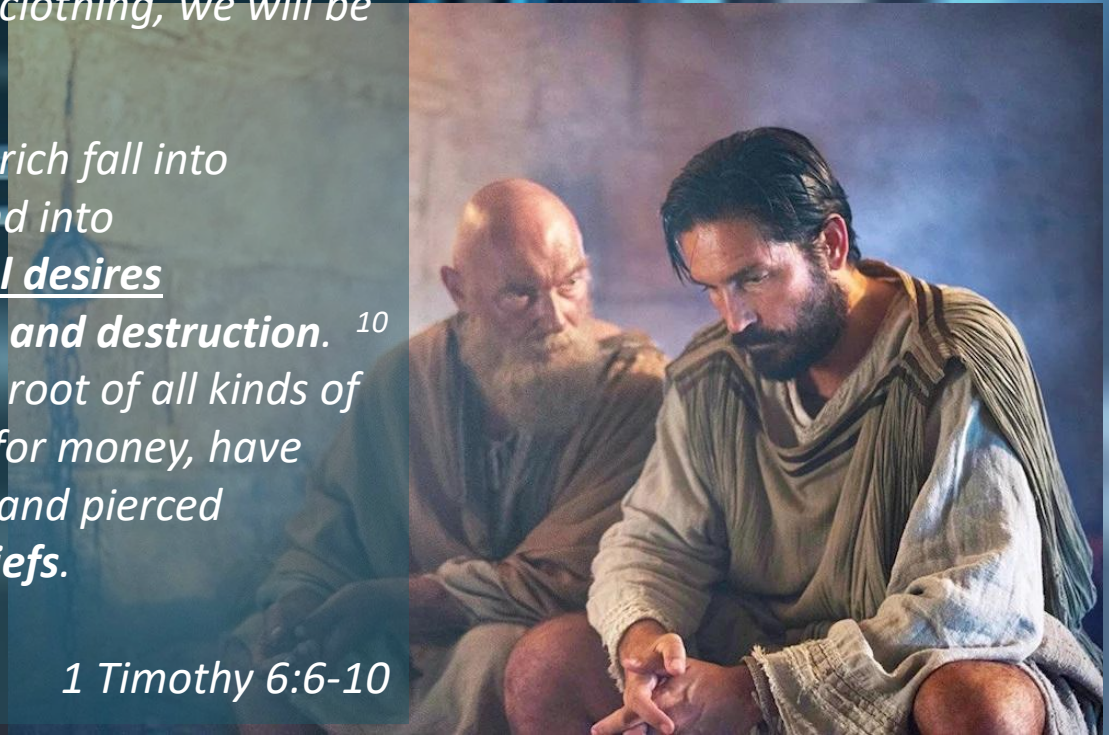
## 2. The church doesn't run after all these concerns.

<sup>6</sup> But godliness with contentment is great gain. <sup>7</sup> For **we brought nothing into the world, and we can take nothing out of it.**

<sup>8</sup> But if we have food and clothing, we will be content with that.

<sup>9</sup> People who want to get rich fall into temptation and a trap and into many foolish and harmful desires that plunge men into ruin and destruction. <sup>10</sup> For the love of money is a root of all kinds of evil. **Some people, eager for money, have wandered from the faith and pierced themselves with many griefs.**

1 Timothy 6:6-10



**“Be Perfect, therefore, as Your Heavenly Father Is Perfect”**  
*Part 4. Seek First His Kingdom and His Righteousness*

2. The church doesn't run after all these concerns.



THEN JESUS SAID,

"COME TO ME,

*all of you who are weary*

& CARRY HEAVY BURDENS,

AND I WILL  
GIVE YOU REST."

MATTHEW 11:28

**"Be Perfect, therefore, as Your Heavenly Father Is Perfect"**  
*Part 4. Seek First His Kingdom and His Righteousness*



2. The church doesn't run after all these concerns.



***“Be Perfect, therefore, as Your Heavenly Father Is Perfect”***  
*Part 4. Seek First His Kingdom and His Righteousness*

1. The whole world worries about the physical needs.
2. The church doesn't run after all these concerns.
3. It is provided in the mount of the Lord.



***“Be Perfect, therefore, as Your Heavenly Father Is Perfect”***  
*Part 4. Seek First His Kingdom and His Righteousness*

3. It is provided in the mount of the Lord.



**BUT SEEK  
FIRST  
THE KINGDOM  
OF GOD & HIS  
RIGHTEOUSNESS,  
AND ALL THESE THINGS  
SHALL BE ADDED TO YOU.**

MATTHEW 6:33

MYBIBLE.COM

*Where is your destination?*

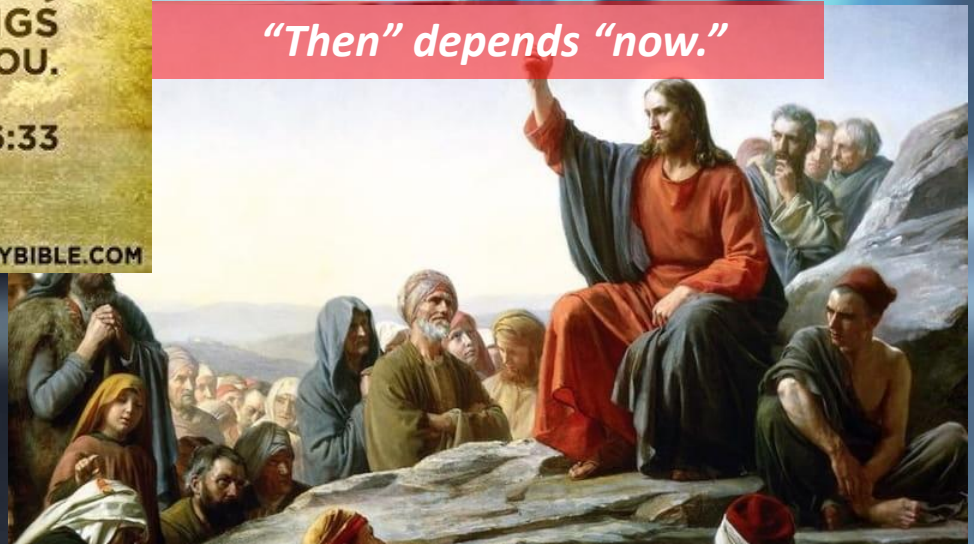
*“Be Perfect, therefore, as Your Heavenly Father Is Perfect”*

*Part 4. Seek First His Kingdom and His Righteousness*

### 3. It is provided in the mount of the Lord.



*"Then" depends "now."*



***"Be Perfect, therefore, as Your Heavenly Father Is Perfect"***  
*Part 4. Seek First His Kingdom and His Righteousness*