

Do You Get Discouraged?

Depression is no fun, but it is a fact of life. If we did not have the capacity for depression, we would not have the capacity for joy, either. Various things can affect our sense of wellbeing, and experts have done a good job of helping us understand that even our personal chemistry can cause depression. There are some basic facts that should help us deal with depression, however, and we find some good clues in the life of Elijah.

But he himself went a day's journey into the wilderness and came and sat down under a broom tree. And he prayed that he might die, and said, "It is enough! Now, LORD, take my life, for I am no better than my fathers!" Then as he lay and slept under a broom tree, suddenly an angel touched him, and said to him, "Arise and eat." 1 Kings 19:4,5

God did not give Elijah a vision or do some remarkable thing for him. He didn't even explain anything to him, really. He did supply some bread and water but notice how he simply tells Elijah to "get up and eat". Discouragement often has the effect of robbing us of the joy of everyday things. We begin to reason that God will have to do something pretty special to overcome the burden that we are currently enduring.

Do you ever think like that?

Well, "Get up and eat." Do the next thing...the next routine thing, but do it knowing God is in that every bit as much as if he were parting the sea or moving a mountain for you. Don't do it as a strike against depression. Do it because it is the way God made us to function. It seems that fighting depression is depressing in and of itself, and life is not about fighting depression, it is about glorifying our Creator. Obey Him and let that be your inspiration and your joy. He may well ask you eventually to die a heroic death in obedience to Him, but in the meantime, He may simply want you, as He did Elijah, to heroically "Get up and eat."

"Go wait in Jerusalem for the Holy Spirit" These are Jesus' words to the apostles when He ascended to Heaven. (Acts 1:4) This doesn't sound too glamorous either. As a rule, I would rather "get up and eat" than just "go and wait" That may well have been the hardest assignment God ever gave anybody, but they did go and wait and their day did come...so did Elijah's...so will ours.

You may have seen this respelling of the word DEPRESSION.

I PRESSED ON.

Press on toward the goal for the prize of the upward call of God in Christ Jesus. (Philippians 3:14).



That meets at 701 South Wilbur, Sayre, PA 18840

(570) 886-1838

Arthur Barry, Evangelist- (607) 280-1732

July 28, 2019

WELCOME!

Sunday

Bible Class- 9:30 a.m.

Worship- 10:30 a.m.

Tuesday

Ladies Bible Study- 10:00 a.m.

Wednesday

Bible Study-6:30 p.m.

All the churches of Christ greet you.

Romans 16:16

Today's Sermon *Heart Attack*

Sermons are recorded and are available for listening on the church website.

Bulletins are archived on the website.

valleycitieschurchofchrist.org

aicoc.org (Antioch Initiative)

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Scripture: Matthew 13 :14,15

ANNOUNCEMENTS / UPCOMING EVENTS...

- **Wednesday Evening Bible Class:** July 31st, either Arthur or Paul will continue with our study of Galatians.
- **VBS** – August 10th here at the building with volunteers from Kittanning and Camp Hill churches. **We will need cookies, drinks and snacks! Volunteers to help the day go smoothly are always welcome.**
- **Next Potluck: August 18th.**



NEWS

- **VBS is only two weeks off!** As usual, our brethren from Kittanning, Camp Hill and other places as well as several of us here at Valley Cities will be knocking on doors all over the area up to a week before the event to invite kids to VBS and to ask if anyone wants a Bible study or is looking for a place to worship.
- **Mike and Nadine Huddleston**, our remaining Sojourners, will most likely be leaving us during this next week. From here they will be traveling to the church at Farmington, CT for their next assignment. We have benefited greatly from their service and teaching. Safe travels, Mike and Nadine!
- **Follow-up on leads from the door knocking that took place before our tent meeting has been very encouraging! It was particularly enjoyable for Mike and Arthur on Friday when they visited several contacts.**

HAPPY LATE BIRTHDAY (July 16th) to RUTHIE!
HAPPY BIRTHDAY (Wednesday) to PATTY!

PRAYERS

- **Thanksgiving for the positive responses** to visits to the contacts made during our recent door-knocking campaign. Pray that this effort will bear fruit for the church here.
- Prayers for **Jackie's** continuing recovery from her fall. Thanksgiving for her sister Phyllis' visit.
- Pray for **Mark Elsbree**, who needs a kidney donor soon.
- Pray for **Andrea Lentz** – lung cancer.
- Pray for **Lori Kashorek** –stage 4 lung cancer. She needs to be able to gain weight back. Her healthy diet and lifestyle seems to be paying off.
- **Erin Beiber** - metastatic breast cancer.
- Remember to pray for **Ronnie Jones** (stroke) and **Don Myers** (back pain). Ronnie is getting better, but Don is very disabled. He needs our prayer and concern.
- **Mike and Nadine's little twin granddaughter, 6-month-old Blair**, will be having open heart surgery on Thursday. We pray that everything goes well for her.
- **Sandy** is waiting for results from the MRI she had on Thursday. Pray that there is no cancer.
- **Jerry** had two biopsies recently, one on his scalp and one on his left forearm. He will be having surgery in Towanda on Tuesday afternoon to remove more of one of them. Prayers for success.

If you have any PRAYERS or NEWS that you would like included in the bulletin, please contact Sandy at barncat7237@gmail.com or text or call (607) 261-0911.