

THE COLDWATER CONTENDER

"...ye should earnestly contend for the faith..." (Jude 3)

April 23, 2017

Coldwater church of Christ

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ELDERS

Richard Price
Kevin Smith
Bill Vincent

DEACONS

Johnny Downs
Josh Fulcher
Josh Price
Wesley Tucker

PREACHER

Luke Puckett

SUNDAY SERVICE

Bible Class: 9:30
AM Worship: 10:15
PM Worship: 1:00

WEDNESDAY

Bible Class: 7:00pm

LADIES CLASS

Tuesday: 10:00am



A Message To Our Visitors

It is our privilege to have you visiting with us today. Please know that you are our honored guest. Please let us get to know you, and fill out an attendance card so we can have record of you being here. Please return to be with us again at your earliest opportunity. If you have questions or would like to study the Bible with us, please let us know. Thanks again for visiting with us, and may God continue to bless you according to His divine purpose.

THOSE TO SERVE

Announcements:

Kevin Smith

Lead Singing:

Wesley Tucker

Opening Prayer:

Bill Vincent

Scripture Reading:

Mitchell Smith

Lord's Table

Josh Price
Bradley Smith
Bill Vincent
Hyland Darnell

Closing Prayer:

Gerald Rule

Greeters (East)

Tammy and Kristin

Greeters (West)

Chris and Theresa

LESSONS

AM: The Bible is From
God

Scripture reading:

2 Timothy 3:14-17

PM: Kevin Smith

(Elder) will be
addressing us.

Scripture reading:

GOD'S RX FOR DEPRESSION

By: Neal Pollard

Please understand that clinical depression is a very real malady. However, the depressions people often feel have underlying emotional and spiritual causes. In such circumstances, the Great Physician (cf. Mark 2:17) can “heal the brokenhearted...” (Luke 4:18). Consider God’s prescription for depression.

Find some one to serve. A sure way to improve mental health is to turn our focus upon service. Is it not odd that Paul, a man imprisoned for his faith and who confesses having poured himself out in sacrifice and Service, could say, “I joy, and rejoice...” (Philippians 2:17). This flies in the face of the world’s conventional wisdom. Expending precious time and energy on someone else brings joy and happiness? That is antonymous to depression. Look for ways to encourage others, to brighten and cheer the sick, the unfaithful, or those you know in adverse circumstances. When you do, your efforts will have a double effect. You will be helping not only the struggler, but also yourself.

Find some time to meditate. Many of the people with whom I speak who are suffering from depression admit to being distant from God. They typically do not read and study the Bible regularly, nor do they consistently pray to Him. When doing both more faithfully is suggested, they often discount or dismiss the value of both in aiding their state of mind. Yet, “the proof is in the pudding.” Diligent Bible students are given promises and reassurances of God’s help and power that they see fulfilled in their daily lives. Comfort and peace are side effects of regular Bible reading. Through prayer, one gets the Sense that there is One who is listening, who sympathizes and who cares. Faithful prayer coupled with faithful living yields confidence and coping ability. Meditation works! Delight follows meditation (Psalm 119:15). Strength follows meditation (Psalm 119:27-28). Depression may be defeated by saying, with our deeds, what David wrote, “Let my meditation be pleasing to Him; As for me, I shall be glad in the LORD” (Psalm 104:34).

Find some thing to eliminate. It may be doubt. All doubt, including self -doubt, ultimately points to a

lack of faith in God. We may doubt that our circumstances will improve. We may doubt our own abilities. We may doubt God’s existence or ability to help. Such negative thinking must be reprogrammed. Remember, the Christian “can” (Philippians 4:13). It may be dread. Fear of future events, of social, economic, or emotional stress, or of interpersonal conflict all cause feelings of anxiety. Jesus says, “Don’t do this” (Matthew 6:25ff). Again, faith and trust in God is imperative. It may be disobedience to God. It is hard for one who believes in God, Christ, and the Holy Spirit to feel good about willfully continuing in a life of sin. Depression many times results [from continuing in sin, The solution is not killing the conscience, but amputating the sin problem. Guilt is a first cousin of depression, and guilt is a spiritual consequence of sinning. Failure to do what we know we should and committing what we know we should not causes all kinds of turmoil, including depression (cf. Romans 7:19-24).

Many years ago a young Midwestern lawyer suffered from such deep depression that his friends thought it best to keep all knives and razors out of his reach. He questioned his life’s calling and the prudence of even attempting to follow it through.

During this time he wrote, “I am now the most miserable man living. Whether I shall ever be better, I cannot tell. I awfully forebode I shall not.” But somehow, from somewhere, Abraham Lincoln received the encouragement he needed, and the achievements of his life thoroughly vindicated his bout with discouragement.

So far as we know, Mr. Lincoln was not a Christian. Thus, those of us locked in the dungeon beneath the castle of despair have the key to the door of depression. His name is Christ (John 14:27)!

Birthdays & Anniversaries

Announcements

- ⇒ **Reading plan:** 1 Thessalonians and 2 Thessalonians
- ⇒ **Team workgroup:** Team 4 (**Andy Johnson**) meets today
- ⇒ **Team workgroups:** To find out which team you are on, see the bulletin board.
- ⇒ **Area events:** Please see bulletin board for more info. Several meetings, singings, and Bible schools are coming up in our area.
- ⇒ **Personal invitation handouts** are available . Please make sure to take some and handout or leave with a tip, and invite someone to services.
- ⇒ **Monthly Men's Class:** May 2nd at 6:30pm
- ⇒ **Singing and fellowship:** Thanks to all who attended.
- ⇒ **Workday:** Saturday 4-29 starting at 8am Please be here to help
- ⇒ **Congregation Visit:** We will visit Union Grove on 4-30
- ⇒ **5th Sunday potluck:** 4-30 between services
- ⇒ **Pantry item** for this week is: Peanut Butter
- ⇒ **Sick:** If you know someone who is sick, please get this information to your team leader or Luke.

Prayer/Sick List

- ⇒ Hazel Brandon
- ⇒ Mae Downs
- ⇒ Helen Tidwell
- ⇒ Hyland Darnell
- ⇒ Norma Darnell
- ⇒ Richard Jones (Having tests run)
- ⇒ Whitney Tucker (Having surgery on 4-26)
- ⇒ Ron Hutchison (Having test run)
- ⇒ Kim Scott (continuing treatments)
- ⇒ Teri Mercer (At home recovering)
- ⇒ Paul Brandon (Hazel's brother in-law)
- ⇒ Debbie Smith (Kevin's sister-in-law-cancer)
- ⇒ Greg Black (Kathy Black's son)
- ⇒ Billy Irvan
- ⇒ Trudy Smith
- ⇒ Lashell Jones
- ⇒ Continue to remember all those who have lost loved ones this year

WHAT MUST I DO TO BE SAVED?

Hear the Word
(Rom 10:17)

Believe the Word
(John 8:24)

Repent
(Luke 13:3)

Confess Christ
(Rom 10:10)
(Acts 8:37)

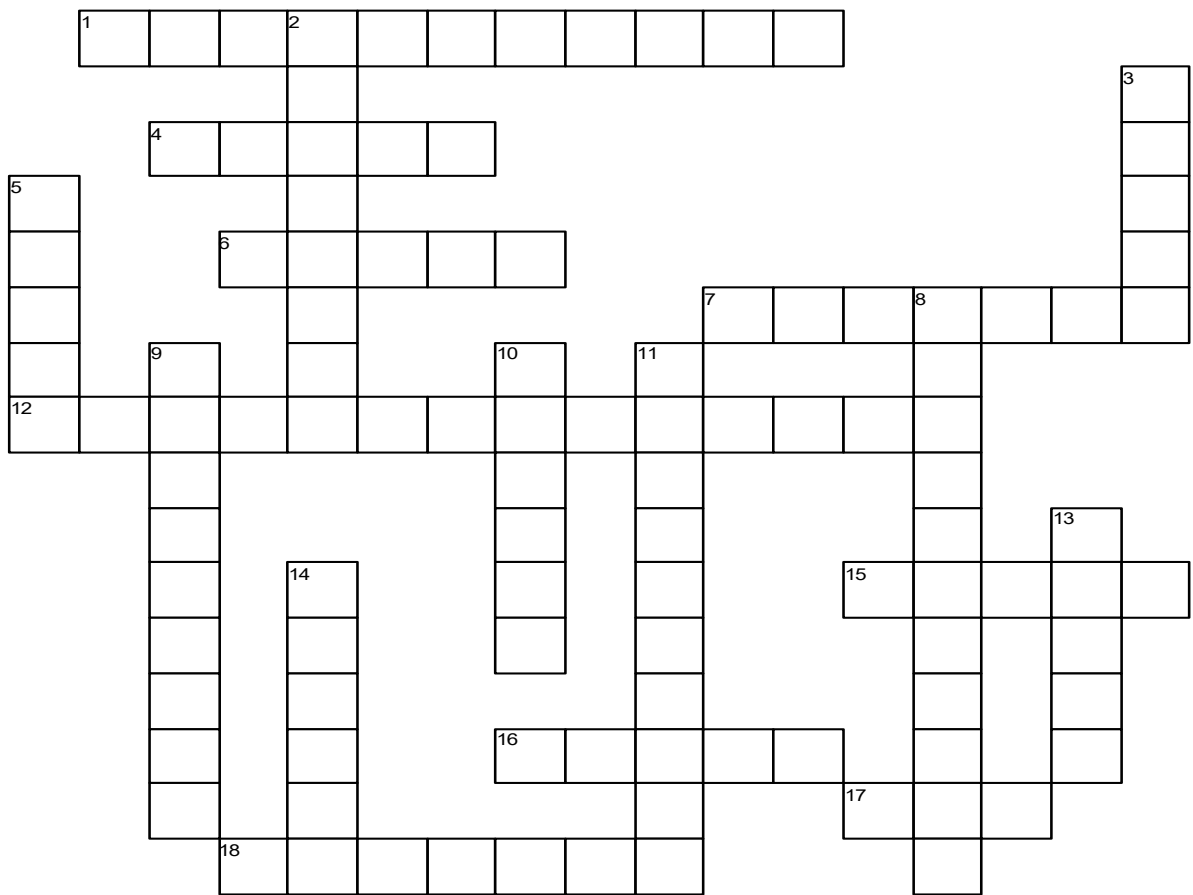
Be Baptized
(Acts 2:38)
(Acts 22:16)

Remain Faithful
(Rev 2:10)
(Acts 8:12-24)

Heaven can be your
home if you obey God!
(Heb 5:8-9)

Please visit our website at
www.coldwatercoc.org.
You will find bulletins,
sermon outlines, and
other helpful links and
material.





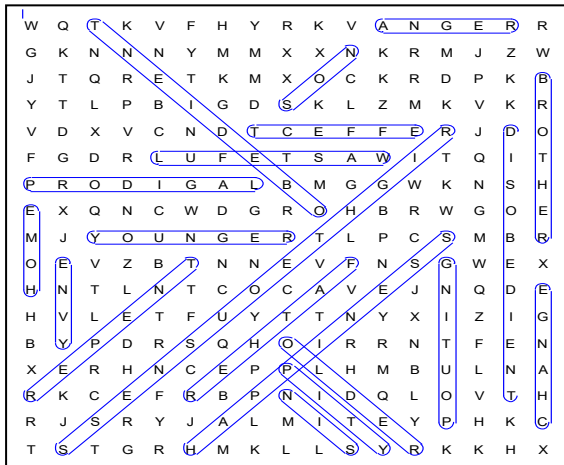
www.CrosswordWeaver.com

ACROSS

- 1 Process that ensures the seas are not full
- 4 Language that the original New Testament was written in
- 6 Credited with finding the path of the seas
- 7 Who copied copies of the original letters
- 12 Discovered in 1947 near Jerusalem (3 words)
- 15 One constellation listed in Job
- 16 Written by Homer and have around 643 of the older copies today
- 17 Tells us that the earth hangs on nothing
- 18 Another type of material used to write on in the first century

DOWN

- 2 Another constellation listed in Job
- 3 What Christ says of His that will not pass away
- 5 Where the life of the flesh is in
- 8 All scripture is given by this
- 9 One type of material used to write on in the first century
- 10 Who speaks to the "circle of the earth"
- 11 Something that is foretold that later comes true
- 13 Different writers of the Bible (number spelled out)
- 14 Scientific name given the thought that the continents were once all connected



Bible question: What group of converts burned their books of magic?

Last week's question and answer: Which king of Israel had two golden calves made for worship, and in what cities where they placed?

Answer: Jeroboam—Bethel and Dan (1Kings 12:28-29)

Those answering: Kay Robertson, Linda Jones, Peggy Newsome, Rachel Adams, Daniel Puckett