



FREEDOM CHURCH

CAMERON PARK

TODAY'S DATE
JULY 16, 2023

SERVICE TIMES
9 & 10:30 AM

NURSERY (BIRTH-4)
Opens at 10:15 AM

KIDS CHURCH (K-6)
Dismissed after worship

SUMMER STORIES

LIFE LESSONS YOU LEARNED AS A KID



TODAY'S SERMON:

OVERCOMING DISCOURAGEMENT AND DEPRESSION

1 KINGS 19

TODAY'S SPEAKER

SCOTT
WILLIAMS
LEAD PASTOR

JOIN US

4414 COMMODITY WAY
SHINGLE SPRINGS, CA 95682

530.677.7212

MAIL

P.O. BOX 950, SHINGLE
SPRINGS, CA 95682

ON THE INSIDE

- SERMON NOTES
- DISCUSSION IGNITERS
- THE LATEST

STAY CONNECTED

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OVERCOMING DISCOURAGEMENT AND DEPRESSION

1 KINGS 19



SCOTT WILLIAMS

LEAD PASTOR

Psalm 42:11 *“Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.”*

I Kings 19:2-17

Principles concerning Depression.

1. YOU GET DEPRESSED WHEN THINGS DON'T GO THE _____ YOU _____
2. YOU GET DEPRESSED WHEN YOU FORGET THE _____ OF _____
3. _____ FEEDS DEPRESSION
4. YOU GET DEPRESSED WHEN YOUR _____
5. YOU GET DEPRESSED WHEN YOU _____ YOURSELF TO OTHERS
6. YOU GET DEPRESSED WHEN YOU TRY TO MAKE IT IN YOUR _____
7. ACKNOWLEDGE MY _____ AND RECEIVE HIS STRENGTH.

8. IN YOUR DEPRESSION YOU MISS GOD'S _____

9. IN YOUR DEPRESSION YOU EXAGGERATE THE _____

10. FIGHT DEPRESSION BY GETTING IN THE _____ OF GOD

I Kings 19:11 (NRSV) *“... and after the fire a sound of sheer silence.”*

Psalm 46:10 *“Be still, and know that I am God!”*

11. FIGHT DEPRESSION BY _____ GOD

12. FIGHT DEPRESSION BY RETURNING TO YOUR _____

13. FIGHT DEPRESSION BY INVESTING IN _____

14. FIGHT DEPRESSION BY REMEMBERING YOU ARE _____

- 1 How has depression affected your family? How have you seen victory overcoming depression?
- 2 How would you describe the difference between discouragement and depression?
- 3 Is it natural that everyone goes through times of discouragement? Why do you think people get discouraged?
- 4 Why do you think most people want to isolate when they feel discouraged or depressed?
- 5 Why is isolation a bad thing?
- 6 What are some good things to remember when you are facing discouragement or depression?
- 7 **Psalm 46:10** *“Be still, and know that I am God!”* How do you practice times of stillness and silence before God? How can this be helpful in someone’s life?
- 8 Does serving others really help someone overcome depression? How? Have you ever done it?
- 9 Whose strength do we need to depend on to overcome depression? How is that done?

THU
20**PRAYER NIGHT**

7:00 PM – 8:00 PM

▼ *Freedom Church Sanctuary*FRI
21**MEN'S BIBLE STUDY**

8:00 AM – 9:00 AM

▼ *Freedom Church Cafe*FRI
21**PRIMETIMERS LUNCH (55+)**

Save the date!

*Contact the church office for more info*JUL
28**FAMILY MOVIE NIGHT**

Join us at 8:00 PM

*Come out, bring a chair and have fun!*AUG
28**CHURCH IN THE PARK**

10:30 AM

*Join us for a fun day of church outside!*SEP
6**ALPHA MARRIAGE COURSE***Invest in your relationship & build a stronger marriage**Meets every other week / Class is full*

ANNOUNCEMENTS

FAMILY MOVIE NIGHT

Join us at 8:00 PM

▼ *Freedom Church Parking Lot*

Join us for a free fun family event as we watch a fun movie, eat some popcorn and snacks. Movie will start at dusk with some pre fun activities at 8:00. So make sure you invite some friends, neighbors, and family to make memories together this summer. Just pack a lawn chair and blanket and you are all set to go. Concessions will be available for purchase. Can't wait to see you there!

**EL SALVADOR
MISSIONS TRIP 2023**

Our team is almost ready to head to El Salvador but we need your help. For the trip we need the following:

- 10 - 50+ OZ Gatorade Powder Mix
- \$2,500 for ministry supplies
(clown makeup, toys, balloons, etc)
- Sponsorships for some of those going
- Prayer

**WAYS TO
GIVE**

- 1 OFFERING BOX
- 2 FREEDOMCHURCHCP.ORG/GIVE
- 3 SCAN THE QR CODE ▶▶▶▶

