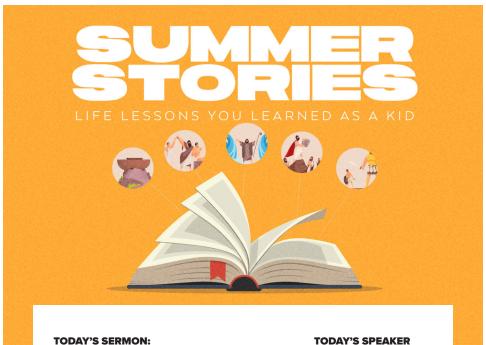


FREEDOM CHURCH

TODAY'S DATE JULY 16, 2023 **SERVICE TIMES** 9 & 10:30 AM

NURSERY (BIRTH-4)

KIDS CHURCH (K-6) Opens at 10:15 AM | Dismissed after worship



OVERCOMING DISCOURAGEMENT AND DEPRESSION

1 KINGS 19

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

- @CPFREEDOMCHURCH
- /FREEDOMCHURCHCP
- /FREEDOMCHURCHCP

OVERCOMING DISCOURAGEMENT AND DEPRESSION



IN YOUR DEPRESSION YOU MISS

GOD'S

1 KINGS 19

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 K

Pri

ings 19:2-17	9. IN YOUR DEPRESSION YOU EXAGGERATE THE
1. YOU GET DEPRESSED WHEN THINGS DON'T GO THE YOU	10. FIGHT DEPRESSION BY GETTING IN THE OF GOD I Kings 19:11 (NRSV) " and after the fire a sound of sheer silence."
2. YOU GET DEPRESSED WHEN YOU FORGET THE OF	Psalm 46:10 "Be still, and know that I am God!
	11. FIGHT DEPRESSION BY
4. YOU GET DEPRESSED WHEN YOUR	12. FIGHT DEPRESSION BY RETURNING TO YOUR
5. YOU GET DEPRESSED WHEN YOUYOURSELF TO OTHERS	13. FIGHT DEPRESSION BY INVESTING
6. YOU GET DEPRESSED WHEN YOU TRY TO MAKE IT IN YOUR	14. FIGHT DEPRESSION BY REMEMBERING YOU ARE
7. ACKNOWLEDGE MY	

8.

AND RECEIVE HIS STRENGTH.

DISCUSSION IGNITERS

- 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?
- Is it natural that everyone goes through times of discouragement? Why do you think people get discouraged?
- Why do you think most people want to isolate when they feel discouraged or depressed?
- Why is isolation a bad thing?
- 6 What are some good things to remember when you are facing discouragement or depression?
- **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?
- Whose strength do we need to depend on to overcome depression? How is that done?

THE LATEST

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

EBI

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



2 FREEDOMCHURCHCP.ORG/GIVE

3 SCAN THE QR CODE ►►►

