

## Hope Rises: Depression

- I. A hurtful myth – Good Christians don't feel bad.
  - a. Too many think the Christian life is a constant joyride.
  - b. This is an illusion with at least two devastating consequences.
  - c. Depression is not always a choice – few wake up and say, "I want to feel bad today."
- II. Chief reasons for depression:
  - a. Biochemical problem.
    - i. Low serotonin levels.
    - ii. Signs.
    - iii. 75% of patients respond. . .
  - b. Circumstantial problem.
    - i. Maybe. . .
    - ii. Some new coping skills.
  - c. Spiritual problem.
    - i. Ps. 51:6.
    - ii. Ps. 51:10.
- III. Some important principles:
  - a. Down does not mean out of God's favor.
    - i. Ps. 6:6-7.
    - ii. Ps. 13:1-2.
  - b. Down does not mean out of God's future.
    - i. Ps. 6:1-7.
    - ii. Ps. 6:8-9.
- IV. Elijah – the break down.
  - a. 1 Kings 19:3-5.
  - b. Notice how God minister's to Elijah.
    - i. R+R.
    - ii. TLC.
    - iii. VIP.

**COUNTRY CLUB ROAD  
CHURCH of CHRIST**  
700 W. Country Club Road  
Roswell, NM 88201  
(575) 622-1350 – [www.ccrccoc.com](http://www.ccrccoc.com)

**Sunday Worship (10:00 a.m.)**  
**Sunday Bible Study (9:00 a.m.)**  
**Wednesday Bible Study (6:30)**  
**Life Groups (Various Locations)**

**Minister:**

Doug Austin

**Elders:**

Tim Dunnahoo - Lee Rogers  
Kent Taylor - David West

**Elder Chairman of the Month:**

Kent Taylor

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WE EXIST TO KNOW  
JESUS  
AND TO MAKE HIM  
KNOWN.

October 10, 2024, Volume LVI No. 39

# The Encourager

Country Club Road Church of Christ

**Song Leader:** Kent Taylor

**Song:** 652 – Unto Thee, O Lord

**Welcome:** Lee Rogers

**Songs:** 591 – When Upon Life's Billows (vs. 1, 2 & 4)

680 – Be with Me, Lord (vs. 1, 2 & 3)

237 – O Thou Fount of Every Blessing

543 – Because He Lives (vs. 1 & 3)

**Communion Song:** 579 – My Jesus, I Love Thee

**Communion Offering:** Mac Rogers

**Dismissal for Kid's Church**

**Song:** 272 – Jesus, Hold My Hand (vs. 1 & 3)

**Sermon:** Doug Austin – "Hope Rises: Depression"

**Invitation Song:** 925 – I Am Resolved (vs. 1, 2 & 3)

**Closing Song:** 549 – I Know the Lord Will Find a Way (vs. 1)

**Closing Prayer:**

**Sunday Morning Bible study (9:00 a.m.)**

**The Period Between the Testaments** – Jon Young (Rm. 27)

**How We Got the Bible** – Jesse McCarty (Sm. Fellowship)

**Philippians** – Doug Austin (Couch Room)

**Revelation (Spanish Class)** – Mynor Vasquez (Rm. 15)

**Jr. High/High School** – Thomas Beard (Teen Room – Rm. 26)

**JL 4<sup>th</sup> – 6<sup>th</sup> grade** – JL History Room

**JL 1<sup>st</sup> – 3<sup>rd</sup> grade** – JL History Room

**4's, 5's & Kinder** – Amy Joy (Rm. 12)

**2's & 3's** – Rachel & Mattie McCarty (Rm. 3)

**Nursery up through age 2** – Various teachers (Rm. 1)

**Life Group meeting times & locations:**

**Warboys Life Group meets @ 4 in Room 25**

**Morrow Life Group meets @ 4 in the couch room**

**Austin Life Group meets @ 5 at 3313 Highland**



Visitors, please scan the QR code to let us know you're worshipping with us today. We pray our time together is a blessing to you!

**Prayer Requests**

○ Please keep the victims of Hurricane Helene & Milton in your prayers!

**Continue in Prayer**

Anita Zuniga, Clara O’Neil, Sam Gentry, Cheryl Ringheimer, Helen Aston, Elaine Bell, Kathleen Sherman, Chris & Glenna Bertola, Mary Ann Baeza, Betty Vinson, Janice Bennett, Doris Rodriguez, Gale Wright, Charles Glover, David Bradley, Jeremy Moya, Diana Bergman, Robert Gomez, Dale Breedlove

*From the Mailbag...*

Dear Church Family,  
I’d like to thank everyone for all the get well cards, thinking of you cards, and the ladies bible class for the wonderful goody bag with all the wrapped surprises. That was so fun to open up! Special thanks for all your prayers for healing and a special thanks to Pam and Sue for the meals. I know I am loved and appreciate all of you. Love, Helen Vanderwege

Dear CCR Family,  
I want to extend my most sincere thanks for the prayers and beautiful cards I have received. It means more than you know! Cheerfully in Christ, Wynn Anderson

**Journey Land Rotation (Week of 10/13/2024)**

Red Team		Blue Team	
Sunday	Wednesday	Sunday	Wednesday
10/13: Review	10/16: Intro to Rotation 2	10/13: Review	10/16: Intro to Rotation 2

**For the Record**

Sunday/Wednesday Bible Class.....123/108  
 Sunday AM.....243  
 Kid’s Church.....42  
 Social Media Count.....160  
 Weekly Contribution.....\$9,002

# Life@CCR

- We had a delightful Recharge meal on Wednesday night! Thanks to our chefs, **Amy Joy & Marcine McDaniel**. Next week’s cooks will be our Spanish class!
  - **Ladies, you are cordially invited to attend a baby shower in honor of Jackie Montgomery, soon to be mother to Oakley Levi Montgomery.** The shower will take place in the Small Fellowship on Sunday, October 20<sup>th</sup> from 2-3:30 p.m. Jackie is registered at Wal-Mart & Amazon.com.
  - **Currently we have numerous opportunities to find fulfillment through giving! Here they are:**
    - Warm blanket & clothing drive** benefiting the Navajo Reservation & running through 10/30.
    - Operation Christmas Child** (so far, we’ve raised \$1,044). This Sunday will be the last special offering for this outreach.
    - Candy** for the upcoming Trunk or Treat. We expect between 500-1000 people to come through our doors!
    - Change cans** for the New Mexico Christian Children’s Home. Please feel free to take a can home to fill it, they are on the foyer table.
- Thanks so much to all those who have participated in one or more of these outreach opportunities already!**

**Mark Your Calendars:**

**Sunday, 10/27** – Trunk or Treat @ 4 p.m.  
**Wednesday, 10/30** – Missionary Josh Austin will be here to offer an update on work taking place on the Navajo Reservation in Mesa, AZ.  
**Tuesday, 12/17** – LCU’s Best Friends will be here to perform

**Those Scheduled to Serve for October**

**Deacons on Duty:** Dan Montgomery, Jose Baeza, Brandon Cometti, Brian Houghtalin  
**Men on Duty:** Kevin McCormack, Thomas Beard

**Week @ a Glance**  
 Celebrations & Happenings

<b>13<sup>th</sup></b>	A.M. worship @ 10 a.m., also available on 106.5 FM, Facebook Live & YouTube. Brandon Cometti & Izabella Dorrance’s b-day.
<b>16<sup>th</sup></b>	Ladies Bible Class @ 10 a.m. Recharge @ 5:30 p.m. Bible Class @ 6:30 p.m.
<b>17<sup>th</sup></b>	Joe Baeza & Sheryl Kelly’s b-day.
<b>18<sup>th</sup></b>	Alice Rose Perkins’ b-day.
<b>19<sup>th</sup></b>	Jackie Montgomery’s b-day.
<b>20<sup>th</sup></b>	Oscar Hernandez’s b-day.

**Life Groups Study Guide –**

Text: 1 Kings 19:1-18

1. Wrestle with the myth: “Good Christians don’t feel bad.” Is it true or false? Why? If it is a myth, how has it hurt Christians?
2. In what ways can depression be a circumstantial problem?
3. Can depression be a spiritual problem? Can simply praying and reading your Bible fix it?
4. Name some characters in the Bible that wrestled with “down moments” in their lives. Tell their stories. How did they come out of it?
5. We concluded the sermon with three ways God ministers to those who are down. Discuss how they have helped you or how you’ve been able to help someone else.
  - a. Rest.
  - b. Tender Loving Clarity.
  - c. Very Important People.