

Do you ever 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 well-being, 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 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.



That meets at 215 South Thomas Ave, Sayre, PA 18840
(570) 886-1838

Arthur Barry, evangelist- (607) 280-1732

January 3, 2016

WELCOME!

Sunday Bible Class- 9:30 a.m.

Worship- 10:30 a.m.

Wednesday Bible Class- 6:30 p.m.



Today's Sermon: *Spiritual Renewal*

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

valleycitieschurchofchrist.org

aicoc.org

Scripture: Psalm 51

Hymns: 412 Jesus, Hold My Hand; **679** 'Tis So Sweet to Trust in Jesus; **382** Why Did My Savior Come To Earth; **851** I'll Fly Away; **290** Shine, Jesus, Shine

UPCOMING EVENTS...

- **Ladies Class**, Tuesday, January 5th. Our new area of study will be the book of Esther. Sandy will lead the lesson.
- **Potluck Dinner**, Sunday, January 17th!
- Fifth Sunday singing will be at Horseheads on Jan 31st.



- Remember the Sayre Senior Health Center **Adopt-a-Resident Program!** Would make a good New Year's resolution.
- Please remember to **pick up an evaluation form** and fill it out so we can make plans for the New Year.
- Darlene and Doug Elsbree left on Christmas Day for Florida for a few months.
- Tom and Cindy Patrick, Megan and Ryan are visiting down south for another week.

PRAYERS...

- Linda Hicks needs to have a procedure done on her spine that allows her to self-medicate for pain.
- Felicity Hicks needs to have her gall bladder removed.
- Ben Wright, elder at the Kittanning church, has had two stents placed near his heart. He is still feeling rather weak.
- Tom Patrick, who is still on vacation, must have passed the kidney stone that was bothering him without being aware of it. For that he is thankful.
- Sandy's Aunt Betty, of Murfreesboro, TN, is out of the ICU. She is 93 years old, and has been in critical condition, but seems to be doing much better.
- Pray that we can continue to encourage one another and that God will give the increase to the seed we are planting in 2016.
- Bob Machuga, of Erie, PA, father-in-law of Arthur and Sandy's niece, Sue, has a fast-growing tumor on his brain and a cancerous mass in one lung. Doctors say the outlook is not good. He will have an operation on the brain tumor tomorrow and go to Cleveland Clinic to deal with the lung cancer.
- Darla Towell, Katie Barry's aunt, from Soldotna, AK, has cancer in her liver and pancreas. She survived breast cancer last year, to which she lost her sister Sherry(Katie's mom) and their mother, Rubye, all members of the church in Soldotna. Darla will decide how she wants to proceed when her pathology report comes back.
- Rhonda's father-in-law, Bert Washburn, fell last week and bruised his right side quite badly. Nothing is broken, but he is an elderly man and it has left him very sore.
- Rhonda went to the doctor on Wednesday to have some skin lumps removed and biopsied to make sure they are not cancer. Results should be back this week.

If you have any prayers or news that you would like included in the bulletin, please contact Sandy Barry barncat7237@gmail.com or text or call (607)