

SERMON NOTES "The Cave of Depression"

Depression is not a _____ of the mind.

It's a _____.

My _____ is not my _____.

Galatians 5:1, Lamentations 3:17-20, 2 Corinthians 1:8

How We End Up in the Cave – 1 Kings 19:1-4

1. _____ imbalances. Eccl. 4:6

2. _____ ourselves with others. Gal 6:4-5

"_____ is the thief of _____" Theodore Roosevelt

3. _____ and self-talk. Phil 4:8-9

4. Inability to _____ in a healthy way.

- There is _____ in my _____. 2 Cor. 1:4-6

5. Isolation and _____. Rom. 12:5

6. Spiritual _____. 1 Peter 5:8-9

- God has given us _____ but we have to _____ it.

Philippians 4:8-9 "Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable – if anything is excellent or praiseworthy – think about such things...and the God of peace will be with you."



Ashland Church of the Nazarene

Know God – Find Freedom – Discover Purpose – Make a Difference

www.ashlandnaz.org

facebook.com/ashlandnaz

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Welcome

Sunday July 31, 2022

Lamentations 3:22-23 "Because of the LORD's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness."

News & Announcements

Online Outreach

Our church has joined an outreach network, responding to those seeking Jesus, online. We are looking for a team of volunteers for this ministry. See sign-up sheet in the back if you are interested.

Benevolence Fund

TODAY, July 31, 2022
Our Benevolence Offering is today. This offering serves to help those within our congregation that may need monetary assistance.

Sunday School

Every Sunday @ 9:30AM
Sunday School is offered to all ages and begins at 9:30am, every Sunday morning in the fellowship hall and children's wing. We have two adult studies, a teen study, and age appropriate youth studies.

Wednesday Study

Every Wednesday @ 6:30PM
Join us in the Fellowship Hall at 6:30PM as we study, "Basic: We are Church" by Francis Chan. In this study, Francis Chan explores foundational truths of the Christian faith.

You Asked For It

We are continuing a six-week series covering the topics you wanted to hear most. Here's what's coming up next:

- Today: Depression (Part 1)
- Aug 7: Depression (Part 2)

NYIGNITE

Upcoming Events

- July 31: Mini Golf and Ice Cream at Brookside Park
- Aug 07: Pastor Darell will speak about the service trips and fun the teens have had so far this summer. He will also provide a slideshow.

Who We Are

The mission of the Church of the Nazarene is to make Christ-like disciples in the nations.



a CHRISTIAN people



a HOLINESS people



a MISSIONAL people

Visit <https://nazarene.org/core-values> to read more about our statement of beliefs, core values, and articles of faith.

Ministries



Mondays @ 9:30 AM
Location: 1198 Twp Rd 1426, Ashland



First Saturday of the Month
7:30 AM @ the Church



NAZARENE YOUTH | LUKE 24:32
Wednesdays 6:30 PM @ the Church



Sunday School/Children's Church



Sundays 9:30 AM @ the Church



Wednesdays @ 6:30 PM
in the Church Fellowship Hall