

## Worship Service – September 28, 2014

*Worship Song .....	Together with Band	
Opening Prayer .....	Presiding Pastor	
Bible Reading .....	Psalm 42:1-11 .....	Solomon Berhanu
Prayer .....	Kurt Schwartz	
Announcements .....	Rolando Sanchez	
Offering Prayer .....	Pastor	
Offering .....	Together	
Special Song .....	Worship Band	
Message .....	<b>Overcoming Depression</b> ..... Timothy Hong	
*Benediction .....	Presiding pastor	
* Please stand		

### Today's Sermon Outline

#### **Overcoming Depression**

Psalm 42:1-11

##### **Seek God with all your heart**

When a deer is thirsty, it will run at full speed until it finds some water.

That's what our downcast spirit needs to do: seeking earnestly the presence of God and forgetting everything else surrounding us. *"As the deer pants for streams of water, so my soul pants for you, O God."*

Man's soul has a place that can be filled only by God's Spirit. Jesus says, *"Whoever drinks the water I give him will never thirst. Indeed, the water I give him will become in him a spring of water welling up to eternal life"* (John 4:14).

What Jesus means by His water is spiritual water. It is spiritual feeding that comes through knowing God and worshiping God. When we come to Jesus, He leads us in finding God, to know God, to worship God in spirit. And our thirsty soul can be quenched and satisfied. When you feel dried and thirsty, stop trying to quench the thirst of your soul with anything but God. Just as a thirsty deer pants for clean water with all his heart so you must seek Him till you find him.

##### **Pour out your feelings to God**

Our lives are not always smooth sailing although we are seeking God. We have down times in our lives. There are times in life when we wonder why God seems so far away. While the psalmist was seeking God, he struggled with depression. And he poured out his feelings to God (verses 4, 7, 9). By pouring out his feelings to God, he was relieved of his depression.

When we get depressed, we need to pour out the things that depress us. If we keep the depressed things in our hearts, they will depress us more and more. But when we pour them out of our hearts, our hearts become lightened. God never gets tired of hearing our cries. God never rebukes us for pouring out all our burdens to Him. God can handle any and every thing that causes depression in our lives. God has a grand reservoir that can contain all our emotional problems and purify and refresh them (Psalm 10:17). Pour your heart out to God. Cry out to God. God is ready to listen to your cry. By listening to you, God will comfort you and encourage you.

##### **Encourage yourself to trust God's goodness**

First, remember God's loving-kindness

By remembering the good things God did for him, the psalmist could gain strength to overcome depression. *These things I remember as I pour out my soul...My soul is downcast within me; therefore I will remember you..* (verses 4, 6). To keep our faith strong in times of depression, we must cling to the memory of what happened on the cross, where Jesus died for us.

When you're in the pits and you feel like there's no way out, resolve to remember the good things God has done for you.

Second, command your heart to put hope in God

With faith in God's goodness, the psalmist command himself to put hope in God. With faith, you can command yourself to go in the right direction, from a downcast spirit to a joyful spirit. By commanding yourself, you can conquer your depression. God wants us to live a joyful life always. He tells us to *"be joyful always"* (1 Thessalonians 5:16; Philippians 4:4). God's word has power for you to command your emotion. Just believe in the power of God's word, command yourself to obey it! It will work!

##### **Application**

1. How can the thirst of your soul be quenched?
2. Why do you have to pour your heart out to God in times of depression?
3. How can you gain strength to overcome depression although there is nothing good in your present situation?

**Announcements**

**Lunch preparation**

This week – Church of Bethlehem  
Next week (10/5) – Korean, Indian & Pakistani

**Annual ESF international festival**

will be held every Sunday in this coming month of October. Each ethnic group shall have a meeting with its coordinator to plan the event at the lunch fellowship time today. All coordinators shall submit their plans to Rolando Sanchez today.

Week	Ethnic Group	Coordinators
1 <sup>st</sup> (Oct 5)	Korean, Indian, Pakistani (Opening service)	Kiwang Song
2 <sup>nd</sup> (Oct 12)	North American (USA, Mexico), Filipino	Susan Michaels/ Lynnne Atonson
3 <sup>rd</sup> (Oct 19)	African, European	Ildvert Mbongue
4 <sup>th</sup> (Oct 26)	Spanish (Central & South American, Caribbean)	Rolando Sanchez/ Lidia Lopez

**Church cleaning on Sundays (September 28- Oct 26)**

Leaders shall recruit people from each group to clean the designated area together

Place	Group	Leader
Fellowship Hall	Spanish	Rolando Sanchez
Sanctuary	College & Youth group	Aldrick Lim
Bathroom & Hallway	Filipino	Lyle Atonson
Sunday school rooms & Offices	Korean & African	Kiwang Song

**Ushers of the Month of September**

Offering ushers	Erlyn Balano, Martha Velasquez, Jovie Dumlao, Matthew Parks
Welcome ushers	Analís Garcia, Priscilla Caronongan, Lynnne Atonson
Kitchen	Lunch preparation group

**Last week's offering**

<b>Tithe</b>	Bong & Priscilla Caronongan //Rene & Lynn Corachea//Maximo & Bertha Fernandez//Gail Hill//Lydia Hong//Raul & Lydia Lopez//Alex & Analís Lucas//Susan Michiels//Leiva Rolando Sanchez//David Yupe//Destiny
<b>Lord's Day</b>	Kim Boksoon//Jovi Dumlao//Timothy Hong//Maria Kim//Andrea Martin//Kiwang Song//Susan Song//Tamara Clark//Roberta Redmond
<b>Thanksgiving</b>	Jovi Dumlao// Anayza Gill//Gail Hill//Oscar Torres
<b>Mission</b>	Lyle & Lynnne Atonson//Gail Hill// Bethzabe Leon// Raul & Lydia Lopez

**Weekly Bible Reading Chart**

Date	Old Testament	Check	New Testament	√
9/22(Monday)	Song of Songs 4-5		2 Corinthians 13	
9/23(Tuesday)	Song of Songs 6-8		Galatians 1	
9/24(Wednesday)	Isaiah 1-3		Galatians 2	
9/25(Thursday)	Isaiah 4-6		Galatians 3	
9/26(Friday)	Isaiah 7-9		Galatians 4	
9/27(Saturday)	Isaiah 10-12		Galatians 5	
9/28(Sunday)	Isaiah 13-15		Galatians 6	

# ESF International Church

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**September 28, 2014**



**Worship services:**

Sunday 11:30 AM

-Main Worship Service for All

**Prayer services**

Fridays 8:00 PM

Sundays 9:30 AM - Room 105

**Bible Study**

Shepherd Group –Wednesday 8:00 PM

Open to all – Saturday 10:00 AM

Cell groups –By appointment

Hope group – Sunday 10:00 AM

**Cell Groups**

According to arrangement of each cell

**Campus Ministry**

Wednesday- At Truman

**Youth Ministry**

Sunday – 1:30 PM

**Children's ministry**

Sunday school- Sunday 11:30 AM

**ESF Band Practice**

Saturday 5:00pm & Sunday 10:00am

**Missionaries**

Nancy Campo – Campus ministry in Peru

Miguelina Martinez- Campus ministry in Dominican Republic

Suri Kumar – Campus ministry and Hindu ministry in India

Jordan Custorio – Campus ministry in Philippines

Richard Shaffer – Campus ministry in USA

Paul Uzoma –Campus ministry in Benin, Africa

Samuel Lebbie – Campus ministry in Senegal, Africa

Rahab Lee – Women ministry in Afghanistan

Chan Park – Church planting ministry in Croatia, Europe

**Ministers**

Senior pastor -Timothy Hong

Hope group ministry- Sang H. Lee Youth group ministry- Aldrick Lim

Audio visual ministry -Ki Wang Song

Assistant pastors – Harold Goneh, Kurt Schwartz, Solomon Berhanu