

ISAIAH CHAPTER SIX

A	S	H	E	N	S	Y	E	S	H	L	U	C	D	E	R	COAL	MIDST
S	T	R	A	E	R	R	O	R	P	I	E	O	D	E		CONVERT	MOUTH
G	L	O	V	I	N	G	S	O	A	P	V	F	E	A	Y	COVERED	MOVED
G	N	A	N	I	Z	T	O	I	L	O	A	V	T	L	L	CRIED	PEOPLE
E	E	I	N	G	S	Z	O	O	M	G	O	B	R	E	D	DIED	REMOVED
L	M	I	T	W	S	Q	U	E	A	M	H	E	P	T	D	EATEN	RETURN
P	L	I	E	T	E	R	R	O	R	S	T	E	W	E		FLEW	SITTING
O	T	L	D	L	I	T	E	R	C	T	R	A	A	A	L	GLORY	THRONE
E	F	R	I	S	O	S	R	R	U	O	I	A	T	V	E	HEAVY	TONGS
P	L	E	A	U	T	E	U	C	E	N	V	E	R	E	Y	HOSTS	TOUCHED
H	O	T	C	I	T	H	O	N	S	T	N	E	N	R	D	HOUSES	TRAIN
H	O	H	O	U	N	N	T	G	C	D	U	O	R	E	G	INDEED	TWAIN
L	E	U	R	O	V	G	N	U	E	L	R	R	E	E	D	KING	UNCLEAN
D	O	N	S	E	P	I	N	I	O	H	E	D	N	E	D	LEAVES	UTTERLY
P	A	R	R	E	W	A	R	I	T	M	N	A	I	D	E	LIFTED	UZZIAH
B	U	T	D	I	S	C	S	S	K	I	N	D	N	O	T	LORD	WINGS

DOES THE BIBLE OFFER HOPE FOR DEPRESSION?

Note: This article considers the spiritual side of a serious topic. Please note that depression sometimes necessitates medical intervention.

Depression is perhaps the most common emotional problem that we face today. Experts suggest as many as one in five Americans experiences severe depression sometime during their lives, and depression may be the most common health problem for women. Symptoms of depression include apathy, insomnia, difficulty in concentrating, and a general loss of interest in life. Severely depressed people may become suicidal, violent, or completely withdrawn. Depression has always been a problem for mankind. Bible characters such as King Saul, Elijah the prophet, Job, and others experienced depression.

Sources of depression may be physical, psychological, or spiritual. Fatigue, chemical imbalances, and other physical problems may cause it. After his defeat of the prophets of Baal on Mount Carmel, Elijah was physically exhausted. When Jezebel threatened his life, he fled into the wilderness and was ready to die. The angel of the Lord comforted him and strengthened him with food, telling him, "Arise and eat, because the journey is too great for you" (1 Kings 19:7). He still felt overwhelmed and alone, however. He said, "I have been very zealous for the Lord God of hosts; for the children of Israel have forsaken Your covenant, torn down Your altars, and killed Your prophets with the sword. I alone am left; and they seek to take my life" (1 Kings 19:10). He repeated, "I alone am left; and they seek to take my life" (1 Kings 19:14). The Lord encouraged him by letting him know that there were still seven thousand faithful persons in Israel, and by sending Elisha to help him.

Loss is a common psychological cause of depression. Job lost his possessions, family, health, and even his reputation. He cried, "The thing I greatly feared has come upon me, and what I dreaded has happened to me. I am not at ease, nor am I quiet; I have no rest, for trouble comes" (Job 3:25-26). Later he learned that God continued to control the universe: "I know that You can do everything, and that no purpose of Yours can be withheld from You" (42:2). Unfulfilled hopes and dreams and feelings of worthlessness or helplessness brought on by stress also cause depression. These feelings often come because one has lost proper perspective. Disappointments may be opportunities in disguise—times to rearrange priorities, making them in line with God's will. We can overcome feelings of helplessness and worthlessness by understanding that God is still in control. He demonstrated His love for us in the cross (Romans 5:8).

Sin has spiritual consequences, which often include depression. Obeying God is the key. "If you keep My commandments, you will abide in My love" (John 15:10). God does not intend for us to be depressed, and He is eager to forgive and comfort. —Bob Prichard

Happy Birthday, October!

Lexus Medina	3	Jackie Caples	7
Mike Ambrose	10	David Caples	13
Chrishon Dollard	13	Jesse Okiyi	15
Noah Endy	23	Savannah Wedge	25
Chris Dollard 30	30	Katie Earwood	30
Lenny Skutnik	31		
<i>Happy Anniversary, October!</i>			
David and Jackie Caples			10

Announcements, cont'd

Day Light Savings Time: Time to fall back! Please remember to turn your clocks back 1 hour next week Sunday, November 3.

Surely GOODNESS
and MERCY
shall follow me
ALL the days of my life,
and I shall DWELL
in the house of the LORD
FOREVER.
Psalm 23:6

WOODBIDGE
CHURCH OF CHRIST



13815 Surrey Drive
Woodbridge, VA 22191
703-494-5721

October 27, 2019

Services

Sunday Morning Bible Study	9:30 a.m.
Sunday Morning Worship	10:30 a.m.
Sunday Evening Worship	6:00 p.m.
Wednesday Bible Study	7:00 p.m.

Elders

Eric Anthony Ernie Maiwald
Michael Neal

Deacons

Perry Comeaux Jason Cottoner
Keith George Dan Medina
Niles Wedge

Minister

Ernie Maiwald

Associate Minister

Keith George

The Woodbridge elders recommend the following
Bible translations for our public worship and study:
New King James Version, King James Version and
American Standard Version, 1901

Welcome, Visitors!

Thank you for coming to worship with us today. You are our honored guests. We are a Bible church with Bible aims relying on God's word as our only authority. We invite you to join us in worshipping through:

- o singing (Eph 5:19)
- o praying (I Tim 2:1-2)
- o studying (II Tim 4:2)
- o giving (I Cor 16:2)
- o remembering our Lord's sacrifice through communion (Acts 20:7).

We want to have a record of your visit. Please complete the visitor's card that is in the pew before you and place it in the collection basket or hand it to one of our members.

If we can be of service to you, in any way, please let us know. And please visit with us again soon. We look forward to seeing you.

Daily Bible Readings

	Morning	Evening
October 27	Isaiah 26 – 29; Psalm 65	I Corinthians 4
October 28	Isaiah 30 – 32;	I Corinthians 5
October 29	Isaiah 33 – 35	I Corinthians 6
October 30	II Chronicles 28; II Kings 17; Psalm 66	I Corinthians 7
October 31	Ii Chronicles 29-31	I Corinthians 8
November 1	II Kings 18-19; II Chronicles 32; Psalm 67	I Corinthians 9
November 2	Isaiah 36-37; Psalm 123	I Corinthians 10

Bible Class Schedule for the Week

<i>Week of October 27</i>		
Sunday	Lesson 277	Judges 68
Wednesday	Lesson 278	Judges 9
<i>Week of November 3</i>		
Sunday	Lesson 277	Judges 10 – 11:11
Wednesday	Lesson 278	Judges 11:12 -12:15

Announcements

From the Elders: We are excepting names for additional elders. Please look at 1 Timothy 3, Titus 1 and 1 Peter 5 for qualifications. We will be accepting names through this Wednesday. Please give the names to one of the elders.

Soup, Salad, and Sandwiches Fellowship: Come warm your hearts and relax your mind on Saturday, November 9th from 4-8 pm at the church building for soup, salad, sandwiches and games! It will be a great night of food, fun and fellowship. Sign-up sheet is on the white board. If you have any questions please ask Michelle Lake or Jody Medina. (Cont'd on the back)

Assignments

	October 27	November 3	
Announcements	George	Maiwald	
Song	Comeaux	Anthony	
Prayer	Crayton	Chris Dollard	
Preside @ Table	Anthony	Comeaux	
Assisting	Earwood	George	
Assisting	M. Frazier	Johnson	
Assisting	Gauvin	Kent	
Prayer	Beauvais	Crayton	
	October 27	November 3	
Announcements	George	Maiwald	
Song Leader	Comeaux	Anthony	
Prayer	Crayton	Lake	
Communion/Prayer	Anthony	Comeaux	
	October 30	November 6	
Announcements	George	Maiwald	
Song Leader	Comeaux	Anthony	
Invitation	Neal	George	
Prayer	Walker	Mike Ambrose	
	October	November	December
Prepare Communion	Medina	Wimbush	Caples
Building Lockup	Neal	Anthony	Maiwald

Notes:

1. *Please arrange for a substitute if you are unable to perform an assigned duty.*
2. *Notify Niles Wedge of any changes.*
3. **Transportation.** *If anyone would be willing to help with transportation to and from services on Sunday and Wednesday, please see Niles Wedge.*

Calendar of Events:

Mens Breakfast	11/9/19	8:00 am	OCB
EDP Meeting	11/9/19	9:30 am	Building

Helpful Contact Addresses:

Church building: www.woodbridgechurchofchrist.com
Minister: preacher@woodbridgechurchofchrist.com
Associate Minister: churchofchristgospelpreacher@gmail.com
Bulletin: obxchca66@gmail.com
Facebook: WOODBRIDGE CHURCH OF CHRIST

For Our Prayers

Updates

- **Alwilda Merritt** is recovering from her fall last week.
- **Mary Williams** (Tenia Wimbush's grandmother) is recovering from surgery for carcinoma. She will be starting chemo treatments soon.
- **Christine Liddell** is home and recovering from her recent surgery. Please continue to keep her in your prayers..

Assisted Living

- **Gayle Swabb** (Betty's Place - Manassas)
- **Charles Swabb** (Betty's Place – Manassas)
- **Bobbie Girard** (Harbor Chase – Woodbridge)

Continued Prayers for Family and Friends:

- **Sandra Lauriano** (co-worker for Kennetha Marbury) cancer
- **Lenny Skutnik** (Crohns)
- **OT Martin** (Ernie's dad) Alzheimer's
- **Johnnie Thompson** (Perry Comeaux aunt) Long Term Care
- **Jan Dunlap** (Linda Skutnik's sister)
- **Jean Long** (Sue Bilbrey's sister) brain tumor
- **Sammie Thompson** (Perry Comeaux's cousin) cancer
- **David Jackson** (friend of the Kennetha Marbury) lung cancer
- **Margaret Jackson** (Niles Wedge's grandmother) Macular Degeneration
- **Grace Addo** (friend of the Anthonys) Stage IV bone cancer
- **Juantia Johnson** (Bobby's mom) heart attack & blood clot
- **Michele Morris** (Denise Crayton's sister) Brain Aneurysm
- **Alvin Harris** (Pamela Ambrose's brother) Serious disease
- **Ethel Dollard** (Chris Dollard's aunt) Colon cancer
- **Ed Nemore** (Sue Bilbrey's brother-in-law) Lung Disease
- **Mary Chastine** (Jason Cottoner's grandmother) Stroke
- **Gerrie Flenor** (Jody Medina's mom) Knee replacement
- **Lucy Medina** (Dan Medina's sister) hernia surgery
- **Emma Welsh** (Sherry Wright's aunt) colon surgery
- **Angela Scott Dorsey** (friend of the Ambrose's) cancer
- **Mai Carter** (Sue Bilbrey's sister) vertigo and kidney infection
- **John Buttery** (friend of Betty Principi) Ecoli/infections
- **Eunice Young** (Jennifer Dukes mother) Alzheimer's and Renal failure.
- **Stephen White** (Tom and Lynn's son) Stg. 3 Diabetic & Leukemia
- **Estella Comeaux** (Perry's Mom)- House damage from Houston storms.
- **Josie Short** (Kim Short's Aunt)-Stage 4 cancer
- **William Short** (Kim Short's Uncle)-illness from Agent Orange

Continued prayers for our members

Donna Wirt	Alwilda Merritt	Dan Medina
Deb Neal	James Roberson	Sue Bilbrey
Sherry Wright	Kennetha Marbury	