

4th & Stewart church of Christ

"...upon this rock I will build my church;
and the gates of hell shall not prevail against it."
~ Matthew 16:18



August 17, 2014

Contact Us:

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Meeting Times:

Sunday:

Bible Study9:45 AM
Worship10:40 AM
Care, Inc. Service 2:30 PM
Worship 6:00 PM

Wednesday:

Ladies Bible Class..On Break
Bible Study 7:00 PM

Elders:

Gene Bannister..... Billy Chism

Deacons:

Mike Bannister..... Don Smith

James Thomas

Preacher:

Johnny McCaghren

Works We Support:

Cherokee Home for Children
Gospel Broadcast Network
Heart of Texas Bible Camp (Bangs)
House to House, Heart to Heart
Mission Printing
Rohan Jones, Africa
The Truth in Love
World Bible School

Three Things Robin Williams' Suicide Should Cause Christians To Think About

(It has amazed me the amount of focus that has been on Robin Williams this week. Most of the things I have seen have been the very highest praise and elevating him to almost a god like statues. He made some humorous movies, but from what I have heard his stand up comedy was extremely vulgar. Be that as it may, his death does highlight a very real and growing problem within our society and within the church - depression. I believe Ben does a good job of addressing the issue in the following article - *Johnny*.)

Despite his popularity, Robin Williams' story is a sad one indeed. For years he struggled with deep depression. In the past he suffered from cocaine and alcohol addiction, and has long been suspected of being tormented by bipolar disorder. Though I'm not a psychologist, I'm sure his chronic depression was only exacerbated by financial stress and a supposed struggling career.

The real tragedy, of course, is not just that Robin Williams has passed, but that to our knowledge he has died outside of Christ by not obeying the gospel (Rev. 14:13; 2 Thess. 1:8). Williams' death should remind us not only of the brevity of life, but also the urgency of evangelism and the value of the human soul. Not only that, **Williams' suicide should wake us up to the reality of deep depression – even among the family of God.**

What Is Depression?

Depression is a word that has been watered down. Not only do we use it to refer to someone grieving the loss of a loved one, but we also use it to describe someone saddened by the outcome of the Super Bowl. Yes, everyone from time to time experiences mood fluctuations or periods of sorrow, frustration, and discouragement. But we shouldn't confuse being depressed with being sad, which is a reaction God built into the human psyche to slow us down so we can process grief and loss.

What I am talking about is *clinical depression*, causing one to lose hope and self-respect, lasting for months and sometimes years. This type of depression is on the rise. About 35 million Americans (about 16% of the population) suffer from depression severe enough to warrant treatment at some point in their lives. Additionally, women are twice as likely to experience depression as men. **Obviously, depression is far-reaching – it is in our families, in our workplaces, and in our congregations.**

Causes & Symptoms

Tim Clinton, president of the American Association of Christian Counselors, writes the signs of depression are "decreased energy, fluctuating body weight, depleted concentration, irritability, bouts of crying, hopelessness/despair, a disinterest in pleasurable activities, social withdrawal, and thoughts of suicide".

Since people are so different and mental disorders are complex, I am unwilling to say that depression is only caused exclusively physical or spiritual factors. Depression is often the result of a combination of multiple issues.

Depression can be a result of sin. Sometimes it can be the result of unconfessed sin, as can be seen in the words of David (Ps. 35; 51). A guilty conscience can drive anyone to depression (Ps. 6:2-7), and the only remedy is to have one's sins "blotted out" (Acts 3:19) by obeying the gospel (Acts 2:38). When we deny our sin, we cannot find forgiveness (1 John 1:9).

Depression can be a result of medical and biological matters. Thyroid problems, Parkinson's disease, hormone imbalances, and vitamin deficiencies are all known to cause depression. More obvi-

(Continued on page 2)

"Now if Christ is proclaimed as raised from the dead, how can some of you say that there is no resurrection of the dead? But if there is no resurrection of the dead, then not even Christ has been raised. And if Christ has not been raised, then our preaching is in vain and your faith is in vain...your faith is futile and you are still in your sins... If in Christ we have hope in this life only, we are of all people most to be pitied." 1 Cor. 15:12-19

Let us know if you want to study
the Bible to know more about
Christ and His Church.



(Continued from page 1)

ously, prescription drugs, drug addictions, and exposure to mold can also contribute to or cause depression. Even strokes, heart-attacks, and genetic predispositions are known to facilitate depression.

Depression can be a result of life issues and social matters. Sometimes we can be depressed because of the sins of others (1 Kings 19) or because of the loss of family members or bodily function (Job 1-3). Divorce, abuse, shame, loneliness, negativity, stress, anxiety, and wrong beliefs can also cause clinical depression.

Depression can be a result of these things, a combination of these things, or other factors. While I don't claim to have all the answers, I do know that depression is a serious problem, even as it relates to Christians. It is naïve to think that Christianity is a quick, instant cure to depression. With the suicide of Robin Williams' fresh on our minds, Christians would do well to remember the following three things about depression.

Three Things Christians Need To Remember About Depression:

1. The Most Unlikely Of People Can Struggle With Depression

Robin Williams, case in point. He was the face of comedy, able to bring a smile to anyone. The characters he played called attention to the value of life. Sure, we heard reports that he struggled with depression, but it wasn't hard to minimize them. After all, he was Robin Williams – the cure to depression personified!

We need to remember that depressed people don't always fit the stereotype. I have known outstanding people, including elders and gospel preachers – “giants” in the faith – who struggled with bouts of deep depression (some even taking their own life). I don't know everything about their struggle or the reasons behind their struggle. They probably don't either. But statistically, there are several at your congregation who suffer from depression, most of whom are probably undiagnosed. They may just be really good at hiding it.

2. Depression Doesn't Make You A Bad Christian

Of course, we do not need to minimize the fact that sometimes (or maybe more often than some are willing to admit) depression is a result of sin or a lack of faith. Sin, left unconfessed and unexposed, deteriorates our mental and physical health (cf. Ps. 32:3) and keeps us from living an abundant life (John 10:10). The process of death is a result of sin (Rom. 5:21). Additionally, depression can be caused because of a failure to trust in the Lord (Phil. 4:6-7). Jesus has forbidden His children from worrying (Matt. 6:25-32) because God is in control (1 Pet. 5:7; Rom. 8:31). We don't need to discount these facts.

At the same time, some people have very little control over their depression. Next time you encounter a brother or sister who struggles with depression, ask yourself the following questions:

- Is it possible that they were abused as a child?
- Is it possible that they experienced some kind of family trauma growing up, such as a divorce or loss of a parent?
- Is it possible that prescription medication is the root cause of their depression?
- Is it possible that they have health problems, such as hyperthyroidism or bipolar disorder?
- Is it possible that they have been unknowingly exposed to dangerous toxins, such as black mold?

Just as blindness is not always a result of sin (John 9:2), depression does not always have a spiritual cause. Many times it is a serious medical condition, and needs to be treated professionally. **Before jumping to conclusions, we need to judge with right judgment (John 7:24).**

3. Depressed People Need The Church

While I'm not expert on depression, one thing I do know: depressed people need the love and support of a church family. The church needs to be a place of healing. Sadly, well-meaning Christians often do more harm than good. They place depressed Christians into a stereotypical box, believing it is always *their own* fault for suffering from depression. At other times they spout off pious, shallow, feel-good statements, leaving those who struggle with depression even more empty.

What can the church do for those who are clinically depressed?

- **Do not assume that depression is always the result of sin.** Not only is this mentality wrong, but it can also discourage a person suffering from depression from seeking professional help.
- **Do not neglect spiritual issues.** Though spiritual matters might not be the cause of depression, they often are. Recognize how dangerous it is to allow bitterness and sin to fester in the congregation. Do not allow unconfessed sin to go unaddressed. True forgiveness can only be found when sin is exposed and addressed. The congregation with a laze-faire disposition toward sin will be naturally counterproductive to healing depression. Depressed people are still people, and struggle with sin just like we all do (Heb. 12:1-2).
- **Pray for them.** We are commanded to pray for those we are concerned about (Phil. 4:6). It is okay if you do not know what

(Continued on page 3)

Television

The Truth In Love (Robert Dodson)

Sunday @ 7:00 am on KTAB

In Search of the Lord's Way

Sunday @ 7:30 am on KTAB

Gospel Broadcasting Network

Sunday @ 6:30 am on Dish:267, DirectTV:376

Radio

Preaching the Word (Michael Light)

Sunday @ 9:00am on KOXE 101.3

Internet

TheGospelRadioNetwork.org

Gospel Broadcasting Network

Gbntv.org and on Roku

God's Plan for Redeeming Man

Hear Learn the saving message of Christ's sacrifice (1 Cor. 1:18; Rom. 10:17).

Believe Jesus is the Son of God (John 8:24)

Confess Jesus as your Lord, Lawgiver, and King (Rom. 10:9-10; Matt. 10:32-33)

Repent of your sinful conduct (Luke 13:3,5)

Complete your initial obedience to the gospel by being **baptized** for the forgiveness of your sins (Acts 2:38; 22:16)

Live faithfully (Rev. 2:10; 2 Tim. 4:7-8)

Bible Reading Schedule

Aug. 17 Jer. 35-37

Aug. 18 Jer. 38-40; Ps. 74; Ps. 79

Aug. 19 2 Kgs. 24-25; 2 Chr. 36

Aug. 20 Hab. 1-3

Aug. 21 Jer. 41-45

Aug. 22 Jer. 46-48

Aug. 23 Jer. 49-50

“Be diligent to present yourself approved to God, a worker who does not need to be ashamed, rightly dividing the word of truth.”

(2 Timothy 2:15)



Visitation Meeting

- ◆ Each Sunday night immediately before the evening worship. Last week **27 contacts** were made.

Special Announcements

- ◆ **Cindy and I will be gone next Sunday (8/24), as well the next two Wednesday evenings (8/20 & 8/27).** We will be taking Tiffany back to school and attending Polishing the Pulpit: Family Conference & Preacher's Workshop in Tennessee. **Jason Nicholas** will be filling in for me next Sunday.
- ◆ Thank you to everyone who helped with SYS Tuesday night. It was a great success. It was difficult to get an accurate count, but we are confident there were 200+ here. **Wes McAdams** brought a powerful lesson: **Preparation Overcomes Desperation!**
- ◆ Notes of thanks were received this week from both **Wanda Baker** and **Dorothy Welch** expressing their **appreciation for the meal and other kindness shown the Julie Baker family.** Dorothy also sent a contribution to the church as a **memorial for Julie Baker.**
- ◆ Study sheets are available for Daniel Chapter 6.
- ◆ We need to get pictures of Justin Waldrup and Daphne Escamilla. Please see Tom Wilcox.
- ◆ If you have updates / information for the bulletin, please have them to Johnny by noon on Fridays, if possible.

Upcoming Events

- ◆ October 5-8—Fall Gospel Meeting Speaker: Johnny McCaghren, Theme: "The Scheme of Redemption"

In The Area

- ◆ Sept. 13 **Ladies Day @ Hamilton**—"Being at Peace" Mona Popejoy. Flyer on bulletin board.
- ◆ Sept. 19-21 **26th Annual Bible Lectureship @ 5th & Grape**—"Knowing the Will of God." Flyer on bulletin board.
- ◆ Sept. 20 **Ladies Day @ 5th & Grape**—"The Will of God: Unity of the Sisterhood." Flyer on bulletin board.
- ◆ Sept. 27 **Annual Auction @ Cherokee Home for Children** (Requested donation list on bulletin board)
- ◆ Oct. 2-4 **Texas Ladies in Christ Retreat.** Information & registration forms are on the bulletin board. **Registration deadline is Sept. 15!**

(Continued from page 2)

exactly to pray for, since the Spirit knows how to perfectly communicate your requests to God (Rom. 8:26-27).

- **Give them social support.** What kind of people are they around? Bad influences can make depression worse (cf. 1 Cor. 15:33). Do not allow depressed Christians to be isolated from the church. Make sure they are around faithful Christians every day, since this is what Christ intended for His church since it began (Acts 2:44-46).
- **Direct them to seek professional help.** Help them find a Christian counselor, as a secular counselor can often be detrimental to their walk with God. If their depression is proven to be a biological problem, communicate to them that medication is not wrong, while recognizing that sometimes there is a better way.
- **Encourage physical health.** Research shows that even short periods of exercise can positively affect our mood. If going on daily walks will benefit their condition, then provide a partner who will walk with them.

Above all, we need to approach the issue of depression with balance. I am far from having all the answers about depression or even suicide, but after careful study I have grown to see that these matters are not always 'black and white.' It is wrong to say that depression is always a result of sin or a lack of faith, and I am wary of the Christians who are quick to demonize those who suffer by making ignorant statements like "there is no such thing as depression." What the church needs is for us to better sympathize with those who are struggling and place ourselves in the shoes of the depressed (Matt. 7:12), as we are all made in God's image.

"Out of the depths I cry to you, O Lord! O Lord, hear my voice! Let your ears be attentive to the voice of my pleas for mercy! I wait for the Lord, my soul waits, and in His word I hope" (Ps. 130:1,2,5)

Ben Giselbach

(This was a well researched article by Ben. I did not include the research sources in the article, but I do have them if anyone is interested. *Johnny.*)

Celebrate

"Rejoice with those who rejoice..." (Romans 12:15)

August Birthdays: Joe Dennis (9), Michael Fuller (10), Jessica Dennis (13), Don Smith (14), Royce Ford (16), Roy Dodson (29).

August Anniversaries: Susan & Chipper Bridges (1), Matthew & Kaci Churchwell (15), Terry & Pam Teague (16), Don & Darlene Smith (29).

Mistakes? Left Out? Let Johnny know...



Records

	Aug. 3, 2014	Aug. 10, 2014
Bible Class	45	30
AM Worship	62	49
PM Worship	43	40
Wednesday PM	48	43
Contribution	\$2,139	\$1,613

This Week: 8/17/14		Next Week: 8/24/14		August 2014 Make Announcements: Joe Dennis Prepare Communion: Don & Darlene Smith Clean Building: Cindy Fuller Keep Grounds: Tom Wilcox September 2014 Make Announcements: Ken Maninger Prepare Communion: McCaghren Family Clean Building: McCaghren Family Keep Grounds: James Fuller
Sunday AM:	Song Leader: Mike Bannister	Song Leader: Mike Bannister		
Greeters	James & Cindy Fuller	Dennis Family		
Opening Prayer	Tom Wilcox	Joe Dennis		
Communion	James Thomas*, Gene Bannister Joe Dennis, Caleb Dennis	Don Smith*, John Barnum Hank Wheeler, James Fuller		
Closing Prayer	Hank Wheeler	Billy Chism		
Attendance Cards	Caleb Dennis	Chase Churchwell		
Sunday PM:	Song Leader: Tom Wilcox	Song Leader: Ken Maninger		
Opening Prayer	Don Smith	Gene Bannister		
Scripture Reading	John Barnum	Tom Wilcox		
Communion	James Thomas	Don Smith		
Closing Prayer	Billy Chism	Mike Bannister		
Wednesday Devotionals:	August 20 Garrett Barnum	August 27 Don Smith	September 3 Joe Dennis	September 10 Allen Griffith

Search the Scriptures

Be like the Bereans who "received the word with all readiness of mind, and searched the scriptures daily, whether those things were so." (Acts 17:11)

Studies for the week of August 17, 2014	Sunday Class Unity in the Body of Christ Wednesday Class Mark 14
<p>Studies in Luke—Whose Wife Shall She Be?—20:27-40 As Jesus teaches in the temple during the last week of His ministry, His opponents are grasping at straws for a reason to destroy Him. Thus far, He has made them look foolish at their every attempt to entrap Him.</p> <p>◆ The Resurrection</p> <ul style="list-style-type: none"> ◆ The Sadducees came to test Him with their “clever” scenario involving marriage and the afterlife. ◆ The fact that the Sadducees, who did not believe in a resurrection or even that man is a spiritual being, would ask such a question shows their hypocrisy. ◆ The Set-up ◆ The Sadducees appeal to the authority of Moses, quoting Deut. 25:5 (The Levirate Law). ◆ The scenario—A woman is married over time to each of seven brothers (each dies in turn) who all leave her childless. She also dies. ◆ Question—“<i>In the resurrection, therefore, whose wife will the woman be? For the seven had her as wife</i>” (33). ◆ Jesus first corrects their assumption that all things in the hereafter continue as in the here and now, then He also appeals to Moses, “<i>in the passage about the bush, where he calls the Lord the God Abraham and the God of Isaac and the God of Jacob</i>” (37; Ex. 3:15). “<i>Now he is not God of the dead, but of the living, for all live to him</i>” (38). <p>◆ Did Jesus prove resurrection, or simply immortality?</p> <ul style="list-style-type: none"> ◆ For the Sadducees, it was a question between death as finality (which they believed) and life beyond death (which Jesus proved). ◆ However, Jesus prove goes much deeper than we often realize. ◆ Man is a composite being made up of body and spirit, and is not complete without both (not a spirit trapped in a body). ◆ What does the Bible say about bodily resurrection? Let’s see! 	<p>Daniel 5—Drunken Feast: The Handwriting on the Wall</p> <ul style="list-style-type: none"> ◆ The drunken orgy—The King’s feast (1-4) <ul style="list-style-type: none"> ◆ Belshazzar and his extravagant feast ◆ Evidence supporting the statement, “<i>King Belshazzar.</i>” ◆ The feast and disrespectful conduct. ◆ The loss of the sense of things holy is always one of the signs of moral rottenness and inward decay! ◆ The distressed king—the handwriting on the wall (5-12) <ul style="list-style-type: none"> ◆ The pale king (5,6) ◆ The powerless wise men (7,8) ◆ The perplexed lords (9) ◆ The prudent queen (10-12) <ul style="list-style-type: none"> ◆ This is the queen-mother (Nitocris, wife of Nabonidus; daughter of Nebuchadnezzar???) ◆ Her position is one of the highest in the royal palace. ◆ The discerning prophet—Daniel interprets the riddle (13-28) <ul style="list-style-type: none"> ◆ The king’s request and reward (13-16) ◆ The prophet’s reply and rejection (17-23) <ul style="list-style-type: none"> ◆ Daniel promises to read the writing and make known the interpretation, but first he reproves the king’s sin. ◆ He reminds the king of Nebuchadnezzar’s greatness and his pride. ◆ He reproves Belshazzar for not learning this lesson from the past. ◆ The riddle read and resolved (24-28) <ul style="list-style-type: none"> ◆ The kingdom of Babylon is doomed! ◆ The proud king’s festive night will end in death. ◆ The defeated kingdom and death of Belshazzar—doom and death (29,30) <ul style="list-style-type: none"> ◆ Belshazzar keeps his word—Daniel made the third ruler (29) ◆ Belshazzar slain that very night (30) ◆ Darius the Mede received the kingdom (31)