

# The Beacon



## Worship Night for Young Adults

Ages 18-mid 30's



*This Saturday Night at 6pm  
in the AOC*

## Let's Get Connected!

### Sunday Mornings

Covenant Café 8:30am (Grits & Coffee served)

Sunday School—8:45am—9:45am

Book of Exodus - Mike Folsom

in the Oasis Fellowship Hall

JOY CARRIERS - Danny Copeland

In Room 8

Pre-Service Prayer—9:45am

Main Event Worship Service 10:00am

### Wednesdays

11:00am Bible Study—Oasis

6:00pm—Fire By Night Prayer

6:30pm—Folsom Home Group:

Moultrie (*dinner and Bible study included*)

7:00pm Bible Study—Room 8

## *Silver Saints*



Thursday  
February 25th  
At Noon in the  
Oasis

March 7, 2021



# PASTOR APPRECIATION

THANKS FOR ALL YOU DO!

We will be receiving  
donations  
until March 7th.

# *Bible Study*

Led by Skeeter (Bill Myers)



Wednesdays at 11:00am  
OASIS

## Fire by Night Prayer

Wednesdays 6:00pm to  
7:00pm

Forgive us for hiding  
Your light, Oh Lord.  
Shake the pulpits with  
Your glory. Enable us  
to stand like warriors  
and proclaim Your  
truth once again to  
the world.

MarioMurillo.org

# Life Group

Wednesday Nights

with Skeeter  
7:00pm

*Following Fire By Night Prayer*

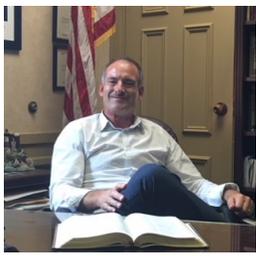
## Let's Pray!

Daniel & Gwen  
Willie Brooks  
Jacqui Winkelmann  
Danny Copeland  
Odessa Murphy  
Daniel Rogers

-Mike & Judy's nephew

Dave Allen—Pastor Dave's dad





## From the Desk of Pastor Dave *Overcoming...*



**I want to talk to you about depression.** I believe that out of God's great love for you, He has placed an overcoming spirit inside of you that empowers you to place the enemy under your feet, no matter what that enemy looks like, Depression is something that a lot of people struggle with and battle against. Depression is no respecter of persons. It's estimated that 16.2 million adults in the United States, or 6.7 percent of American adults, have had at least one major depressive episode in a given year. Anyone can be prone to the emotional and mental assaults that depression brings. The power of Holy Spirit that we possess to battle mental illness cannot be understated.

When depression comes, it usually is triggered by something very real and personal in our life. Devastating losses like the loss of a loved one, a job, health, marriage, or income can trigger depression. A new mother may struggle with what is called "post partum blues"; a condition in which she has an overwhelming sense of sadness, gloom and even despair. What's worse is, she may feel shame because this is suppose to be the most joyous time of her life. One of the tell tale signs is that she will withdraw from social relationships including backing away from church attendance and activities. People of all ages and from all walks of life can experience depression. Knowing the triggers can be very powerful. There are so many reasons for depression. Depression can be the result of a lack of chemicals being supplied in the brain like serotonin. Anti-depressants are designed to

increase serotonin levels to combat depression. For people that find medications helpful, the goal should be that at some point they will no longer need them. Whether the time frame is short term or long term, understand that there's no shame in taking medications to help alleviate the symptoms. Medications alone are not the answer.

Knowing the signs is key to understanding that help is needed. Depression doesn't always feel or look the same with everyone. So what does help look like? There's not a "one size fits all" remedy.

The most effective way to overcome depression is to include the spirit, soul and body into your approach. Spiritually, it's essential to spend quality time in the presence of the Lord. There are excellent Bible devotionals available designed to bring encouragement.

If we're not careful we will listen to the enemies voice that speaking in the midst of depression. The enemy is known as the great deceiver. Have you ever considered that depression lies? The enemy will speak through depression to say that you are all alone and that nobody understands what you're going through. Of course he wants you to believe them. If we do, we now have ungodly beliefs.

Let's remember that God is near even when He feels very far away. "I have called you by name; you are Mine." God says. "When you go through deep waters, I am with you... I will make a pathway through the wilderness" (Isaiah 43:1-19, NLT). This is just one of many scriptures that are comforting and reassuring to us.

Your church participation and social connections are equally important. The enemy would like nothing better than for us to isolate ourselves from the very people that love and care for us. Lastly, let's not forget about the need for getting enough rest, daily exercise, and proper nutrition which can make a big difference and lessen the symptoms of depression. May you walk in His Shalom as you serve Him!

*Prayer Devotionals  
Are In!*

*Special Note: we have a limited supply. Copies are provided on in the lobby on a first come first serve basis.*