

Oakley Campus | Week at a Glance | April 21-27

Sunday Service Times: 8:40, 9:50, and 11:00 AM

- **Watch Online:** at laurelridge.online.church
- **Nursery/Preschool:** At all service times
- **Kids Church (K-6th) Services:** At all service times
Watch online at 9:50 AM: "Ridge Kids" on YouTube
- **THE RIDGE (MS & HS) Community Group:**
Now at all service times.

Tuesdays, Celebrate Recovery: 6:00 PM, Oakley Campus

Wednesdays, Kids and Preteen Adventure
(K-4th grades, 5-6th grades) 6:15-8:00 PM

Wednesdays, THE RIDGE (MS and HS)
(7-8th grades, 9-12th grades) 6:15-8:00 PM

Thursdays, Prayer Team: 5:30 PM, Conference Room

Thursdays, Grief Share: 7:00 PM, Room 301

For all Nursery-12th Grade programs, contact brandon@laurelridgechurch.org

Bethel Island Campus | Week at a Glance

Sunday Service Times: 11:00 AM

Wednesday Bible Study: 7:00 PM, Fellowship Hall

For other opportunities and Community Group info, visit laurelridgechurch.org

Oakley Campus Planner

*4/21: VBS worker Sign Ups

*4/21: Kids In House Signups for VBS begin.
Password: scuba

*4/21: Freedom from Anxiety & Depression, Thursdays,
6:30-8pm, Gym, Book: \$18

*4/27: Father Daughter Dance, 6-8pm

*4/28: Child-Teen Baptism Class, 12:10pm, Rm.301

*5/3: Children's Awake-a-thon, Gr 2-6, 6pm-7am

*5/5: Next Steps Starts, 9:30am, Rm 301

5/5: VBS Opens to Community

5/12: Mother's Day

5/13: Mommy Meet Up, 9-11:30am, Gym

5/19: Baptism Sunday, 11am

*5/19: Secret Sister's Lunch, 1pm, Gym

5/21: Boomers BYO Lunch & Bingo, 11:30am

5/29: Summer Game Night, Gr 4-7, 6:15-8pm

5/30: High School Night, 6:15-8pm

6/2: Volunteer VBS Training, 1pm

*6/8: Men's Breakfast, 8-9:45am, Gym

6/10-14: VBS, 9am-12:30pm

6/12: Summer Camp Meetings and Balances Due,
1pm or 6:15pm

*6/23-28: Summer Camp, Gr 2-6

*7/8-13: Summer Camp, Gr 7-12

*Register at laurelridgechurch.org/register

Laurel Ridge Church: Seek God. Build Community. Unleash Compassion.



FINDING PEACE OF MIND
How to Battle Depression
April 21, 2024

Proverbs 12:25 - Anxiety in the heart of man causes **depression**, but a **good word** makes it **glad**. NKJV

Four Root Causes of Depression:

- **Biological**
- **Relational**
- **Circumstantial**
- **Spiritual**

Lamentations 3:1-2, 5-8, 17-20 - I am the man who has seen **affliction** by the rod of the LORD's wrath. ² He has driven me away and made me **walk in darkness rather than light** . . . ⁵ He has besieged me and surrounded me with **bitterness and hardship**. ⁶ He has made me **dwell in darkness** like those long dead. ⁷ He has **walled me in so I cannot escape**; he has **weighed me down with chains**. ⁸ Even when I call out or cry for help, **he shuts out my prayer**. . . ¹⁷ **I have been deprived of peace; I have forgotten what prosperity is**. ¹⁸ So I say, "My splendor is gone and **all that I had hoped from the LORD**." ¹⁹ I remember my affliction and my wandering, the bitterness and the gall. ²⁰ I well remember them, and **my soul is downcast within me**.

Key truths to remember when you're battling depression:

1. Your emotions are reasonable. But they're _____ permanent.

2. Your situation might feel hopeless, but with God, there's always _____.

3. _____ your emotions opens your mind to changing your emotions.

4. You are not going to make permanent _____ based on temporary emotions.

John 10:10- The thief comes only to **steal** and **kill** and **destroy**; I have come that they may have **life**, and have it to the full.

Lamentations 3:20-23- I well remember them, and **my soul is downcast within me**.²¹ Yet this **I call to mind** and **therefore I have hope**:²² **Because of the LORD's great love** we are not consumed, for **his compassions** never fail.²³ They are new every morning; great is your faithfulness.

“The Lord's great love”

Definitions:

* **Permanent** _____ to God's promises and character.

Masculine noun indicating kindness, lovingkindness, mercy, goodness, faithfulness, love, acts of kindness. This aspect of God is one of several important features of **His character**: truth; faithfulness; mercy; steadfastness; justice; righteousness; goodness.

Psalms 136:1-3- Give thanks to the Lord, for he is good. **His love endures forever**.² Give thanks to the God of gods. **His love endures forever**.³ Give thanks to the Lord of lords: **His love endures forever**.

“His compassions”

* Means a mother's _____.

This root refers to deep love (usually of a "superior" for an "inferior") rooted in some "natural" bond.

What do you do when the whole world feels dark?

1. Call it what it is and _____ your emotions.

Lamentations 3:21-23 - **Yet this I call to mind** and therefore I have hope: ²² Because of the Lord's great love we are not consumed, for his compassions never fail. ²³ They are new every morning; great is your faithfulness.

2. _____ your mind to God and His promises.

Lamentations 3:24-26 - **I say to myself, “The LORD is my portion; therefore I will wait for him.”** ²⁵ The LORD is good to **those whose hope is in him, to the one who seeks him;** ²⁶ **it is good to wait quietly for the salvation of the LORD.**

3. Start _____ to yourself about God's promises.

Wi-Fi password: lrccguest

Five Easy Ways to Give:

1. In Person: Place your offering in an offering box at either exit.
2. Our App: Search for “Laurel Ridge Community Church” on iOS and Android.
3. Online: laurelridgechurch.org/give
4. Bill Pay: Setup LRCC on your bank's Bill Pay. Your name is your account number
5. Mail a check to the church: 2459 Laurel Road, Oakley, CA 94561

Questions? Call 925-625-9500