

# Oakley Campus | Week at a Glance | 4/7-4/13

**Sunday's Service Times: 8:40, 9:50, and 11:00 AM**  
or online at [laurelridge.online.church](http://laurelridge.online.church)

**Sunday Nursery/Preschool: 8:40, 9:50, and 11:00 AM**

**Sunday Kids (K-6th) Services: 8:40, 9:50, and 11:00 AM**  
Streaming online at 9:50 AM: "Ridge Kids" on YouTube

**Sunday, THE RIDGE (MS & HS) Community Group:**  
9:50 and 11:00 AM

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

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

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

**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](mailto: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](http://laurelridgechurch.org)

## Oakley Campus Planner

4/7: Contribution statements available  
<https://laurelridgechurch.org/giving-statement>

\*4/7: VBS worker Sign Ups

\*4/7: Community Group Sign Ups

4/7: Spring Quarter Community Groups Begin

\*4/7: Base Camp Starts, 9:30am, Rm 301

\*4/13: First Aid/CPR/AED Training \$25, Rm 102, 9am

4/15: Mommy Meet Up, 9-11:30, Gym

4/16: Boomers at Celia's, 11:30am

4/16: Worship Night, 7-8pm

\*4/20: Women's Brunch, 10am-12noon, Gym

\*4/21: Kids In House Signups for VBS begin

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

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

\*5/3: Children's Awakeathon, Gr 2-6, 6pm-7am

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

5/12: Mother's Day

5/19: Baptism Sunday, 11am

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

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

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

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

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

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

\*Register at [laurelridgechurch.org/register](http://laurelridgechurch.org/register)

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



FINDING PEACE OF MIND  
Myths about Mental Health  
April 7, 2024

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*1 Thessalonians 5:23-24* - May God himself, **the God of peace, sanctify you through and through.** May your whole **spirit, soul and body** be kept blameless at the coming of our Lord Jesus Christ. <sup>24</sup> The one who calls you is faithful, **and he will do it.**

- **Mental health would include at least three areas: Emotional, psychological, and social wellbeing.**

### **Two Mental Health Myths:**

**Myth #1: Believers shouldn't \_\_\_\_\_ with mental health.**

**Myth #2: \_\_\_\_\_ doesn't care about your mental health.**

*Psalms 27:1* - The Lord is my light and my salvation – whom shall I fear? The Lord is the stronghold of my life – of whom shall I be afraid?

*Psalms 34:18* - The Lord is close to the brokenhearted and saves those who are crushed in spirit.

*Psalms 37:39* - The salvation of the righteous comes from the Lord; he is their stronghold in time of trouble.

*Psalms 23:1-6* - The Lord is my shepherd, I shall not be in want. <sup>2</sup> He makes me lie down in green pastures, he leads me beside quiet waters, <sup>3</sup> he restores my soul. He guides me in paths of righteousness for his name's sake. <sup>4</sup> Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me. <sup>5</sup> You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows. <sup>6</sup> Surely goodness and love will follow me all the days of my life, and I will dwell in the house of the Lord forever.

### Heman was known for ...

- **Great wisdom (1 Kings 4:31)**
- **Musical ability (1 Chronicles 6:33, 16:41-42)**
- **Committed parenting (1 Chronicles 25:5-6)**
- **Service to the king (1 Chronicles 25:6)**

*Psalm 88:3-5, 13-14, and 18* - I am **overwhelmed with troubles** and **my life draws near to death**. <sup>4</sup> I am counted among those who go down to the pit; **I am like one without strength**. <sup>5</sup> I am set apart with the dead, like the slain who lie in the grave, whom you remember no more, **who are cut off from your care**. ... <sup>13</sup> **But I cry to you for help, LORD; in the morning my prayer comes before you**. <sup>14</sup> Why, LORD, do you reject me and hide your face from me? ... <sup>18</sup> You have taken from me friend and neighbor—**darkness is my closest friend**.

➤ **Getting help isn't a sign of weakness, it's a sign of**

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*Matthew 22:37* - Jesus replied: "Love the Lord your God with all **your heart** and with **all your soul** and **with all your mind**."

- **Your life is always moving in the direction of your strongest thoughts.**

*Isaiah 26:3* - You will keep in **perfect peace** all who trust in you, **all whose thoughts are fixed on you!** NLT

- In the Hebrew language, “perfect” is actually a translation from Shalom.

**camak: to prop, to rest your full weight on an object**

*Romans 12:2* - Do not conform any longer to the pattern of this world, but be transformed by the **renewing of your mind**. Then you will be able to test and approve what God's will is – his good, pleasing and perfect will.

*2 Peter 1:3* - His divine power has **given us everything** we need for a godly life through our knowledge of him ...

**This is what I say...**

- **God is my source and my strength.**
- **I have everything I need to do everything that He has called me to do.**

*John 14:27* - “Peace I leave with you; **my peace I give you**. I do not give to you as the world gives. ...”

Wi-Fi password: lrccgquest

**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](http://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**