

# Tithes and Offerings



## In-person

Place in the blue offering bins in the lobby.



## Online

[tablelifechurch.org/giving](http://tablelifechurch.org/giving)

ways to  
*give*

or text GIVE  
to 717-420-1600



## Mail

617 16th Street  
New Cumberland, PA 17070



## Auto pay

Send directly from bank.

## CHURCH STAFF

### **Kris Beckert, Lead Pastor**

[pastorkris@tablelifechurch.org](mailto:pastorkris@tablelifechurch.org)

### **Olivia Edmunds, Director of Family Ministries**

[olivia@tablelifechurch.org](mailto:olivia@tablelifechurch.org)

### **Bekah Kratzsch, Church Administrator**

[office@tablelifechurch.org](mailto:office@tablelifechurch.org)

### **Lauren Border, Intern**

[intern@tablelifechurch.org](mailto:intern@tablelifechurch.org)



617 16<sup>th</sup> St • New Cumberland, PA



717-774-6444



[tablelifechurch.org](http://tablelifechurch.org)



[facebook.com/tablelifechurch](https://facebook.com/tablelifechurch)



[youtube.com/tablelifechurch](https://youtube.com/tablelifechurch)



[instagram.com/tablelifechurch](https://instagram.com/tablelifechurch)



[table\\_life\\_church](https://tiktok.com/table_life_church)



CHURCH OF  THE NAZARENE



Order of Worship  
6 August 2023  
Tenth Sunday of Ordinary Time

## **We Gather to Worship God**

Welcome  
Worship in Song  
Call to Worship  
Worship in Song

## **We Listen to the Word**

Prayer  
Sermon Series: Brain Games  
Sermon: "Part 3 - The Battle of Depression"

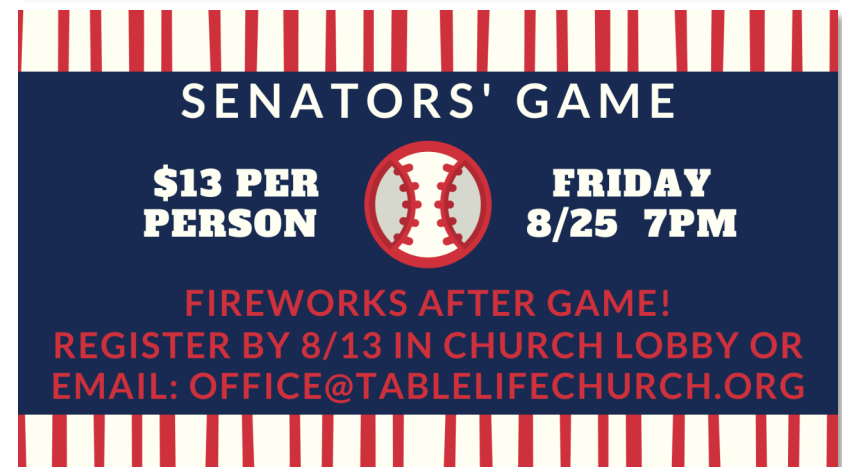
## **We Come to the Table**

Prayer of Confession and Consecration  
The Lord's Prayer  
We Eat and Drink Together  
We Celebrate the Eucharist in Song  
Prayer

## **We Go to Live in the Reign of God**

Community Life  
Gossiping the Good Stuff  
Doxology  
Blessing and Sending

\*Words to music, responsive readings and  
The Lord's Prayer will be on the screen\*



For a complete list of ongoing ministries and upcoming events,  
please visit [tablelifechurch.org](http://tablelifechurch.org).

## Doggy Bag- Some questions to chew on:



1. What part of this message was most impactful for you and why?
2. Of the four root causes of depression, which one or two do you see potentially impacting you the most?
3. What are some things that help you remember God's love and goodness and your worth in the midst of seasons of darkness?
4. How do you typically handle negative or depressing thoughts and feelings? What would it look like to validate your emotions and label your feelings while also remembering they aren't permanent?
5. What decision or conclusion might you need to hold off making while feeling down?
6. What is something that brings you hope? How do Jeremiah's words in Lamentations encourage you?

If you'd like to talk personally and confidentially w/  
Pastor Kris about your relationship with Christ, please  
email [pastorkris@tablelifechurch.org](mailto:pastorkris@tablelifechurch.org) or call  
717-774-6444 to set up an appointment.

## NEW HERE? NEED PRAYER?

**TABLELIFE CHURCH**  
Connection Card

☐ I'm new here    ☐ I'm a returning guest  
☐ I have new contact information

Name \_\_\_\_\_  
Address \_\_\_\_\_  
Email \_\_\_\_\_  
Phone \_\_\_\_\_

How did you hear about us?  
☐ Drive past    ☐ Online  
☐ Social Media    ☐ Invited by \_\_\_\_\_  
☐ Other \_\_\_\_\_

I would like to know more about or help with:  
☐ What it means to follow Jesus  
☐ Connecting in a group  
☐ Serving  
☐ Kids & Youth Ministries

Prayer Request: \_\_\_\_\_

Please fill out a  
connection card located  
in the seats in front of  
you. Or you can fill one  
out online.



SCAN ME



## Brain Games "Part 3 - The Battle of Depression" Pastor Kris Beckert

What do you think are some of the most epic  
movie battle scenes of all time?

### I. Four Root Causes of Depression:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

### II. A Story of Depression: \_\_\_\_\_

- Jeremiah was a \_\_\_\_\_
- He witnessed \_\_\_\_\_

*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.” <sup>19</sup> I remember my affliction and my wandering, the bitterness and the gall. <sup>20</sup> I well remember them, and my soul is downcast within me.

### III. Two Things to Remember when Battling Depression:

#### 1. Your emotions are \_\_\_\_\_ but not

\_\_\_\_\_

- Naming your emotions opens the door to \_\_\_\_\_ your emotions
- Don't make permanent \_\_\_\_\_ based on temporary \_\_\_\_\_
- Don't draw permanent \_\_\_\_\_ from temporary \_\_\_\_\_

#### 2. Your situation feels \_\_\_\_\_ but with God, there's always \_\_\_\_\_

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

- v.22 “love” = Hebrew *hesed* –
- “compassions” = Hebrew *rahamaw*—

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

**Big Idea:** \_\_\_\_\_

\_\_\_\_\_