Title: Beyond Blue  
Text: 1 Samuel 22:1-2. Psalm 142, Psalm 42,43

Target: There is a cave of depression that is inevitable for all, where darkness abounds and the walls are so tall. You sit in the shadows of sorrow with no hope for tomorrow. There is a light in the distance drawing near with persistence, bringing comfort in pain. He’s familiar with the darkness of the cave, for there once His body was laid, but on the 3rd day He was raised to give you a promise that this giant you face has already been slain.

I. _______________ Depression:

1 Samuel 22:1-2 “Cave of Adullam”-Sealed off Place

A. Confession: “A feeling of helplessness and hopelessness that leads to sadness.”
   - Dr. Adrian Rogers

   - Who was IN Distress: “pressure or under stress”
   - Who was IN Debt: “couldn’t pay bills”
   - Who was IN Discontent: “bitterness of soul due to being wronged”

B. Clarification: “A sense of personal powerlessness and a loss of meaning in and enthusiasm for life.”
   - Bible Dictionary

II. ________________ Depression:

Psalm 142

A. Clinical: A biological/physiological Disruption

B. Circumstantial: Sequence of events that are Damaging

III. ________________ Depression:

Psalm 42-Psalm 43

A. Traditional Response: Behavior Modification

   - Superficial:
   - Symptomatic:

B. Tactical Response: Life Transformation

   - Reject Isolation: God Sent People who can Relate (1 Sam. 22:2)
   - Receive the Invitation: God Sent a Friend who can Reinforce (1 Sam. 23:16)
   - Recognize the Impossible: God Sent His Son who can Resurrect (Job 19:25)
MISSION MOMENT

Foster Care and Adoption is a prevalent, full-circle issue in our city and around the world. Help us answer the call of God as the full body of Christ, and create a community within our church to meet this need, by discovering the specific role you can play in either prevention, capacity or support. **Text the word SURVEY to 210-762-4747** to help us discover what level of involvement and interest our church body has and how we can best serve our CBC foster and adopt families.

**EVENTS**

For more information on these events, visit us online.

**NOW**
- Stuff The Bus - School Supplies Collection

**JUL 29-30**
- Baptisms

**AUG 5**
- Back to School Block Party

**AUG 6**
- Names & Needs: Ice Cream Social - Join a Group!

**AUG 7**
- Membership Night

**AUG 12**
- Focus on Foster Care & Adoption Expo

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**Hi, Nice to meet you!**

Please take this card and drop it into your nearest offering box.

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Email

Name

Address

City/State

Zip

**ARE YOU A ❑ GUEST? DID YOU ❑ ACCEPT CHRIST TODAY?**

❑ I WOULD LIKE TO RECEIVE THE CBC WEEKLY E-MAIL

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Please, complete other side.