

1 Kings 19:1-10

"It Is Enough"

Legend has it that Satan once had an auction. He auctioned off all the weapons he possessed except one; it was the tool of discouragement.

As we look in the scriptures we see some of the great saints of God had a difficult time with discouragement.
Men such as…
• Jeremiah, • Jonah, • David, • Elijah, • Solomon, • Abraham

20.6%- Of U.S. adults will experience a major depressive episode in their lifetime

Four sure fire ways to get depressed.

1. Become fearful and w_____

Physical factors—

Never get too:

H
A
L
T

2. Trust in yourself and not G____

Psalm 42, 43 Psalm 3

3. C_____ yourself to others

4. L_____ in self-pity

In his book *How to Win Over Depression*, Tim LaHaye defines the depression formula as

I_____ + a_____ + self-pity = depression

- **Spiritual View:** He emphasizes that handling these emotions requires spiritual, emotional, and physical remedies rather than looking only at secular psychology.
- **Breaking the Cycle:** He suggests that depression lifts when a person identifies and stops the self-pity and anger, turning instead to gratitude and spiritual trust.

❖ **How to get out of it- next week**

UPCOMING EVENTS

Today after the service – Monthly potluck luncheon please join us downstairs for a time of fellowship and communion.
November 14th 9:30-11:30am – Ladies Pour Over our own Liz Unger is speaking! Breakfast and childcare provided.
Operation Christmas Child is underway! See information in the foyer or see Pam Bond. **Deadline is November 16-23.**
Looking ahead:
Annual Christmas Party is scheduled for December 12th!! See Dean or Dora with any questions you may have.

PRAYER CONCERNS

November Missions Focus: ZAMBIA – Phil & Lori Hunt

Time of Prayer – 7:30am – 3rd Sunday of every month Join members of our prayer team to pray for our church and family.

Prayer Room Prayers – after the morning service Member(s) of our prayer team will be available to pray with you for any of your prayer needs.

BONUS POINTS

Pastor Ron's Weekly Email: Please text or email your email address to PastorRon@eppingbible.org to receive this wonderful weekly update!

Coffee Station: Please note that the coffee station will remain open for *15 minutes* after the service is over.

Prayer Wall: Please visit our prayer wall in the lobby to share your Prayer Requests (left) and Praises (right). Confidential requests can be left in the prayer box under the prayer wall. One-on-one prayer meetings/calls are available upon request. Please see Liz Unger for more details.

NEW! Submit a Maintenance Request: See something around our church that needs attention? Please scan the QR code below to submit a request to our Maintenance Team. They work hard to keep our church property safe and functional, but they can't see everything – they need your help!

EPPING BIBLE CHURCH

November 1, 2026

SUNDAY SCHEDULE

8:00 - 8:45 AM – Free Breakfast
9:00 AM – Bible Emphasis Groups (B.E.G)
10:00 AM – Morning Worship*
**Kids ages 4-9 dismissed after music for Junior Church*

THE WEEK AHEAD

Ladies and Men's Bible study held at Steve & Leasa's (Merrimac, MA) – **Tuesday 6pm**
Pastor Ron's Wednesday Wisdom Waterings – **Wednesday**
Ladies Bible Study in church lobby – **Wednesday 10am**
Small Group at the parsonage – **Wednesday 6:30 PM**
Men's Small Group – See Pastor Russ – **Wednesday 7:00 PM**
Ladies Bible Study at Carlyn's (Deerfield) – **Thursday 6:00PM**
Couples Small Group– See Pastor Russ – **Saturday 8:00 AM**

CONTACT US

Pastor Ron Townsend: (603) 247-0405
Associate Pastor Adam Chase: (603) 479-2092
Associate Pastor Russ Woolbright: (817) 733-4656 (*Discipleship & Counseling*)
Deacons: Steve Palmer (508) 631-9406
Mike Johnson (603) 303-5581

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This can also be used to add or edit your record in our ***church directory***