**For The Record**

Bible Study. . . . . .54
Sunday AM. . . . . 80
Sunday P.M. . . . . 61
Wednesday. . . . . .45
Contribution . . . . . .$1678
Budget. . . . . $1700

***Sermons***

A.M. What A Great Day To Be Alive
P.M. Monthly Singing Night

***Mark Your Calendar***

Aug 8 Ladies' Day at Lithia Springs
Sept. 1 Ladies' Bible Study at 7:00 pm
Sept. 26 Ladies' Day at Bowdon
Oct. 24 Hobo Dinner
Nov. 8 Family and Friends Day

***Those To Serve (August)***

Announcements. . . . . .Eric Ballard
Communion. . . . . .Josh Teel
Wednesday Singing. Jerome Thompson
Clean Building.
Greg and Alesa Holloway

**Good News Today Monday - Friday**
Dish Network Channel 9407 and 9396 @ Noon ET

## Plan of Salvation

**Hear -** (Rom. 10:14) "How then shall they call on him in whom they have not believed? and how shall they believe in him of whom they have not heard? and how shall they hear without a preacher?"

**Believe -** (John 8:24) "I said therefore unto you, that ye shall die in your sins: for if ye believe not that I am he, ye shall die in your sins."

**Repent -** (Luke 13:3) "I tell you, Nay: but, except ye repent, ye shall all likewise perish."

**Confess -** (Rom. 10:9) "That if thou shalt confess with thy mouth the Lord Jesus, and shalt believe in thine heart that God hath raised him from the dead, thou shalt be saved."

**Be Baptized -** (Acts 2:38) "Then Peter said unto them, Repent, and be baptized every one of you in the name of Jesus Christ for the remission of sins, and ye shall receive the gift of the Holy Ghost."

**Be Faithful -** (Rev. 2:10) "Fear none of those things which thou shalt suffer: behold, the devil shall cast some of you into prison, that ye may be tried; and ye shall have tribulation ten days: be thou faithful unto death, and I will give thee a crown of life."

**www.bowdonchurchofchrist.com**

**SCHEDULE OF SERVICES**
SUNDAY
Bible Study 10:00
Worship 11:00 am & 6:00 pm

WEDNESDAY
Bible Study 7:00 pm

**SHEPHERDS**
Bill Dedmon
James Harrington
Donnie Truett

**DEACONS**
Bud Benefield
Phil Harrington
Gerald Scales

**MINISTER**
Bill Dedmon
Office: (770) 258-7974
House: (770) 258-7829
Cell : (678) 378-1348
Email:
bowdoncc@bellsouth.net

**OUTREACH**
Ken Lovvorn

**YOUTH DIRECTOR**
Jerome Thompson

**MISSIONS**
Roger Leonard
Corinto, Nicaragua
Gospel Broadcasting Network

# The Gospel Light

*"To give light to them that sit in darkness..." Luke 1:79*

Published by the **Bowdon Church of Christ**
816 E. College Street Bowdon, GA 30108
Editor—Bill Dedmon

**Vol. XX August 2, 2009 Number 27**

***"Behold the day, behold, it is come: the morning is gone forth; the rod hath blossomed, pride hath budded" Ezek. 7:10***

## Overcoming Depression

I never cease to be amazed how easily, and under what circumstances, depression sets in upon the child of God. Elijah experienced depression shortly after his victory over the 430 prophets of Baal (1 Kings 18). One would think that following such a wonderful "high" he would have been able to dwell on the mountain for the foreseeable future. But such was not the case.

Once upon a time there was a man who felt he'd reached the end of his rope. It seemed that all interest had vanished from his life. His old friend, the family doctor, saw his depression and said, "Alright, you must do exactly as I tell you. I want you to find a lonely stretch of beach and spend all day at the shore. Take nothing to read. I'm going to give you four prescriptions. Take the first one at nine, the second one at twelve, the third at three, and the last at six. Don't look at them now. Wait until you arrive at the shore."

Arriving a little before nine, he parked his car on a lonely stretch of beach, walked to a sand dune and sat down. He opened prescription number one and read it. It said, "Listen." And so for three hours that's all he did. He listened to the song of the buffeting wind and the lonely cries of the gulls. At noon he read the second prescription. It said, "Reach back." And so for the next three hours he let his mind go back as far as it could, and thought of all the incidents of his life – the happy times, good times, struggles, and successes. At three o'clock he tore open the third prescription. It read, "Re-examine your motives." He thought through his reasons for living, clarifying and stating his goals. Finally, at six o'clock, under a grey, darkening sky and with a taste of salt in the wind, he read the fourth and final prescription. It read, "Write your worries in the sand." And so he did. Within a short period of time he watched as those worries were washed away by the tide. And the young man turned homeward with a renewed attitude.

I wonder how often we allow the circumstances around us to chip away at our faith and lead us down the path into depression. If you are suffering from depression, may I make a couple of suggestions? Unplug your TV for 30 days. Dwell on things that are good, things that are of good report, and things that will restore your confidence in God and His providential watch care over us. Focus on that wonderful promise in Hebrews 13:5: "Be ye free from the love of money; content with such things as ye have: for himself hath said, I will in no wise fail thee, neither will I in any wise forsake thee." There are no less than four keys contained within that passage for defeating depression. First, "Be free from the love of money." Mammon is not your master; Christ is! Second, be content with such things as ye have. The mad race for things has destroyed the faith of many a man and plunged him into despair and destruction. Third, remember that God will not fail thee. This speaks of our Father's power and ability to care for us. Finally, remember that God will not forsake thee. This speaks of His *will* to care for you.

If you are depressed, discouraged, disappointed, or simply down and out, take some time to mediate on the word of God. Therein lies the power for overcoming depression.

Tom Wacaster

via Tom's Pen www.churchsoftwareplus.com

Welcome to our visitors. You are our special guests. We trust the worship service today will be uplifting and in harmony with God's word.

***Sunday Morning Devotional***

August 2
Song - Bud Benefield
Scripture and Prayer - Casey Ballard

August 9
Song - Kiley Fordham
Scripture and Prayer - Ken Lovvorn

***Wednesday Night Devotional***

August 5
Song - Jerome Thompson
Devotional - Bill Dedmon
Announcements - Bill Dedmon

A Teachers' Meeting is planned for next Sunday, August 9, at 5:00 p.m. All teachers are asked to attend. If you cannot attend the meeting, let Bud know.

If you have an email address and did not receive an email from the church office last week, please give your email address to Bill so that you can be included in the church email group. We will use this means to get news and information to our members. This is not replacing the phone tree, but will be used in conjunction with the phone tree.

We want to give a warm Bowdon welcome to David, Leigh and Heather Glosson and Josh, Jenny and Makayla Teel who recently placed membership with us. We are glad to have you.

**Wanda Warmack,** professor at Faulkner; **Leigh Glosson** hurt her ankle; **Hope Hickman,** 14 year old girl in critical condition; **Ervin Barnhill,** April Fordham's uncle, has been diagnosed with cancer; **Bill Nolen; James Harrington; Wayne Harlin**; **Ben Laney; Cindy Carnes**; **Irene Harrington; Claude Bearden**; **Melinda Fendley; Reba Parsons**; **Ken and Cathy Lovvorn; April Fordham** had tests Thursday; **Melinda Harlin; Sandra Harlin; Phil Astin; Aiden and Molly Astin; Jeff Denny**; **Ida Mae Holloway**; **Ansley Suddeth**; **Jane Newbern; Randall Buchanan; unfaithful members**; **young people.**

**Serving in our military:**
**Jason Benefield, Paul Wheeler, Toby Hill.**

M.E.P Team # 1 will meet Tuesday, August 11, at the home of Sandra and Phil Harrington at 7:00 pm. For more information see Sandra.

The Georgia School of Preaching and Biblical Studies, West GA Campus at Villa Rica, will begin classes on Monday, August 17. The morning class begins at 10:00 a.m. The evening class begins at 7:00 p.m. Students can choose to take the classes for credit or audit. There is no charge for classes.

Be sure to pick up your new directory pages in the library.