

# *I'm Feeling Down... Am I Normal?*

Yes you are. As a Christian let me state, life can be depressing. Happiness needs no advocate. So let me say a word about being sad. Just because we talk about victorious living and sing "Blue Skies and Rainbows," doesn't mean Christians are happy all the time. Most of us would be shocked to hear the Bible speak on the subject. "...*A sad face is good for the heart*" (Ecclesiastes 7:3). Jesus is described as being "*a man of sorrows, and familiar with suffering*" (Isaiah 53:3). This would lead some modern forms of Christianity to advise Jesus to "cheer up" and be "more Christ-like."

The real Jesus and real Christianity has never bought into the "health and wealth" version of faith. Following Jesus can make your life better on the whole but worse in the particulars. Just ask the apostles, the early Christians, and the other faithful being persecuted around the globe to this day. Even in America, being a Christian can complicate your life.

Look around. God has created his world to have seasons; it's his way. There are sunny days and rainy ones, good days and bad, strings of bad events... and strings of good ones. For your whole life, that is the way its going to be. There is not a product you can buy that will stop it.

To be alive means suffering will come. You don't have to search for it and I encourage you to wisely avoid it. But when it comes, realize Jesus knows well that path and he will walk with you through it. He is the faithful friend who will stick with you no matter what. Your suffering means something. Your suffering has an ultimate purpose. Your suffering shapes you into something better.

Our go-to scripture on this is Romans 8:28... "*And we know that in all things God works for the good of those who love him, who are called according to his purpose.*" The verses that follow describe some very depressing circumstances: "trouble, hardship, persecution...danger." But there is a stubborn insistence that we are "more than conquerors." In other words, it's all going to be worth it.

In the mean time, keep walking with Jesus. Sometimes you just need to stop fighting it, and decide, "I'm having a bad day" or a "bad week"... maybe even a "bad season in my life." To admit that doesn't mean you've admitted defeat. It means you admit to being human. A part of being human that Jesus was very familiar with.

Sorrow is not sinful. It just is what it is. It wouldn't hurt to tell our kids that too. It's okay to be sad. It's normal.

*Mark*

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Tonight 6:00 PM, The Young Adults: meet at the Cooper's home in Pitman. **Carpooling from our building is at 5:30.** See Matt Fort for details.

Wednesday Children's Bible Class: The **CHILDREN** will be packing lunches for the homeless.

Friday Youth Group 7 PM meeting at the building.

Ø Also, 8 PM Meet Here to make sandwiches for the hungry. These will be delivered the next morning.

Saturday Meet Here at 10:30 AM: to deliver lunches to the hungry.

**Note for 2010:** We skip Celebration Sunday Meals on the months we have "Community Movie Nights".

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## Today's Worship Leaders

**Worship Leader:** Dave Williams

**Main Prayer:** Dale Sherry **Closing Prayer:** Matt Fortunato

**Lord's Supper:** Nate Wiewora, John Derricott, Sydney Francis, Chet

**Greeters:** Bill Gill, Pam Goen, Lillian Nuñez, Jack Swinehart

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**Red Action Team** cleans this week. **Lillian** coordinating

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## LOCAL OUTREACH/MINISTRY

Worship, total .....	103	
Mark Finn - Evangelist	(Ladies Retreat Worship .26)	
Matt Fortunato - Associate Minister	Sun. Bible Class .....	58
Church Office- (856) 854-0197	Wednesday .....	62

## ELDERS:

Rick Boyle (856-986-4876)

Tony Ceraso, Jr.

Jack Swinehart

Contribution..... **\$2,561**

Budget Goal ..... \$4,175

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# “HELP WANTED”

**WHO: Christian**

**RESPONSIBILITIES: Spread the Good News. Share your faith. Speak a word for Christ. Invite someone to church.**

**WHERE: Throughout your sphere of influence.**

**WHEN: All the time.**

**CONTACT: God in prayer.**

One of the easiest things to do as a Christian is to become complacent and live within your church body and friends, thinking all along that someone else will reach out to the lost. God has directed us all to go into the world (Matt. 28:19).

Pray that God gives you opportunities. Pray that your eyes will be open to those opportunities. Pray God will give you the words to speak. Pray for God to be in control.

**To God be the glory.**

*With love, Rick Boyle, on behalf of the elders*

*Share your faith in 2010*

- (1) Pray for people to share with.
- (2) Pray for opportunities to share.
- (3) Pray for courage and compassion.

## Collingswood Church of Christ

Church Website: [www.ccc123.org](http://www.ccc123.org)

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Collingswood, NJ 08107

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“Now faith is being sure of what we hope for and certain of what we do not see.” (Hebrews 11:1)

