



# LET'S CHAT!

with Pastor D

SHARON SEVENTH-DAY ADVENTIST CHURCH

December 7, 2019



This week we continue to look at ways to overcome depression:

**Get some sleep.** Adequate rest will replenish and revitalize the body.

**Take action.** Any form of movement is better than none.

**Eat well.** Having balanced meals enhances our mood and the ability to process information clearly.

**Clean home.** A clean atmosphere helps to ease the mind.

**Look professional.** Even if you don't have plans, it should not be a deterrent to look good.

**Create reasonable goals.** This creates a sense of accomplishment.

**Use music.** Have you ever put on music in your home or car and sang loudly and danced? Do you use it to bring calm before bed? Music can relax and soothe one in times of stress and anxiety. It can create excitement and transform the dulllest moments into memorable ones. In fact it is probably one of the best ways to overcome depression. I visited a close family friend in the hospital who was diagnosed with dementia. As the illness progressed he no longer remembered me. However, one thing he remembered and responded to, were the songs he loved. His eyes would open wide and a huge smile would brighten his dull countenance as they played. There were moments where he would shock me, by calling me by name as he reflected on the song. Then as the music faded and stopped, he would sadly slip back into the haze of the past. Depression is different than dementia but both are difficult to process. Sometimes the best medicine may be a few doses of your favorite songs. It may help to get out of the deep darkness and into the light of day.

## KIDS CORNER

Use the code to learn how each book got its name.

**Genesis** means .

**Exodus** means .

**Leviticus** is named for the who taught God's laws.

**Numbers** is about the people.

**Deuteronomy** means because Moses told the people about the laws again.

- A
- 🔔  
B
- 🕒  
C
- ⦿  
D
- ◇  
E
- 📖  
G
- 🔄  
I
- ☀️  
L
- ★  
N
- 👉  
O
- ✂️  
S
- 📞  
T
- ↑  
U
- ⊠  
V
- ★  
W

## URGENT prayer

- Olive and Lee Family, bereavement (Gloria Olive passed away)
- Regina Pierre, strength and encouragement
- Dorian, Trenton and Drew Wade, health and recovery
- George Lake, bereavement (sister passed away) and health for George and his mother.
- Paulette Weber, recovery



Calling all children 4-9 years of age...**the Adventurers Club at Sharon is making a comeback!**

The Club goes **LIVE** January 2020.

We are seeking children AND parents (parental involvement is a requirement) who are excited about experiencing new things.

Contact Ben or Adaire Brown at [adairebrown@gmail.com](mailto:adairebrown@gmail.com).

**"OUT OF 100 MEN,**  
one will read the *Bible*,  
**THE OTHER 99**  
will read the *Christian*."

- D.L. Moody

The term "spoon fed" refers to babies, but is also used for people who have been given so much by others that they never learn how to think for themselves. Like a spoon fed baby, some Christians have never grown up in their faith.

Have you heard the expression that churches aren't equipping the saints and the saints are left drinking milk instead of graduating to meat? You can't teach a student calculus until that child has graduated in their math abilities and done the necessary work and gained the necessary knowledge to grasp the concepts of calculus. Likewise, a Christian cannot graduate to "meat" until they have mastered the milk of the Word of God. And that's not going to happen until we take an active and assertive role. Too often we go to church, get fed the Word of God and then wait until our next meal the following Sabbath. The fact is that God commanded Christians to train themselves in Godly matters.

We give the excuse that we don't have the time to read the bible or don't understand it. The truth is that if we don't make it a priority, don't take the time and don't make the effort to



get into the Word of God, then we will always be infants and toddlers in Christ — needing someone else to tell us what we should believe and why.

We rely on someone that we perceive to have advanced biblical knowledge, to pour over the Scriptures, unlock their cryptic meaning, and deliver that meaning in an engaging and entertaining package. Preferably in under 20 minutes because we do have lunch plans! In turn, we're teaching our young people to also wait for the spoon.

Teaching isn't evil or useless. Throughout the bible, teaching was mentioned as being instrumental in people's growth. Feeding on God's word is a good thing (*John 6*), but being fed involves a passive acceptance.

Passive consumption of teaching on a regular

basis plays directly to the consumptive and entertainment values of our culture. We expect to be presented with a product that excites us and makes our lives better, preferably with as little exertion on our part as possible.

What happens when the product no longer entertains or provides clarity? We move to another church with a "better" product, because we've come to believe that it is our right to be given clear and entertaining instruction each week.

Paul says, "Rather, speaking the truth in love, we are to grow up in every way into Him who is the head, into Christ, from whom the whole body, joined and held together by every joint with which it is equipped, when each part is working property, makes the body grow so that it builds itself up on love." *Ephesians 4:15, 16.*

Sources: Spoon Fed Christians. [www.creativeyouthideas.com](http://www.creativeyouthideas.com). Stop Being Spoon Fed in Church. Jones, Minister Paul E. [www.spiritualighthouse.blogspot.com](http://www.spiritualighthouse.blogspot.com). The Christian and Baby Food. Lee, Trevor. [www.christianitytoday.com](http://www.christianitytoday.com).