

DEPRESSED?

1 John 1:9: If we confess our sins He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.



2 Corinthians 4:17,18:

For our light affliction, which is but for a moment, worketh for us a far more exceeding and eternal weight of glory; While we look not at the things which are seen, but at the things which are not seen: for the things which are seen are temporal; but the things which are not seen are eternal.

Action step: All of us fail and sin. Sin leads to depression. Confess your sins and forsake them. Look unto Jesus who is the giver of life and strength. He promises to give you His peace.



Pastor Matthew Recker

OUR MEETING PLACES

HERITAGE BAPTIST CHURCH

SUNDAY SERVICES:

10 am and 11 am

490 Hudson Street / PS 3

New York, NY

(Between Christopher and Grove Street)

Pastor Matthew Recker

WEDNESDAY PRAYER FELLOWSHIP

The Heritage Ministry Office • 7:15PM

519 Eighth Ave., NY, NY 10018

Suite 807

(between 35-36 Street)

**SUNDAY SERVICES ARE
INTERPRETED FOR THE DEAF**



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Stress Busters!

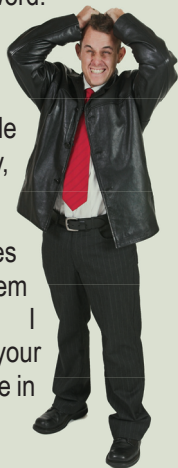


HOW TO BEAT THE STRESS

There are many reasons people are filled with stress, worry, or fear. Striving after the “American Dream” of accumulating things and experiencing pleasure often turns into a nightmare of stress and depression. The most comforting book in the history of the world is the Bible. It contains the mind of God and the way of salvation. Its doctrines are holy and its histories true. Read it to be wise, believe it to be secure, live it to be happy. It is like a travelers map, a pilot’s compass, and a soldiers sword.

Christ is its grand object, and God’s glory is its end. Let it fill your memory, rule your heart, and guide your feet. Read it slowly, prayerfully, and daily.

Read the following verses and meditate upon them during the days ahead. I promise you they will fill your heart with comfort and peace in a turbulent world.



AFRAID?

1 John 4:18: There is no fear in love; but perfect love casteth out fear: because fear hath torment. He that feareth is not made perfect in love.

1 Peter 5:7: Casting all your care upon him; for he careth for you.

Isaiah 41:10: Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness.

Joshua 1:9: Be strong and of a good courage; be not afraid, neither be thou dismayed: for the LORD thy God is with thee whithersoever thou goest.

Action step: Believe Christ embraced the cross and died for you. He was resurrected bodily from the dead. Rest in His love and commit your fears and very life into His loving hands. Believe He will be with you.



CONFUSED?

2 Chronicles 20:9; O our God...we have no might...neither know we what to do: but our eyes are upon thee.

Psalms 42:5: Why art thou cast down, O my soul? And why art thou disquieted in me? Hope thou in God: for I shall yet praise Him for the help of his countenance.

Psalms 73:25,26: Whom have I in heaven but thee? And there is none upon earth that I desire beside thee. My flesh and my heart faileth: but God is the strength of my heart, and my portion forever.

Action step: Rest in the power and goodness of God. Seek Him first and commit your way to Him. As you trust in Him and acknowledge Him in all your ways, “he shall direct thy paths” (Proverbs 3:5,6).

