Thought for the week

Six Ways Jesus Fought Depression

The Bible gives us an amazing glimpse into the soul of Jesus the night before he was crucified. Watch and learn from the way Jesus fought his strategic battle against despondency or depression.

1. He chose some close friends to be with him. "Taking with him Peter and the two sons of Zebedee" (Matthew 26:37).
2. He opened his soul to them. He said to them, "My soul is very sorrowful, even to death" (Matthew 26:38).
3. He asked for their intercession and partnership in the battle. "Remain here, and watch with me" (Matthew 26:38).
4. He poured out his heart to his Father in prayer. "My Father, if it be possible, let this cup pass from me" (Matthew 26:39).
5. He rested his soul in the sovereign wisdom of God. "Nevertheless, not as I will, but as you will" (Matthew 26:39).
6. He fixed his eye on the glorious future grace that awaited him on the other side of the cross. "For the joy that was set before him [he] endured the cross, despising the shame, and is seated at the right hand of the throne of God" (Hebrews 12:2).

When something drops into your life that seems to threaten your future, remember this: The first shock waves of the bomb in your heart, like the ones Jesus felt in Gethsemane, are not sin. The real danger is yielding to them. Giving in. Putting up no spiritual fight. And the root of that sinful surrender is unbelief — a failure to fight for faith in future grace. A failure to cherish all that God promises to be for us in Jesus.

In Gethsemane Jesus shows us another way. Not painless, and not passive. Follow him. Find your trusted spiritual friends. Open your soul to them. Ask them to watch with you and pray. Pour out your soul to the Father. Rest in the sovereign wisdom of God. And fix your eyes on the joy set before you in the precious and magnificent promises of God.

By John Piper, from DesiringGod.org

Prayer Points

Pray for those in our extended church family who are unwell or recovering, including Dawn J, Alice & Graham D, Mark P, Claire H, Jeanie P, and Granville H.
Pray for our carols outreach event on December 6, for preparations, lots of people to help, and for many non-Christian friends, family and neighbours to come along.
Pray for those from CBBC currently travelling for mission work including Matt & Uli H who left for Vietnam yesterday, and Trish F leaving for India with HOHI on Friday, for safe travel and good health.
Pray for a new Playgroup coordinator to be appointed for next year. Pray for the right person to apply for the role, and pray for Playgroup to continue to be an effective witness to our community
Pray for Uni Impact (university ministry in Brisbane) as they prepare to come to Coolum on Nov 23 for their annual Summer Beach Project, using our church for their meetings.
Pray for Mark, Jane and Azalea as Mark prepares to commence at CBBC in January.

What's on?

MONDAY
7AM Community Breakfast

TUESDAY
9:30AM Playgroup

WEDNESDAY
9AM Prayer Meeting

THURSDAY
9AM Quilters/Craft

FRIDAY
9:30AM Playgroup

BIRTHDAYS

Nov 17th Barry C
Nov 20th Beth P
Nov 20th Trish F



Announcements:

Scams Impersonating Pastors

Recently, a number of scams in Australia have been impersonating pastors using stolen contact details, fake phone numbers and AI voice cloning. The scams involve contacting church members over the phone, pretending to be a pastor and asking for money or gift cards. Often the scammers will pressure people to act quickly and keep it a secret, which is a common scam giveaway. **Please be aware that no pastor from our church will ever call you and ask for money.** If this does happen, please hang up, and contact the church office or church leadership directly on a number you already know to report it.

Men's Breakfast - Saturday November 21

Men, we're having another men's breakfast on Saturday November 21 at the church (8am-11am). After breakfast we're going to have a panel discussion about why, what and how suicide affects us as men (this was planned for September but had to be postponed). This may be a good event to invite a friend if you think it would be helpful for them. There is a signup sheet in the church foyer. Speak to Richard Van Eck for more info.

Annual General Meeting

This will be held after church on Sunday 29th November. Please put this date in your calendar and plan to be there.

Christmas Carols - Helpers and Invites

We'll be holding our annual Christmas Carols community outreach event on Sunday Afternoon, December 6 (4:30-6:30pm). Put the date in your diary and start thinking about who you can invite! We need lots of volunteers to make the afternoon and evening happen, especially helping out with kids activities. If you are available to help, sign up on the sheet in the foyer at church or talk to Kathy directly.

Playgroup Coordinator – Expression of Interest

We are aiming to appoint a new Playgroup Coordinator for 2027 and beyond. This is a paid role in our church (8 hours per week), coordinating our two playgroups on Tuesday and Friday mornings. There are two parts to the role: Firstly, it involves thinking about playgroup as a ministry outreach that will help us "Know Christ and Make Him Known" in our community. Secondly, it involves organising and leading fun and safe playgroup activities to bless the kids and parents who come. If you're interested in the role or would just like more information, please contact Bill (bill.forgeard@coolumbeachbaptist.com). You can also chat with Kathy who is currently the interim playgroup coordinator to find out about the role.

NOTES

OFFERING-DIRECT TRANSFER DETAILS:
BSB: 704-913 | ACC: 400039335 (Internet banking transfer)
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Coolum Beach Baptist Church

"To know Christ and make Him known"



"Abba, Father," he said, "everything is possible for you. Take this cup from me. Yet not what I will, but what you will." (Mark 14:36)

15th Nov 9AM Pastor Bill

The Suffering Saviour Who Trusts His Father

Mark 14:32-65

Would you like to listen to past sermons?

Go to coolumbeachbaptist.com and click on "*Sermons & Bulletins*"

On YouTube, search Coolum Beach Baptist Church and click on *Videos* or *Playlists*.