

## Info Guide

### Welcome

We're glad you're here! This Info Guide will help you learn how to get connected at Manna and share what is available to you at the service today. We hope you feel at home and enjoy your time with us.

### What to Expect

During today's worship experience, you can expect about a 70-minute service. It will begin with approximately 20-25 minutes of worship, then a brief time of announcements, followed by a 35-minute biblical and practical message delivered by our Pastor, and we will conclude our time together with another short time of worship.

### Pizza With the Pastor

If you want to learn what Manna Church is passionate about, where we are going, and how you can be a part of this adventure, then NextStep is for you. It is a 4-week small group that meets the first four Sundays of every month. Childcare is provided and you can learn the times and locations at the info center in the lobby. We would love for you to take this step!

### CONNECTION CARD

If you're a first-time guest, we would love for you to fill out a connection card. No one is planning to call you or come by your house—we just want to thank you for joining us today and to let you know what is available to you here at Manna.

### Small Groups

Manna Church is not a church with small groups, we are a small groups church. On Sundays, we gather corporately to be inspired by the presence and Word of God. However, friendships, discipleship, and growth primarily happen in the context of a small group

### Manna Kids

We promise a clean and safe environment where children can experience and enjoy the love of Jesus. The Nursery/Preschool experience is available for kids 6 weeks through Kindergarten and the Elementary experience is for children in 1st through 5th grade. We would love to have your child join us!

### Manna Students

If you are in 6<sup>th</sup> to 12<sup>th</sup> grade, come join Manna Students on Wednesday from 6:30 p.m. to 8:00 p.m. at the Manna Church Offices! We meet every week during the small group cycle for games, worship, biblical teachings, and small groups! We hope you will join us!

### FREE GIFT

If it is your first time with us, we have a gift available for you in the lobby at the end of service. We simply want to give you a gift to thank you for being with us today!

### Freedom Resources





# SERMON NOTES

WEEK 4  
FEBRUARY 2ND

## Defeating Depression

To be \_\_\_\_\_, we need to recognize that it is \_\_\_\_\_  
to not be \_\_\_\_\_.

2 Timothy 3:16-17 (ESV) - All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, 17 that the man of God may be complete, equipped for every good work.

Lamentations 3:1-2, 17-20 (NIV) - I am the man who has seen affliction by the rod of the Lord's wrath. 2 He has driven me away and made me walk in darkness rather than light... 17 I have been deprived of peace; I have forgotten what prosperity is. 18 So I say, "My splendor is gone and all that I had hoped from the Lord." 19 I remember my affliction and my wandering, the bitterness and the gall. 20 I well remember them, and my soul is downcast within me.

Lamentations 3:17-24 (NIV) - I have been deprived of peace; I have forgotten what prosperity is. 18 So I say, "My splendor is gone and all that I had hoped from the Lord." 19 I remember my affliction and my wandering, the bitterness and the gall. 20 I well remember them, and my soul is downcast within me. 21 Yet this I call to mind and therefore I have hope: 22 Because of the Lord's great love we are not consumed, for his compassions never fail. 23 They are new every morning; great is your faithfulness. 24 I say to myself, "The Lord is my portion; therefore I will wait for him."

1. My \_\_\_\_\_ are \_\_\_\_\_, they are just \_\_\_\_\_.

2. God's word is \_\_\_\_\_ and it is \_\_\_\_\_.

Matthew 24:35 (ESV) - Heaven and earth will pass away, but my words will not pass away.

3. When you have \_\_\_\_\_, there is \_\_\_\_\_.

1 Peter 1:3 (ESV) - Blessed be the God and Father of our Lord Jesus Christ! According to his great mercy, he has caused us to be born again to a living hope through the resurrection of Jesus Christ from the dead.

1 Corinthians 10:13 (ESV) - No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it.

It is not about \_\_\_\_\_, it is about \_\_\_\_\_.

**Notes:**