

Pastor's Pen

Pastor Doug Chambers

November 9, 2025

"World Mental Health Day"

"Let this mind be in you which was also in Christ Jesus"

I saw this recently posted and realized it went right along with October being "suicide prevention month".

This depression is coming as a dark cloud over the land and will be felt by everyone in stronger and stronger measures.
Jesus said "men's hearts will fail them for fear"

The antidote for all of this is found in God's Word:
"Don't worry about anything; instead, pray about everything. Tell God what you need and thank him for all he has done. ⁷If you do this, you will experience God's peace, which is far more wonderful than the human mind can understand. His peace will guard your hearts and minds as you live in Christ Jesus." Phil.4:6-7

The answer then is ***focus** your mind on the Lord and off of yourself
***tell God** what you need, pouring your heart out to Him.
***God's peace** will be your portion, it is so powerful that it will guard your heart and mind, as you continue to look to Him.

God bless the church,
Pastor Chambers