

Covington Family News

March 9, 2025

Emergency Phone Numbers



When in sorrowcall John 14
When men fail you. call Psalm 27
If you want to be fruitful.call John 15
When you have sinned. call Psalm 51
When you worry. call Matthew 6:19-34
When you are in danger. call Psalm 91
When God seems far away call Psalm 139
When your faith needs stirring call Hebrews 11
When you are lonely and fearful. call Psalms 23
When you grow bitter and and critical. call 1 Cor. 13
For Paul's secret to happiness call Col. 3:12-17
For understanding of Christianity. call 2 Cor. 15-19
When you feel down and out. call Romans 8:31
When you want peace and rest. call Matt. 11:25-30
When the world seems bigger than God. call Psalm 90
When you want Christian assurance call. Rom. 8:1-30
When you leave home for labor or travel. call Ps. 121
When your prayers grow narrow or selfish call Ps. 67
For a great invention/opportunity. call Isaiah 55
When you want courage for a task call Joshua 1
For how to get along with fellow men. call Romans 12
When you think of investments and returns. call Mk. 10
If you are depressed.call Psalm 27
If your pocketbook is empty. call Psalm 37
If you are losing confidence in people. call 1 Cor. 13
If people seem unkind. call John 15
If discouraged about your work.call Psalm 126
If you find the world growing small and yourself great.call
Psalm 19

Alternate numbers:

For dealing with fear. call Psalm 34:7
For security. call Psalm 121:3
For assurance. call Mark 8:35
For reassurance.call Psalm 145:18

via Briensburg Church of Christ



SHEPHERDS

Wayne Dalrymple 901- 573-3908
David Keith 901- 430-3940
Andy Whaley 901- 626-2911
Mike Rogers 901- 229-4305

DEACONS

Ken Bringle Jr.
Neil Bringle
J.J. Brown
Benny Collins
Brad Evins
Brandon Matlock
Alan Otts
Craig Robinson
David Stewart
Robert Trimm
Terry Wall
Jon McCain

PULPIT MINISTER

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ASSOCIATE MINISTER

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Website

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SERVING THIS WEEK 3/9/25 AM Worship Service

Announcements Brandon Matlock
Song Leader: Jimmy McMahan
Sermon Mike Rogers

Presiding Over the Lord's Table:

Head: Hadley Mason
Wesley Fowler, Eason Robinson, Robert Brownlee, Chris Huggins, Clint Stacks, Breck Beasley, Chris Maness, Caleb Smith

Opening Prayer: George Watkins
Closing Prayer: Robert Brownlee

Nursery Worker: Brandy Brown

March Food Committee Leader: Bonita Rogers

Attendance Card Collectors: (3/9)

Eli Charnock, Noah Charnock, August Charnock

March Door Greeters:

Main Lobby Entrance: Richard & Elaine Shankle
Auditorium Entrance: Brad & Becky Evins

PM Worship Service

Song Leader: Jimmy McMahan
Opening Prayer: Wayne Dalrymple
Closing Prayer: Clint Stacks
Sermon/Questions Mike Rogers/Jeff Phillips

PROOF OF OUR LOVE

Sunday Bible Classes	136
Worship AM	221
PM	138
Wednesday Bible Study	140

VISITORS ARE OUR SPECIAL GUESTS

Marcia Murray	Covington, TN
John Fowler	Covington, TN
James Easley	Covington, TN
Mende Scherffius	Munford, TN
Jeanne Slone	
Diana Jones	
Jayden Yalda	
Austin & Kensleigh Phillips	

Covington Church of Christ

1690 Highway 51 South – PO Box 9
Covington, TN 38019

Schedule of Services

SUNDAY

Bible Classes 9:00AM
Worship 10:00AM & 5:30PM

WEDNESDAY

Bible Classes 7:00 PM

Mike’s Message

Dealing with Depression

Psalm 88

Depression is a real and debilitating disease. It is a suffocating and evil prison that prevents people from having the joy God intends us to have. Many different things can trigger depression. It may be sickness. It may be stress. It may be a mixed-up chemical composition in the brain. It may be genetics. It may be a life tragedy. Even gloomy days can trigger depression. Depression can be long-term, or temporary. Depression is common. Almost everyone has suffered some type of depression. Depression may be treated with medication, counseling, diet, exercise, and sometimes just a friend who cares.

Job suffered from depression brought on by unexplained pain and suffering. But Job never stopped believing and talking to God. Some of the Psalmists suffered with great depression. Most Psalms of Lament reflect an illness and spiritual anguish. One commonality in the Psalms of lament is the blame game. Some of the Psalms blame God for their state. Some blame others for their anguish. Some blame themselves for their condition. Some show all of the above. But blame cannot successfully treat depression. We cannot go through all 65 Psalms of Lament, but I want to look at the one that reflects, what I think is the deepest depression of all the Psalms of lament, Psalm 88. In Psalm 88 there is nothing but anguish and pain, and it ends abruptly with no answer. Yet, from this lament we can learn much about dealing with depression.

The obvious lesson is that the psalmist was persistent in prayer (Psalm 88:1-9). Persistent pleading with the God of salvation (deliverance) to answer his prayer (vv. 1-2). He is full of troubles and near death (vv. 3-4a). He is a man without strength (v. 4b). He feels forsaken and forgotten by God cut off from His care (vv. 5-6). God’s wrath has been laid heavy on him so that he is overwhelmed with suffering (v. 7). He feels that even his friends have abandoned him (v. 8). He does nothing but cry and beg God for help (v. 9). Three lessons are learned from these first 9 verses: One, even in all his suffering, and even in blaming God for his suffering, he never denies the existence of God. Two, he never questions God’s ability to deliver him. Three, he is consistent and persistent in his prayer to God.

So, if you are suffering from depression, do not give up on God. Pray persistently and consistently to God for deliverance. Never doubt that God hears you and has the ability to deliver you.

More from this Psalm on Sunday.

--Mike Rogers

Prayer List

Vicki Mayfield—Baptist Tipton

John Evans—Surgery, March 7

Joyce Whaley—Recovering from eye surgery

Neil Bringle

Steve & Margie Crews

Bobby White

Betty White—Wife of Bobby White, Baptist East

Israel, Our Country, Our Missionaries, LaVerne Baxter,

Heath Billings, Ken Bringle Sr., Mark Brown, Debra

Brownlee’s granddaughter, Gloria Brownlee, Robert

Brownlee, Captain Mike Shipley, Jeff Cooper, Larry

Coughlan, Kenneth Coulston, Jason Elliott, Hattie Fields,

Malissa Garner, Jackie Gatlin, Kay Gatlin, Pat Gatlin,

Kyle Hanks, K.C. Haynes, Coy Hendrix, Stan McDevitt,

Phyllis McLillie, Judy Merritt, Kathy McMahan, Gigi

Miller, Robin Montgomery, Larry Newman, Sophie No-

lan, Victoria Orman, Alan Otts, Randy Rhoads, Bonita

Rogers, Phillip Scrip, Donna Sonwineski, Elizabeth

Sonwineski, Anthony Stacks, David South, Melvin Wall,

Paulette Watkins, Fran Westmoreland, Delores Whaley,

Larry Whaley II

NURSING HOME:

Covington Care: Shirley Laxton, Cynthia Wilson

MILITARY:

Killian Bridgeman, Logan Bridgeman, Major Creel, Brad-

ley Evins, Dayana Fendley, Danny Fields, Tanner Mason,

Richie Newbill, Chris Nowak, Michael J. Pena, Jedidiah

Phillips, Jackson Robinson, Jacob Sampson, Parker

Speight, Isaac Stewart

SYMPATHY

We extend our deepest sympathy to Drew Kinningham & family in the death of his grandmother, *JoAnn Bennett*.

SPRING FORWARD



Daylight Saving Time begins Sunday, March 9. Don’t forget to run your clocks forward 1 hour Saturday night!

BIBLE READING SCHEDULE -MARCH 9-15

March 9—Josh. 17-19

March 10—Josh. 20-22

March 11—Josh. 23-Judges 1

March 12—Judg. 2-4

March 13—Judg. 5-7

March 14—Judg. 8-10

March 15—Judg. 11-13

Calendar of Events

MARCH EVENTS

10—Monday Night for the Master, group 1

11, 18, 25—Ladies Bible Class, 10AM

15—Birthday Party at Magnolia Creek Nursing Home

16—Devotional at Covington Care, 3PM

17—Monday Night for the Master, group 2

24—Monday Night for the Master, group 3

26—Devotional/Worship in song

31—Monday Night for the Master, group 4

Teachers, please give your list of kids who said their memory verses for the last quarter to Ken Bringle Jr.

There will be a VBS Kick-Off meeting, Sunday, March 9 immediately following the AM Worship Service. If you are interested in helping this year, please plan to meet in Classroom 2.

April 17-20—Lads to Leaders

June 1-4—VBS

June 11—Wednesday Night Summer Series begins

Spring Quarter Bible Classes begin Sunday, Mar. 9

Sunday

“The Tree of Life” (Auditorium)

Teacher: LeRoy Finto

“Men’s Teaching Class” (Classroom 1)

Teacher: John Combs

“The Epistles of John” (Classroom 2)

Teacher: David Keith

“Matthew” (Classroom 3)

Wednesday

“Heart of Worship” (Auditorium)

Teacher: Robert Charnock

“Ephesians” (Classroom 1)

Teacher: Hadley Mason

“Often Misunderstood Verses” (Classroom 2)

Teacher: Wayne Dalrymple

BIRTHDAYS MARCH 9-15



12—Lauron Chaney

14—Garrett Howard

15—Teagan Love

ANNIVERSARIES

12—David & LeAnn Stewart

14—Heath & Mandy Billings

Carpenter’s Apprentice

You have no doubt heard the old saying, “Hind sight is 20/20.” If we know ultimately how the chips will fall decisions become much easier to make. Sometimes perspective also makes decisions easier too. Even though football season is behind us, we all know the term “arm chair quarterback.” It is applied to those who strut around saying what they would have done in a given situation. No doubt their training and skill set is what put them in the arm chair observing the event in the first place but they also view the action from a much different angle and often repeatedly view and review the play. It is one thing to make a decision sitting in your cushy recliner, eating chips and bean dip with an ice cold glass of sweet tea sitting in the built in cup holder of your sectional while you watch the action unfold in HD on your wide screen plasma TV from a camera high above the field while insulated from the sometimes harsh elements doled out by the weather and the expectations of performance from fans, other players, coaches and owners, not to mention a running commentary giving you advice and educating you. It is also easy to make a decision when the consequences of your decision will never have any effect whatsoever on you personally. This is not a defense of overpaid athletes and coaches nor an attack on over-weight arm chair quarterbacks, but simply an illustration of perspective and decision making. Unfortunately, we cannot make decisions based on hind sight and despite our best efforts the whole picture is rarely if ever revealed until we are committed. Most of our decisions do not have moral implications, especially if we are committed to taking God with us. The commitment to make God a part of our daily lives is a decision in itself placing us in the heat of the action. The decision to put on Christ is really a no brainer once we get to know God. The Bible tells us repeatedly God does not and in fact cannot lie (Titus 1:2; Hebrews 6:18; Numbers 23:19) so we can be assured the place Jesus went to prepare for us (John 14:1-3) exists and is being made ready for those who do His will (Matthew 7:21). His will can be discerned by giving ourselves fully to Him (Romans 12:1-2) and by continuing to study and learn his word we can have complete confidence in our decision (John 20:31; 1 John 5:13). We are also told our decision to follow Christ will not always be easy (Matthew 10:16) but also God is always with us and nothing can separate us from His love (Matthew 28:20; Romans 8:35-39). The rich man’s hind sight in Luke 16:19-31 is fore sight for us and God’s word and His promise give us all the perspective we need to know the promise of heaven and judgement is coming (Hebrews 9:27). What will your decision be?

-jeff