

How to Melt Melancholia



Laketon Bethel Church

February 25, 2024

Dr. Sherwin Brantsen

Sherwin's Ten Reasons for Going to Church Every Sunday

1. Renew

Everyone goes through times where enthusiasm for life melts away. We all have times where our faith diminishes. Worship on Sunday renews faith and energizes attitudes for all of life.

2. Laugh

Yes. We laugh. Humor is a valuable part of worship. Most of it is unplanned. Sherwin's brother told him years ago that: "People aren't laughing at you because you're funny, they are laughing because you are so stupid..."

3. Pray

Face it. You don't pray much. Church services remind you of the importance of prayer. They jump start your prayer life. You learn more about prayer. When your family is with you, they see you praying and that is an example that changes lives.

4. Sing

Songs of faith can move mountains of despair. You probably won't like all the songs. But some of them will change your life.

5. Help

You will often find ways to help in your community. When you help, it reduces inherent narcissism. You think less of yourself and more of others. You become more grateful for what you have. You become a better person and a happier one.

6. Give

Yes. Put in some money. Do something with your cash for God instead of for yourself. Don't expect anything back and you will be surprised at how blessed you are. We all waste money. Here you have an opportunity to do something positive with it.

7. Meet

Connect with other people. Laketon Bethel accepts everyone, including you. Many friendships are made on a regular basis. We have great coffee and cookies, which help in all sorts of discussions.

8. Learn

The guy up front is trained and experienced and often knows what he is talking about. You will learn something every Sunday.

9. Grow

When you put what you learn into practice, you will find positive changes in your life. You will have unstoppable growth in ways you don't always expect.

10. Jesus

The church exists because of Jesus. When you participate in it regularly, he is pleased. One day you will meet him face-to-face. If you regularly connect with him through weekly worship services, that meeting will be happy.

Order of Worship-9:00am

Gathering Song

“House of the Lord”

Call to Worship

“Rejoice, the Lord is King”

Welcome & Announcements

Installing New Consistory Members

Congregational Prayer

Worship in Song

“What a Friend We Have in Jesus”

“Gentle Shepherd”

Crosstalk - “How to Melt Melancholy”

Offering

“Daystar”

Benediction

“Glory Be to God the Father”



Order of Worship-11:00am

Gathering Song

“Raise a Hallelujah”

Call to Worship

“God So Loved”

Welcome & Announcements

Installing New Consistory Members

Congregational Prayer

Worship in Song

“Same God”

“Never Let Go”

Crosstalk - “How to Melt Melancholy”

Offering

“Old Church Choir”

Benediction

“God Be With You”

Service Opportunities

Revised Hand2Hand schedule for February Packing is on February 27th at 7:00pm. Thank you everyone who helps with this great project!

We are in need of second service nursery caregivers. This is a once a month rotation service opportunity. If interested, please call the office at 744-1749.

Announcements

Membership Class We will have a Membership Class on Sunday, March 3rd following the second service. Pizza is provided. If interested, please sign up on the sheets located in the entryway.

Laketon Bethel Youth Group

All youth in 6th-12th grades are welcomed to join us February 25th from 5-7pm for dinner, a lesson, and fun. For any questions, please see John or Ashley Wierenga.

Volunteers

1st Service Coffee Server: Kathy Young

2nd Service Coffee Server: Mark Gaultney

A huge thank you to our newest Consistory members:
Joel Ortquist - Elder, and Kristie Hall, Jill Mouw, and
Jerry Vos - Deacons

Special Senior of the Week:

*Please show your support by signing the cards located
on the table in the entryway.*



Sally Legard

*Please remember in prayer our friends who are
battling long-term illnesses:*

Donald Bayne

Jana Belladone

Betty Bonneville

Larry Budreau

Patti Buurma

Craig Carlson

Amanda Cihak

Larry Cone

Amy Fredericks

Jacob Geers

Bob Hanson

Scott Hladki

Sally Legard

Avery Lynn

J.T. Maskell

Tom McKee Sr.

Patti Mercer

Paul Ortquist

Lynn Pluger

Shirly Pummell

Aaron Rop

Gary Samples

Joe Shavalier

Larry Shavaler

Ida Shealy

Sandy Streeter

Kathy Tabor

Inga Weavers

Marv Wegner

Psalm 118.24 nlt

This is the day the Lord has made.
We will rejoice and be glad in it.

Proverbs 4.23 nlt

Guard your heart above all else,
for it determines the course of your life.

Proverbs 22.13 nlt

¹³The lazy person claims, “There’s a lion out there!
If I go outside, I might be killed!”

Proverbs 22 msg

²⁴⁻²⁵ Don’t hang out with angry people;
don’t keep company with hotheads.
Bad temper is contagious—
don’t get infected.

Ephesians 4.21-24 nlt

²¹ Since you have heard about Jesus and have learned the truth that comes from him, ²² throw off your old sinful nature and your former way of life, which is corrupted by lust and deception. ²³ Instead, **let** the Spirit renew your thoughts and attitudes. ²⁴ **Put on** your new nature, created to be like God—truly righteous and holy.

Deep Sheet

[a place for your notes]

What is melancholia?

Can you choose your attitude or is that just something people say?

Is it possible to replace melancholia with gratitude?

“Let’s give up bad attitudes for lent and keep them out of our lives. The process for doing so includes action on our part and on the Holy Spirit’s part. The Holy Spirit is willing to his part, so let’s not hesitate to do ours.”

February/March Weekly Bible Readings

Date	Day	New Testament	<input checked="" type="checkbox"/>	Special Prayer	Old Testament	<input checked="" type="checkbox"/>
25	Su	Hebrews 9			Genesis 10	
26	Mo	Hebrews 10			Genesis 11	
27	Tu	Hebrews 11			Genesis 12	
28	We	Hebrews 12			Genesis 13	
29	Th	Hebrews 13			Genesis 14	
01	Fr	James 1			Genesis 15	
02	Sa	James 2			Genesis 16	
03	Su	James 3			Genesis 17	

LAKETON BETHEL REFORMED CHURCH

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Office hours: 8:30 am – 11:30 am: Tuesday, Wednesday, Thursday, & Friday

Pastor – Dr. Sherwin Brantsen (drbrantsen@gmail.com)

Director of Operations – Gary Gifford (garygifford4@gmail.com)

THE PURPOSE OF LAKETON BETHEL:

“To trust steadily in God, hope unswervingly, love extravagantly. And the best of the three is love.”

Laketon Bethel’s Core Values:

A. ACCEPTANCE:

Everyone, regardless of who they are, what they have done, or what they are doing, will be accepted here. Laketon Bethel will be a safe place to explore your relationship with Jesus.

B. BIBLE:

The teachings of Jesus, contained in the Bible, are the final authority for faith and practice. We will study these teachings with open minds and the best scholarship available.

C. CONNECTION:

We invite people to connect with Jesus and with each other in all that we do.

OUR CONSISTORY

Elders

Joel Ortquist, Dave DeBoer, Jeff Hooker,
Mike Lyons, Steve Mussman, Paula Scott-
Stewart, Donna Spytma, Heather Wilke

Deacons

Brent Ackerman, Kristie Hall, Kathy Forrester,
Jill Mouw, Doug Lubbers, Kris Meyers, Jerry
Vos, Diana Wagbo