



**FIRST UNITED METHODIST CHURCH**  
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**HERE TO SERVE**

**Ministers: All Members / Pastor: Randy Thomas**  
**Sixth Sunday of Easter - White/Gold**  
**May 17, 2020**

District Superintendent..... Eduardo Rivera  
Technical Support..... Vic Ivy & Ray Griffith  
Secretary / Bookkeeper.....Christina Duarte  
Children's Service Leader.....Amelia Irvin  
Nursery Attendant.....Antonia Terrazas  
Custodians.....Delia Dutchover



# CONTEMPORARY WORSHIP SERVICE

Watch at [www.FSFUMC.com](http://www.FSFUMC.com)

May 17, 2020

## PRAISE & WORSHIP

- I'M TRADING MY SORROWS
- MERCY IS FALLING
- HOLY SPIRIT, THOU ART WELCOME

## SCRIPTURE LESSON

I Kings 19:1-4

## MESSAGE

## THE CURE FOR THE BLUES

Randy Thomas

### PLEASE NOTE:

Please send prayer requests through mail, email, Facebook, or text.



## THE CURE FOR THE BLUES

### 1 Kings 19:1-4 (NKJV)

<sup>1</sup> And Ahab told Jezebel all that Elijah had done, also how he had executed all the prophets with the sword. <sup>2</sup> Then Jezebel sent a messenger to Elijah, saying, "So let the gods do *to me*, and more also, if I do not make your life as the life of one of them by tomorrow about this time." <sup>3</sup> And when he saw *that*, he arose and ran for his life, and went to Beersheba, which *belongs* to Judah, and left his servant there. <sup>4</sup> But he himself went a day's journey into the wilderness, and came and sat down under a broom tree. And he prayed that he might die, and said, "It is enough! Now, LORD, take my life, for I *am* no better than my fathers!"  
Elijah vs. Prophets of Baal

### 1 Kings 18:36-39 (NLT2)

<sup>36</sup> At the usual time for offering the evening sacrifice, Elijah the prophet walked up to the altar and prayed, "O LORD, God of Abraham, Isaac, and Jacob, prove today that you are God in Israel and that I am your servant. Prove that I have done all this at your command. <sup>37</sup> O LORD, answer me! Answer me so these people will know that you, O LORD, are God and that you have brought them back to yourself." <sup>38</sup> Immediately the fire of the LORD flashed down from heaven and burned up the young bull, the wood, the stones, and the dust. It even licked up all the water in the trench! <sup>39</sup> And when all the people saw it, they fell face down on the ground and cried out, "The LORD—he is God! Yes, the LORD is God!"

## I. THE SYMPTOMS OF THE BLUES

### 1 Kings 19:2-4 (NLT2)

<sup>2</sup> So Jezebel sent this message to Elijah: "May the gods strike me and even kill me if by this time tomorrow I have not killed you just as you killed them." <sup>3</sup> Elijah was afraid and fled for his life. He went to Beersheba, a town in Judah, and he left his servant there. <sup>4</sup> Then he went on alone into the wilderness, traveling all day. He sat down under a solitary broom tree and prayed that he might die. "I have had enough, LORD," he said. "Take my life, for I am no better than my ancestors who have already died."

1. The Devil works on our minds.
2. Loneliness
3. Suicide

## II. THE TREATMENT FOR THE BLUES

### 1 Kings 19:5-9 (NLT2)

<sup>5</sup> Then he lay down and slept under the broom tree. But as he was sleeping, an angel touched him and told him, "Get up and eat!" <sup>6</sup> He looked around and there beside his head was some bread baked on hot stones and a jar of water! So he ate and drank and lay down again. <sup>7</sup> Then the angel of the LORD came again and touched him and said, "Get up and eat some more, or the journey ahead will be too much for you." <sup>8</sup> So he got up and ate and drank, and the food gave him enough strength to travel forty days and forty nights to Mount Sinai, the mountain of God. <sup>9</sup> There he came to a cave, where he spent the night. But the LORD said to him, "What are you doing here, Elijah?"

\* Necessity of rest and food to overcome discouragement and depression.

\* God remembers us.

man leaves his father and mother and is joined to his wife, and the two are united into one.’

What is the foundation of successful home? It is a home on the Rock. The Rock isn’t idealism: I will be happy if I am married. It isn’t sexual fulfillment. The Rock isn’t to marry so I’m no longer lonely. It must be built upon the foundation of Jesus Christ.

### **III. A WIFE WHO IS A SKILLFUL ADMIRER**

#### **Ephesians 5:33 (NLT2)**

<sup>33</sup> So again I say, each man must love his wife as he loves himself, and the wife must respect her husband.

#### **1 Peter 3:1-4 (NLT2)**

<sup>1</sup> In the same way, you wives must accept the authority of your husbands. Then, even if some refuse to obey the Good News, your godly lives will speak to them without any words. They will be won over <sup>2</sup> by observing your pure and reverent lives. <sup>3</sup> Don’t be concerned about the outward beauty of fancy hairstyles, expensive jewelry, or beautiful clothes. <sup>4</sup> You should clothe yourselves instead with the beauty that comes from within, the unfading beauty of a gentle and quiet spirit, which is so precious to God.

Notes:

**\*Please notice the next steps for your card.**

#### **NEXT STEPS**

- I just accepted Jesus Christ as my personal Savior.
- I recommitted my life to Jesus Christ this morning.
- I will build my home upon Jesus Christ.
- I will memorize the memory verse this week.

Please mark your next step on your Prayer Card and place it in the offering. Then, keep the next step above as a reminder for the upcoming week.

#### **MEMORY VERSE FOR THE WEEK**

#### **Ephesians 5:28 (NLT2)**

<sup>28</sup> In the same way, husbands ought to love their wives as they love their own bodies. For a man who loves his wife actually shows love for himself.

# Announcements and Upcoming Events

- Happy Birthday Eli Schoendeldt & Joyce Card on May 27th, Bob Sadler on June 3rd, Myrtle Campbell on June 4th, and Johnnie Rivera on June 6th!
- With God's grace we have the sermon posted online <https://www.fsfumc.com>
- If you're on Facebook, find our page, [facebook.com/fortstocktonfumc](https://www.facebook.com/fortstocktonfumc), and "Like" and follow us for updates, we're also on Twitter.
- Our website [FSFUMC.com](https://www.fsfumc.com) will also be a source for information
- Office hours will remain the same during this cautious time, feel free to come in for prayer in the sanctuary or prayer room Mondays through Thursdays: 9 am-12 noon and 1-3 pm, as long as you are not feeling ill.
- El Buen Vecino at 401 S. Valentine: Any items you donate are greatly appreciated.
- Our Food Bank is running low on the basics, as are most grocery stores, if you have any extra canned or dried goods you'd like to donate, please let us know. If you or someone you know can use that service, the office is ready to help during regular business hours.

**WITH OUR PRESENCE**

Last Sunday's Morning Service (Views as of Thursday).....42

**Please leave a comment to let us know you watched  
with us and what you thought of the service!**

**FUMC MISSION STATEMENT**

New. Life. Now.

**WITH OUR PRAYERS**

Prayers for continued healing for: The Neylands. Johnnie & Olga Rivera. Kay Magee. Blaine Ward. Denna Sadler. Rosie Hopkins & Susie Vestal, her mom. Sara Borden. Melba Ward. Sylvia Thomas. Eva Gail Abington. Terri Klutts Young, Jim & Beth Ivy's friend, who fought cancer ten years ago, and it has returned. Kate Finley, Jessica McGuire Harral's niece. Graham & Tara Bowman. Kelli Neeb Kemp. Wesley Robbins, David's nephew.

