

Sin, Guilt And Depression

by Eric Paquette Tyngsboro church of Christ Tyngsborough, MA

There can be no question that guilt is one of the great destroyers of the soul. Guilt, whether imagined or real, leads individuals on a downward spiral which will destroy their relationships in life and render them worthless in the kingdom of God. An individual with a guilty conscience often becomes bitter and lashes out to those who are trying to help. The story of Cain illustrates the progression of sin, guilt and depression. Cain began badly by giving a sinful offering (Gen 4:1-8). When God rejected the offering, Cain complicated the matter by responding wrongly to the rejection -- he got angry and depressed -- his face "fell." God, who warned against the consequences of this improper response, noted Cain's guilt, anger and depression.

God graciously said, "If you do well, will you not be accepted?" or, as one translation says, "If you do right, you will feel right." God also warned Cain that failure to repent and offer the right kind of sacrifice would cause him to fall deeper into sin.

The clutches of sin, like a wild animal, was crouching at the door and waiting to devour him. God offered hope by saying that Cain could reverse the downward spiral of sin by breaking out of his sinful pattern through repentance and a subsequent change of behavior. Cain failed to heed God's words and fell deeper into the depths of sin just as God said he would. His downward spiral led him to murder Abel.

Sin is at the root of the problem, for sin leads to guilt and depression, and sinful handling of sin further complicates matters leading to greater guilt and deeper depression. Proverbs 5:22 well describes this progression of sin, "*His overt iniquities entrap the wicked man, and he is caught in the cords of his sin.*"

Guilt often leads to other sins as well. Cain's guilt led to depression and finally murder. Judas allowed his guilt to lead him to take his own life. Herod and Herodias allowed their guilt to end in the murder of John. Guilt can cause you to hate and lash out at those who are trying to help you. However, guilt can be a good thing when it brings one to a realization of one's sins.

Either you can have yours sins forgiven by the blood of Christ, or you can allow the guilt of your sins to destroy you. Instead of excuse-making or blame-shifting, the Bible advocates that you assume your responsibility and blame, confess your sins and seek the wonderful forgiveness which can only be found in Christ Jesus Our Lord.

NEWSLETTER

Nov. 14, 2021

Mark Dailey, evangelist
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Schedule of Services

Our current schedule is:

Sunday AM Worship	11:00 AM
Tuesday Ladies Bible Class	10:00 AM

La Salle
church of Christ

A place of worship and healing.

1121 N. Military Rd.
Niagara Falls, NY 14304
(716) 283-1214

lasallechurchofchrist.org



We welcome all who are here today.

If you are a visitor we are honored to have you with us. Please fill out a *Visitor Card* (on the back of the pew in front of you). We would like for you to place the *Visitor Card* in one of the receptacles provided at the front and rear of the auditorium. There will be an opportunity to give but as a visitor it is not expected of you. Thanks.



There is a nursery at the rear of the auditorium up the stairs if you need to care for your infant.



Read God's Word

If you have something for the bulletin please contact Wayne Carter before noon on Friday.

Please keep cell phones and other noise making devices silent. Thank you.

Prayers *In our prayers, let's praise God, recognize His greatness, thank Him for His Son and His blessings.*

Please pray as we continue our search for a gospel preacher.

Barb Oliver is recovering at home from a recent heart attack.

Marjorie Reed It was good to see her with us last Sunday. Let's pray that she continues to recover well.

Bill Kinney had successful heart procedure Sept. 28 and is home recovering. Please pray for Bill and also Kris as she ministers to Bill.

Sherry Carter had gall bladder surgery Nov. 5. She was in the ER Monday Nov. 8 with pain in her abdomen. She went into surgery Monday evening. She still had a problem after surgery and Wednesday Nov 10 she was taken to Buffalo General for a procedure and brought back to St. Marys. She was released Friday to go home.

Darlene Reed Let's keep her in our prayers as she deals with health issues.

Linda Stine was hospitalized (Millard Fillmore) Thursday evening with a serious infection in her foot.

Carol Jones was ill last week with a cold.

Louella Hopkins requests our prayers as she ministers to Jean and family members.

Ron Cameron is recovering from dental surgery.

Pat Hazlett Let's pray for her for encouragement.

Vicki Elder recently had a TIA. Let's pray things go well.

Lula Elder had cancer and was in remission but the cancer is now back. Let's pray for her.

Jim Devore (cleaner for the church building) His brother passed away recently.

Tony Grana has been placed under Hospice care and in the final stages of congestive heart failure. Let's pray for a peaceful and comfortable transition to his heavenly home.

Keith Marten had open heart surgery Oct. 12 and is now recovering at home.

Marietta McArthur (Ray McArthur's mother) is dealing with health issues.

Nicole, Charles Bennett's sister, has been released from the hospital and is recovering at home.

Richard Boyle, Maria Swindlehurst's nephew, is in Millard Fillmore Suburban dealing with numbness from the waist down.

Jimmy, Anna Brink's son in Boston, is dealing with water damage to his house from all the recent rain.

Chris Nitto He has been in and out of the hospital dealing with chest pains. He was in the hospital again on Wednesday making it his 4th time this year. He is a member of the Amherst congregation.

Dan Calleri It was learned Thursday that he has Covid. He is a member of the Amherst congregation.

Upcoming Events *(Lord willing)*

Nov. 21 Men's Business Meeting

Nov. 25 Thanksgiving Day

Dec. 11 Ladies Holiday Party

Dec. 19 Men's Business Meeting

Dec. 24 Christmas Eve

Weekly Budget Amount \$1,843.00

Contribution Last Sunday \$1,610.00

Attendance Last Sunday 47

Financial Reports and Meeting Minutes are posted in the back of the auditorium.



From Heather Bennett

Sign-up sheet is posted in the back.

Non-perishable items can be brought in anytime.

Perishable items should be brought in next Sunday Nov. 21.

Baskets will be delivered next Sunday Nov. 21.

Thanks



Directory & Phone Tree

We want to update the *Directory* and *Phone Tree* soon.

Please see the paperwork posted in the back concerning updating the *Directory*.

From Denise Garlitz ... for the ladies

Please let her know real soon if you plan to attend the Ladies Holiday Party.

Thank you card ...

Please see the thank you card posted in the back from Keith and Glory Marten.

Caleb Callari's Radio Program - "Everyday Follower"

Do a search on YouTube for
Everyday Follower, School of National Evangelism - Philippines

Please check the "Mission Board" in the back of the auditorium for a new report from the Philippines.



Smile and pay someone a compliment today.

