

The Keavy Encourager

(October 12 2025)

1 Thessalonians 5:14 (GW)-We encourage you, brothers and sisters, to instruct those who are not living right, cheer up those who are discouraged, help the weak, and be patient with everyone.

*(For Any Corrections Or Updates To The Bulletin, Please Contact brother Mark Tabata
(Call Or Text) @ 606-216-1757)*

WELCOME TO THE KEAVY CHURCH OF CHRIST!

- Visitors: Please fill out a visitor card and grab a Visitor Welcome Kit!
- Communion is available in the front of the building on the table.
- Our website is: www.keavychurchofchrist.com, and our email address is keavychurchofchrist@outlook.com Please share this information with your family, friends, and social media pages!
- If you would like to be subscribed to brother Mark Tabata's email list (for weekday devotionals and other Bible and Bible related studies), please let him know!

How Our Thoughts Can Influence Depression

The Prophet Jeremiah, wandering around the ruins of the city of Jerusalem after it was destroyed, grieved deeply. Listen to what he tells us:

Lamentations 3:19-20 (CEV)-Just thinking of my troubles and my lonely wandering makes me miserable. 20 That's all I ever think about, and I am depressed.

I believe that the Prophet here teaches us a very important lesson about depression: what we allow to dominate our minds will greatly affect our spiritual and emotional wellbeing. The writer of Proverbs teaches us that as a man thinks in his heart, so he is (Proverbs 23:7). Now, Jeremiah is not telling us to bury our heads in the sand and pretend that we don't have any problems in this life. Far from it! As we read through Lamentations, we see the grief and sorry he feels being given a powerful voice. However, he wants us to remember that even with all of the tragedy and sorrow, there is much we need to remember also.

Lamentations 3:22-30 (CEV)-The LORD's kindness never fails! If he had not been merciful, we would have been destroyed. 23 The LORD can always be trusted to

show mercy each morning. **24** Deep in my heart I say, "The LORD is all I need; I can depend on him!" **25** The LORD is kind to everyone who trusts and obeys him. **26** It is good to wait patiently for the LORD to save us. **27** When we are young, it is good to struggle hard. **28** and to sit silently alone, if this is what the LORD intends. **29** Being rubbed in the dirt can teach us a lesson; **30** we can also learn from insults and hard knocks.

May we look to the Lord to find comfort during the trials of life.

October Prayer List

Kurt And Joanne Martin, Sanders Family, Eddie Craft (Cancer), Jimmy Brooks (Tammy's cousin, cancer), Kathy Mingus (Cancer), Anne Baker (Cancer), Sandi Tabata, Bill and Mary Ruth Browning, David and Ivy Mosley, Molly And Ebb Baker, Margie Turner (Hospice), Jake Robbins (Cancer), Coy Gilliam (Cancer), Roger and Sandra Frazier & Family, Carman Carroll, Bessie Young, Edward Young Sr., Ed Young, Corbin Pennington Junior (Chemotherapy), John Reeder (Cancer), Harmony Mullins, Mike Gill (Cancer), Claude Humphrey (Cancer), Felicity Lanham (Cancer), Chris Holt (Friend Of Brother Mark), Piere Daigel (Cancer), People In Ukraine, Earnie Baker (Phyllis Sanders Brother In Law), Ronnie Griffin (Breathing Problems Paul Matney's Brother In Law), Gracie Gregory (friend of Phyllis Sanders), James Theverakan, George Theverakan, Barbourville Work, Marlene Howard, Rod Hill (Cancer friend of brother Paul), Charlene Reef (Cancer), Jimmy Turner (Cancer), Danny Day, Floyd Book (Mesothelioma), Xavier Maleckas (New Christian), Alex Davis (New Christian), Teddy Adkins (Phyllis Cousin), Annie Posten (Little Girl In Hospital), Lela Kilburn (St Joseph's London),

Announcements

- Please remember the Barbourville work in your prayers. Today will be our first church service there.
- Regularly Scheduled Events; Sunday Bible Class All Ages (Every Sunday @ 10:00); Sunday Worship (Every Sunday @ 11:00 AM And 5:00 PM); Wednesday Evening Bible Class All Ages (Every Wednesday @ 5:00); Keavy Ladies And Supportive Saints (K.L.A.S.S. Every First Sunday Of The Month After Evening Service); Keavy Support Group And Youth Group Meeting (Every Tuesday @ 6:00); Adult Night (Every Second And Fourth Friday @ 6:00); Nursing Home Ministry (Every Third Thursday @ 6:00); Keavy Fellowship Meal (Every Last Sunday of The Month After Morning Service)