

## Announcements:

1. **Welcome:** Welcome to all Newcomers and Visitors! Please join us downstairs after Worship Service for fellowship and snacks.
2. **EEPC End of Summer Luau** – August 24<sup>th</sup> after church. Flyer to invite friends. Sign up if bringing a dish.
3. **Ukulele group:** will practice first Sunday of each month after church. Those who wish to join let Richard Marquez know.
4. **Unity Candle:** This week it is at Bonny Doon Presbyterian Church with Pastor Ed Brendon.
5. **Prayer Concerns:** Marian Kageyama's recovery, Lord's ministry at El Estero, PTL for all the His blessings.

## The components of depression:

- Physical, Emotional, Spiritual
- Focus on Others, Self, Circumstances.
- Focus on God & turn to Him in prayer.

Why am I discouraged? Why is my heart so sad?

I will put my hope in God! I will praise him again—  
my Savior and my God. (Psalm 42:5)

NOTES: \_\_\_\_\_

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Sunday, August 10, 2025



## El Estero Presbyterian Church

490 Camino El Estero Monterey, CA 93940  
(831) 375-6622 elesteropc@gmail.com

[www.elesteropc.org](http://www.elesteropc.org)

## Worship Order

### Welcome & Announcements

Joys & Concerns

### Opening Prayer

Ever-present God, without your Word we have nothing to say; without your Spirit, we are helpless. Give us your Holy Spirit, that we may lead your people in prayer, proclaim the good news, and gratefully praise your name; through Jesus Christ our Lord. Amen.

**A Word for Your Week** (Isaiah 40:31)

But those who trust in the Lord will find new strength.  
They will soar high on wings like eagles. They will run and  
not grow weary. They will walk and not faint.

**Call to Worship** (Psalm 34:15,17,18)

**Leader:** If you obey the Lord,

**All:** He will watch over you and answer your prayers.

**Leader:** When his people pray for help.

**All:** He listens and rescues them from their troubles.

**Leader:** The Lord is there to rescue

**All:** All who are discouraged and have given up hope.

**\*Opening Hymn**

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I Will Enter His Gates/ He Has Made Me Glad  
Praise Him Again

\*\*\*Why are you so downcast so shaken O my soul. Lift  
your eyes to see the God you know. Remember all His  
goodness, the songs you sang aloud. Why are you so  
downcast O my soul

**Chorus:** Hope in God praise Him again  
He's my help my refuge and my strength  
In the day His kindness will surround me  
In the night my heart will sing His praise

\*\*\*Why am I so downcast Your waves crash over me. The  
depths of me cry out to all You are. Your hand holds all the  
waters. So You can keep my heart. Why am I so downcast O  
my soul

\*\*\*Why should I be downcast. You've sent Your light to  
me. To bring me to Your holy dwelling place. I stand before  
Your altar and sing another song. Why should I be downcast  
O my soul

**Scripture:** (Numbers 11:14-15, 1 King 19:4, Jonah 4:2-3)

This job is too much for me. How can I take care of  
all these people by myself? If this is the way you're going to  
treat me, just kill me now and end my miserable life!

He begged the Lord, "I've had enough. Just let me  
die! I'm no better off than my ancestors."

You are a kind and merciful God, and you are very  
patient. You always show love, and you don't like to punish  
anyone, not even foreigners. Now let me die! I'd be better  
off dead.

**Sermon** "To Lose Your Heart" Wayne Shen

(*"How to deal with Depression" by Dr. Adrian Rogers*)

**Closing Hymn** (*remain seated*)

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Psalm 42 – I Will Praise Him Again  
(*sing along or simply enjoy*)

**Verse:** Why my soul are you downcast, why are you  
troubled within? For I will hope in my Savior my God, and  
will praise Him yet praise Him again.

**Chorus:** Hallelujah, Hallelujah, Hallelujah, I will praise  
Him yet praise Him again.

**Bridge:** Morning by morning new mercies are streaming, I  
trust in your goodness where I cannot see. You have been  
faithful whenever I wandered Lord give me the hope that I  
need.

**Benediction**

**Fellowship with Church Family on Zoom**

\*Congregation Standing, if able.