

3 Things to Do

1. Read 1 Kings 19:1-21.
2. Listen to Tasha Cobb Leonard's song entitled, "Greater." It is on her album, "Grace".
3. During this Lenten Season, seek God. His gentle voice will assure you that he has your problems under control.

When Ahab was king,
pt. 3 - sometimes even
saints get the blues

THINGS TO THINK ABOUT

1. Why was Elijah depressed? Why did he feel like giving up?
2. God sent Elijah to Mount Sinai for direction. What other important event happened at Mount Sinai?
3. When you are depressed and feeling low, where should you go to meet the Lord? How are you going to get a new perspective on your life?

Church Calendar

CHURCH SCHOOL

SUNDAY 9:30 AM

MORNING WORSHIP

SUNDAY 11:00 AM

HOUR OR POWER BIBLE STUDY/ PRAYER MEETING

WEDNESDAY 7:00 PM

[EVENTS FOR MARCH 2018](#)

Thursday, 22nd — Washington District Summit Opening with Men's Prayer Service at Union Wesley A.M.E. Zion Church, 1860 Michigan Avenue, NE, Washington, DC

Friday, 23rd—Saturday, 24th — Washington District Summit held at Trinity A.M.E. Zion Church, 3505—16th Street, NW, Washington, DC 20010

Sunday, 25th — Palm Sunday

Monday, 26th — Ministry Team Meeting, 7:30PM — 4th Quarter Conference Reports are due to Sis. Kim Elliott. Reports will cover the months of January through March 2018. Our 4th Quarterly Conference is scheduled for April 16th at 7:00 PM.

Friday, 30th — The Seven Last Words According to Jazz; Fish Sandwiches 5:30-6:30 PM Donation \$7.00; Service at 7:00 PM.

Church Announcements

Peace Benediction in E^b By Darrell J. Gaskin

Please don't worry about anything
But pray and ask God for
everything you need
Always giving thanks
And He'll give you peace for your
heart and mind.

And the peace of God,
which surpasses all understanding
will keep your heart and mind
In Christ Jesus, the Lord.

BETH SHALOM A.M.E. ZION CHURCH
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REV. DR. DARRELL J. GASKIN
PASTOR



Embrace the New Beginning of Compassionate Ministry!

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---- A Compassionate Ministry ----
Rev. Dr. Darrell J. Gaskin, Pastor
Rev. Dr. Rita J. Colbert, Presiding Elder
Rt. Rev. W. Darin Moore, Presiding Bishop

Sometimes saints get the blues

Despite our best efforts we sometime have problems that persist and give us the

1. Societal blues.
2. Community blues.
3. Church blues
4. Workplace blues.
5. School house blues.
6. Family blues.
7. Personal blues.

Your Notes

WHAT DID PASTOR GASKIN PREACH ABOUT TODAY?

When you get discourage about your problems, don't get down but instead get up. Replenish your strength and go to the rock of our salvation. Spend sometime in the presence of God. Yes, you have problems that you must face. They are real but so is Jesus. He is our Rock! You will find that your perception of the problems is not accurate. You are not all alone. You have not failed. God has not been defeated. Listen for his voice. It's not in the earthquake, windstorm or fire. His voice is gentle. It's in your inner ear. It will calm and comfort you. He will assure you that he is still in control. He will give you a new perspective that will lift your soul and spirit.

Sometimes you'll get discourage and feel your work is in vain.

Seek the Holy Spirit, He will revive your soul again.

Elijah felt discouraged even after one of his greatest victories. (1 Kings 19:1-21)

1. Get up and eat. Replenish your physical strength. (1 Kings 19:6-7)

2. Go to the rock of our salvation. Go to your Mount Sinai, the place where you can hear from God. (1 Kings 19:8-9a)

3. Your negative perception is the problem. This is why your spirit is so low. You are not alone. You have not failed. Jesus is real! (1 Kings 19:9b-10, and 13b-14)

4. Your answer is not in the world. You won't find it in positive secular messages. (1 Kings 19:11-12a)

5. Listen for God's voice in your inner ear. (1 Kings 19:12-13a)

6. Elijah found out that despite his perception, God had a purpose and plan that extended beyond him. This gave him a new perspective. (1 Kings 19:15-18)

7. What is his voice saying in your inner ear about your problems? Have you received a new perspective from God!

Words to Remember

Elijah was afraid and ran for his life. When he came to Beersheba in Judah, he left his servant there, while he himself went a day's journey into the wilderness. He came to a broom bush, sat down under it and prayed that he might die. "I have had enough, Lord," he said. "Take my life; I am no better than my ancestors." Then he lay down under the bush and fell asleep. (1 Kings 19:3-5, NIV)

The Lord said, "Go out and stand on the mountain in the presence of the Lord, for the Lord is about to pass by." Then a great and powerful wind tore the mountains apart and shattered the rocks before the Lord, but the Lord was not in the wind. After the wind there was an earthquake, but the Lord was not in the earthquake. After the earthquake came a fire, but the Lord was not in the fire. And after the fire came a gentle whisper. When Elijah heard it, he pulled his cloak over his face and went out and stood at the mouth of the cave. 1 Kings 19:11-13a, NIV)