

Dear friends,

I hope you had a great week! We addressed a fairly heavy issue in chapel today; a subject that is not commonly talked about but calls for a great deal of attention and one that I believe is very important to address. My hope is that you are encouraged by being reminded of the practical ways you can claim victory over *depression*. As David says in Psalm 143, “we remember the days of old.” Depression can be detrimental if we allow it to be, or it can be a challenge that we overcome by reminding ourselves of the ‘good times’ and joyful memories in life. No matter what the circumstance, be confident that God is able to move in it.

### **Next week in chapel**

Next week is a very special week. By popular demand, Pastor Stephen Evans will be returning to speak in chapel on Monday and Wednesday. As many of you remember from last year, Pastor Evans is a phenomenal and anointed speaker from Bethesda Community Church in Texas with a passion and genuine love for Jesus. We are excited to have him again! On Friday, we have the honor of having contemporary Christian music artist and good friend of Northwest University, Natalie Grant with us. I’m looking forward to an incredible week!

### **Pursuit**

Monday night Pursuit continues to be a favorite for so many of you. This Monday, Keila Garza and her team will lead us in a powerful time of worship followed by Pastor Stephen Evans who will bring a refreshing devotion.

### **Women of Faith**

Ladies, the Women of Faith conference is only a week away! We already have over 100 of you signed up and are anticipating filling all 164 seats in the section reserved for you! If you have not yet signed up or paid for your ticket, please do so in the foyer before or after chapel. Tickets will be available to purchase throughout next week so be sure to pick one up!

### **Campus Ministries Movie Night**

**Tonight at 9pm(after the basketball game)**, Campus Ministries will be hosting our second Movie night showing “Cool Runnings” on a large screen in the chapel! This is a free event open to family and friends too but donations are gladly accepted for our mission trips this summer. Concessions and pizza will also be available to purchase. We’re looking forward to seeing you tonight!

### **14 days of Freedom**

In an effort to provide shelter and restoration for those enslaved in human trafficking, we are committed to taking on a 14 day challenge called, *14 Days of Freedom*. Beginning on October 29th, each of us will commit to fasting something for 14 days in order to contribute what we would normally spent on those items, to the fight against human trafficking. We took a moment today to write down what we would be fasting. If you did not turn in a slip, you will have the opportunity to do so next week in chapel. I believe this challenge will not only bring freedom to those held captive in human trafficking but also for us and the materialistic things we’ve allowed to become a necessity in our lives. I’m excited for what God will do in those 14 days!

### **Scripture**

Deuteronomy 33:27 says, “The eternal God is your refuge, and His everlasting arms are under you.” This is a simple verse yet it carries a great deal of power when it is received with confidence. God is our shelter and the one we confide in. He is our comfort and strength, especially when we feel helpless or weighed down by overwhelming circumstances. I encourage you to take that extra step in your faith and *choose* to trust God even when conditions may seem impossible.

### **Prayer**

Attached is this week’s prayer list. As we pray for the needs of our community together, let’s believe and trust God to do the impossible. He is more than capable!

Have an amazing weekend!  
Pastor Phil