

Victory Temple

Christian Counseling Encourages Newsletter

June 2022

Issue 3



Pastor Louis C. Polk & First Lady Tanza C. Polk

From the Pastor's Desk

Greetings,

Our Vision/Mission is to reach out and influence our congregants, the community and the world by building a Christ-Centered, Bible-Based Church... changing the mindset (*state of mind/way of thinking*) of men and women.

Our focus is to assimilate (*integrate*) all the of people from various walks of life

and denominational backgrounds that God brings to us. We want to position ourselves, with the help of the LORD God, to offer people something that they cannot get anywhere else. I am not speaking concerning other church congregations, but other outlets that offer false peace, hope, and assurance.

For us to create healthy and lasting discipleship growth, we will minister in five areas: 1. To grow **Warmer...** it is through Fellowship (Heb. 10:24-25; Eph. 5:30; Prov. 27:17) 2. To grow **Stronger...** it is through Worship (Ps. 29:1-2; John 4:23-24; Acts 17:28) 3. To grow **Broader...** it is through Ministry (Eph. 4:11-13) 4. To grow **Deeper...** it is through Discipleship (1 Peter 3:15; 2 Tim. 2:1-2) 5. To grow **Larger...** it is through Evangelism/Outreach (Matthew 28:19-20; Acts 1:8; Rom. 1:16)

I solicit your prayers that God will, through the Holy Spirit, challenge me to preach the positive, life-changing Gospel of Jesus Christ, because we are disciples of greater Perspective. We are not limited to the shallow perception that is presented by the enemy of our souls.

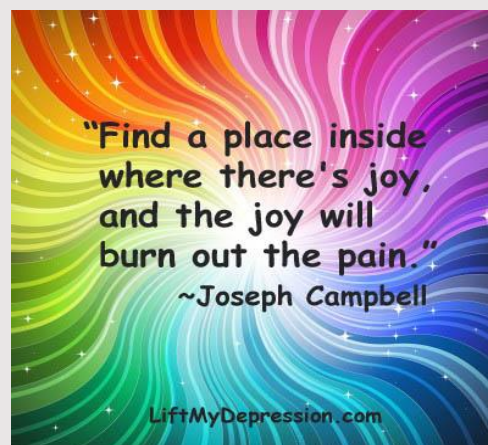
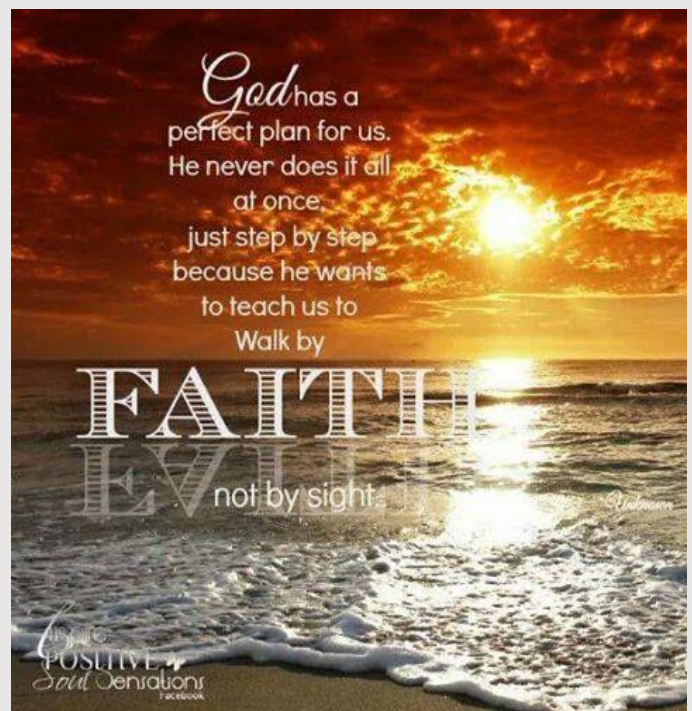
In His Grace,

Pastor Louis C. Polk

Study Verses for June

Matthew 20:1-16 KJV **20** For the kingdom of heaven is like unto a man that is an householder, which went out early in the morning to hire labourers into his vineyard. **2** And when he had agreed with the labourers for a penny a day, he sent them into his vineyard. **3** And he went out about the third hour, and saw others standing idle in the marketplace, **4** And said unto them; Go ye also into the vineyard, and whatsoever is right I will give you. And they went their way. **5** Again he went out about the sixth and ninth hour, and did likewise. **6** And about the eleventh hour he went out, and found others standing idle, and saith unto them, Why stand ye here all the day idle? **7** They say unto him, Because no man hath hired us. He saith unto them, Go ye also into the vineyard; and whatsoever is right, that shall ye receive. **8** So when even was come, the lord of the vineyard saith unto his steward, Call the labourers, and give them their hire, beginning from the last unto the first. **9** And when they came that were hired about the eleventh hour, they received every man a penny. **10** But when the first came, they supposed that they should have received more; and they likewise received every man a penny. **11** And when they had received it, they murmured against the goodman of the house, **12** Saying, These last have wrought but one hour, and thou hast made them equal unto us, which have borne the burden and heat of the day. **13** But he answered one of them, and

said, Friend, I do thee no wrong: didst not thou agree with me for a penny? **14** Take that thine is, and go thy way: I will give unto this last, even as unto thee. **15** Is it not lawful for me to do what I will with mine own? Is thine eye evil, because I am good? **16** So the last shall be first, and the first last: for many be called, but few chosen.





Pastor Louis C. Polk

From the Pastor's Desk June 2022

Subject Topic: Depression

“It is a deep sense of despondency, discouragement, and sadness, often related or associated with a sense of personal powerlessness and loss of meaning in life or enthusiasm for life. Depression is a widespread condition... affecting millions of people, Believers, and non-Believers alike. Those suffering from depression can experience intense (*forceful/penetrating*) feelings of sadness, anger, hopelessness, fatigue, and a variation of other symptoms.”¹ Often, people are aggressive toward treating the symptoms and not the cause.

Depression is an emotional illness, and these individuals may begin to feel useless and even suicidal, losing interest in things and people they once enjoyed. It is often triggered by life circumstances... such as a loss of job, death of a loved one, divorce, or psychological (*inner/mental/emotional/spiritual*) problems such as abuse or low self-esteem... this is called situational depression.

Digging a little deeper to bring more clarity to this topic. “Everyone feels sadness. It is a natural human emotion. However, clinical depression is a serious condition that can have a profound impact on every part of life. Situational and clinical depression is similar but not the same. Recognizing the differences between these types of depression is the first step toward getting help.

1. Situational depression is known medically as an “*adjustment disorder with depressed mood*.” It often resolves in time and talking about the problem can ease the recovery process. This is a short-term form of depression. Most people who experience situational depression begin to have symptoms within 90 days of the triggering event.
2. Clinical depression, known medically as “*major depressive disorder*,” can develop if the individual does not recover. This is a more severe mental health condition. It is severe enough to interfere with daily function.”²

“Clinical depression is a physical condition that must be diagnosed by a physician. It may not be caused by unfortunate life circumstances, nor can the symptoms be alleviated by one’s own will. Contrary to what some in the Christian community believe, clinical depression is not always caused by sin. Depression can sometimes be caused by a physical disorder that needs to be treated with medication and/or counseling. Of course, God can cure any disease or disorder. However, in some cases, seeing a doctor for depression is no different than seeing a doctor for an injury.

The Bible tells us to be filled with joy and praise (**Philippians 4:4; Romans 15:11**), so God apparently intends for us all to live joyful lives. This is not easy for someone suffering from situational depression, but it can be remedied through God’s gifts of prayer, Bible study with its application, support groups, fellowship among believers, confession, forgiveness, and counseling. We must make the conscious effort to not be absorbed in ourselves but to turn our efforts outward. Feelings of depression can often be solved when those suffering from depression move the focus from themselves to Christ and others.

To alleviate their anxiety, those who are suffering from depression should make sure that they are staying in the Word, even when they do not feel like it. Emotions can lead us astray, but God’s Word stands firm and unchanging. We must maintain strong faith in God and hold even more tightly to Him when we undergo trials and temptations. The Bible tells us that God will never allow temptations into our lives that are too much for us to handle (**1 Corinthians 10:13**). Although being depressed is not a sin, one is still accountable for the response to the affliction, including getting the professional help that is needed. “Through Jesus, therefore, let us continually offer to God a sacrifice of praise—the fruit of lips that confess his name” (**Hebrews 13:15**).”¹

Listen... Many biblical characters show evidence of such behavior which originates in several different ways:

1. External circumstances... **2 Cor. 1:8; 1 Kings 19:3-4; Joel 1:11**
2. Physical illness or exhaustion... **Genesis 21:15-16; 1 Kings 19:5-8; Isaiah 38:1-2**
3. Loss of sense of God’s presence... **Psalm 22:1-2; Matt. 27:46**

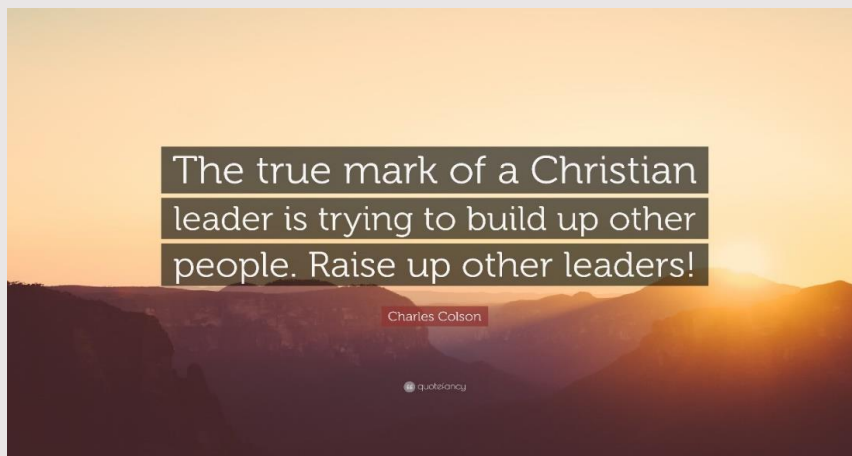
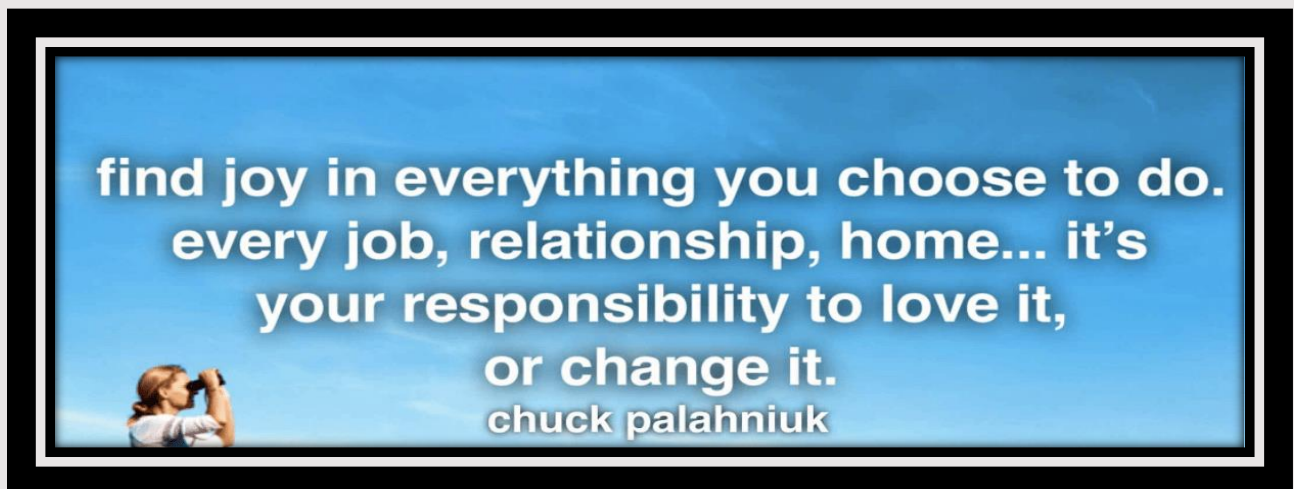
Remedies for Depression:¹

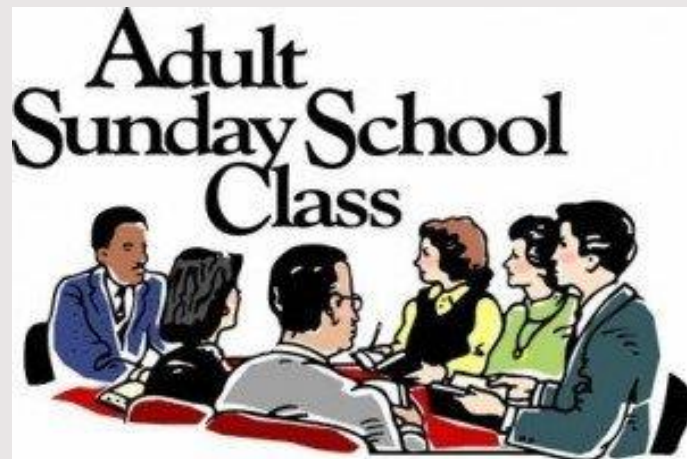
- A renewed vision of God and being centered upon Him... **Isaiah 26:3-4; Jer. 17:7-8; Romans 8:6.**
- Reviewing what God has done... **Psalm 77:11-12; 143:5; Lam. 3:19-26; 2 Cor. 7:6.**
- Hope and trust in God... **Psalm 22:9-11, 22-31; 42:11; Habakkuk 3:16-18.**
- Prayer... **Phil. 4:6-9; Psalm 139:23.**
- Praise... **Psalm 30:1; 42:5; Isaiah 61:1-3; 2 Cor. 4:8-12.**

In His Grace,

Pastor Louis C. Polk

¹ Bible Dictionary of Themes, 5831 ² <https://www.medicalnewstoday.com/articles/314698> Bible Dictionary of Themes, 5831





We would like to invite you to Sunday School where the Word of God is being taught. Come and share with us.

We would like to introduce our Sunday School Department

Sunday School Superintendent
Marjorie Broussard



Lead Teacher Deacon
Charles Harris



Youth Teacher
Sis. Esther Simpson



A Sunday School Motto is "Love God's Word and Live it Daily"

Wisdom: They may forget what you said but they will never forget how you made them feel always remember that.

From The Desk of Our First Lady Tanza C. Polk. Ladies let's get ready for the Brown Girls Brunch on June 25, 2022. See First Lady Tanza C Polk and Sis Dannessia Thompson for your tickets.



First Lady Tanza C Polk



Sis. Dannessia Thompson



Our Beloved Founders



Supt. Leroy Thompson & Mother Flora Thompson

We continue to thank God for the presence of our church patriarch and matriarch Supt. Pastor Emeritus Leroy Thompson and Mother Flora Thompson. It has been the life that God has given you both to be living examples of holiness. It is a privilege to see your lives working out through the Word of God such as in **Ephesians 4:13-15 KJV** ..till we all come in the unity of the faith, and of the knowledge of the Son of God, unto a perfect man, unto the measure of the stature of the fulness of Christ: that we henceforth be no more children, tossed to and fro, and carried about with every wind of doctrine, by the sleight of men, and cunning

craftiness, whereby they lie in wait to deceive; but speaking the truth in love, may grow up into him in all things, which is the head, even Christ **Colossians 2:6-7 KJV** As ye have therefore received Christ Jesus the Lord, so walk ye in him: rooted and built up in him, and stablished in the faith, as ye have been taught, abounding therein with thanksgiving. We the Victory Temple family love you both so much.

We Love You Both So Much.

Worship Opportunities:

Sunday Morning
Prayer.....9:00am

Sunday School.....9:30am

Sunday Morning
Worship.....11:30am

Wednesday Bible
Study.....6:00pm

Discipleship Training every other
Thursday.....6:30pm

Friday Morning Prayer.....11:00am

Brotherhood every 2nd and 4th
Saturday.....8:00am

Victory Temple

9402 Dodson Houston Tx 77093
www.victorytemplechurch.net
<https://victorytemplechurch.net/our-pastor-and-first-lady>

It's About Time! (or "It's High Time") to get serious: about Bible study, about prayer, about sharing the Gospel, about making a difference. • Ephesians 5:16 Redeeming the time because the days are evil. Time for Friendship! • Proverbs 18:24 • The importance of building and cultivating friendships. • The joy of fellowshiping with other Christians. • Encouragement and guidance. • Iron sharpening iron. Proverbs 27:17

Redeeming the Time - "Walk in wisdom toward them that are without, redeeming the time." Colossians 4:5 Spending more Time with Jesus – Psalm 1:2 Time in Prayer – How much time are we dedicating to our prayer life? How important is prayer to us? Time for Blessings – Taking time to remember our blessings of the past and see our current blessings. James 1:17 Precious Time – Seeing the importance of how time is precious with our family, friends, and above all with Christ. Time is precious! Time to Succeed! – Leaving failure behind and making clear goals in our Christian lives.