

“Distressed, Depressed, or at Rest”

Hebrew 12: 1-2

Recap of Sermon on October 3, 2026

Pastor Darlene Thomas’ sermon addressed the pressure, anxiety, exhaustion, and emotional burdens many people carry. While some people are distressed and others are depressed, God desires His people to experience supernatural rest even amid life’s difficulties. She distinguished sadness from clinical depression and encouraged those who believe they are depressed to seek a professional diagnosis rather than labeling themselves.

Pastor Thomas noted that three critical shifts are necessary for moving from distress and depression toward God’s rest: **shifting the environment, shifting the load, and shifting the focus.**

First: Shift your environment by remembering the “great cloud of witnesses.” Rather than isolating yourself when troubled, recognize that others have endured hardship and experienced God’s faithfulness. The examples of Noah, Abraham and Sarah, and Rahab illustrate that God brought others through difficult circumstances. Isolation can intensify anxiety and despair, while remembering God’s faithfulness provides encouragement and perspective.

Second: Shift your load by laying aside both sin and hindrances. Sin is described as behavior that entangles and trips people into guilt, shame, and spiritual discouragement. Hindrances, or “weights,” may not necessarily be sinful, but can still prevent you from effectively running the race God has given you. Examine what you are carrying and determine whether it helps you move toward Jesus or weighs you down.

Third: Shift your focus by fixing your eyes on Jesus. What you continually look at can determine the condition of your soul. Jesus is the author and finisher of faith who endured suffering, abandonment, and the cross because of the joy set before Him. His finished work demonstrates that you do not have to complete the race in your own strength.

Pastor Thomas concluded the sermon by emphasizing that Jesus is seated at God’s right hand, signifying completed work, authority, and rest. Biblical rest is not the absence of difficulties, but the confidence that Jesus has already carried the ultimate burden.

Call to Action: Jesus promised, "Come unto Me, all ye that labor and are heavy laden, and I will give you rest. Take My yoke upon you, and learn of Me, and ye shall find rest unto your souls..." You can have peace and rest only in having Jesus Christ as your Lord and Savior. The choice is yours.

ALL NATIONS FELLOWSHIP SDA CHURCH

Order of Service

October 10, 2026 11:15AM



Opening Song ----- ANF Praise Team

Welcome / Opening Prayer ----- Elder Glen White

Song of Praise ----- ANF Praise Team

Scripture Reading -----Serena Scott
John 4:23 & 24 KJV

Health Nugget-----Serena Scott

Pave The Way Campaign ----- Elder Michael Campbell

Tithes & Offering ----- Video

Intercessory Prayer -----Ron Tunis

Special Music -----Video

Sermon -----Pastor Darlene Thomas
“The God Who Seeks”

Benediction ----- Elder Glen White

ANNOUNCEMENTS

- Please refrain from eating/drinking in the sanctuary.
- Please remember to support the renovation of LRC schools on your tithe envelope.
- Join the **ANF Pave The Way Campaign**, a special fundraising initiative dedicated to improving and paving our church parking lot. **Scan the QR Code** and help us prepare the way for continued ministry, fellowship and service.



- The Perspectives team is seeking volunteers for 2026 Christmas Play. If interested, please reach out to Jackie A, Ricky, Ron H, or Michael C for details.
- The Womens’ Ministry is hosting a free spa event Sunday evening, Oct. 18th from 3-5 pm, for ages 18 and over. Please see Dawn Robinson to register.
- Have an announcement? Please send email to elders@anfisdac.org before 5PM on Wednesday.

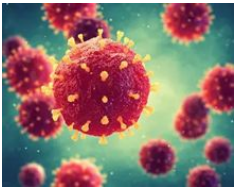
OCTOBER BIRTHDAYS & ANNIVERSARIES

BIRTHDAYS: Kathy Tunis (10/2), Alex Campbell (10/3), Nicole Pratts (10/11), Ena Collymore (10/16), Alisha Denis (10/18), Demi Pratts (10/23)

REQUESTS FOR PRAYER & HEALING

Please pray for Allison, her children, and her family as she mourns the loss of her dear sister and nephew. William/Corvina Coleman, Caleb Bays, Dolly Robinson, Angela (Ron Tunis’ daughter), Michael Wright, Gabby Smith, Sade Carpenter (Osborne’s niece), Sophie Reyes (co-worker of Diane Wright), Jerome Atkins, Deb/Joyce Agard, Henrietta Collins, Maria/Michael Hartung, Bob (Fuchsia Campbell's nephew), Shirley Matthews Akins, Nicole Pratts, Winston Family, Debbie Jones, Lacey Family, Fanchon Lewis, Nirayl Israel, Morawshaw Israel, Nancy Mandra (husband passed), Will Carter & David S. Phelps house. Baby Lucy (Darlene’s grand daughter), Vanessa and her family (Visitor from the Mystery Dinner), Bereaved families in the church. Pray for government and elected officials.

Principles to Consider When Dealing With Disease - Pt. 1



Have you ever felt the emotional depths of being told that you have a particular disease? And even more frustrating may be not knowing what to do or how to go about it. In this five-part series, I am going to share five principles to consider when dealing with any disease.

Principle One: Know Your Enemy

In a war, the highest form of strategy is to break the enemy’s resistance with the fewest possible losses. The better you know your adversary, the more likely you are to beat him. The same is true in battling any sickness. The better your information about the disease, the greater your odds of overcoming it. Sometimes the greatest obstacle to regaining your health is misinformation about the problem. Whatever the health condition you are dealing with, take these steps to know about the ailment:

- Do thorough research to learn all you can about the health issue.
- Look for possible causes. Do a personal inventory of your diet and lifestyle habits to see if that could be a possible cause or contributor to the problem.
- Pay close attention to any triggers that could potentiate the condition.
- Pray for revelation, divine wisdom, and understanding to best deal with the malady.

There is no magic formula when it comes to restoring health; but there are things we can do for a fighting chance. One important and powerful element is *hope*. Hope that God can resolve and restore any situation. Next to hope add *faith*.. Faith is the key that unlocks God’s blessings. Next to faith, add *willingness*. This is the state of being prepared, ready and happy to do whatever it takes to get well. Changing the body’s toxic chemistry through the process of detoxification and diet will greatly aid in the reverse of chronic health conditions.

My flesh and my heart may fail, but God is the strength of my heart and my portion forever.” – Psalm 73:26

ALL NATIONS FELLOWSHIP SDA CHURCH

Our Mission

Building a healthy, strong and growing community of believers in Christ who work together to prayerfully, strategically and intentionally advance the kingdom of God by sharing the gospel of Jesus Christ. Matt 24:14; John 14:1-6, 27, 28; John 3:16; John 18:36; Rev 11:15; Acts 28:31; Luke 24:13-3

ANF RECURRING EVENTS

- Sabbath School is at 9:45AM in the ANF sanctuary and via Zoom.
 - Zoom ID: 945 6406 8099; Passcode: ritBb4
- “Breakthrough Tuesdays” is every Tuesday of the month (except the 2nd Tuesday) at 7:30PM and remotely via Zoom.
 - Zoom ID: 960 9135 6728; Passcode: 7
- Health Meetup is every 2nd Tuesday at 6:45PM via Zoom.
 - Zoom ID: 865 6085 9283; Passcode: 3700

ANF LEADERSHIP

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You Are Welcome Here

...to this part of God’s family, a community of believers in Christ seeking to live under His Lordship. We are glad that you have joined us here today. We trust that you will receive a tremendous blessing from God as you worship and fellowship with us.

Sabbath School	9:45 AM
Divine Hour	11:15 AM

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