

☺ **HAPPY & SAD** ☹

A Genuine Look at Life

The 3rd Annual **Reformed Heritage Conference**

Friday, May 19th
7:30 - 9pm

Saturday, May 20th
4 - 8pm

Hosted by the **Heritage Reformed Congregation of New Jersey**
129 Boonton Avenue, Kinnelon, NJ 07405 • (973) 907-7485
Admission is free • Dinner will be served on Saturday

RSVP at HRCNJ.org

TOPICS

Christian Emotions:

A positive look at the place of emotion and feelings in the Christian life

The Sad Christian:

What causes depression and how a Christian can recover from it

The Happy Christian:

The ingredients that make a joyful Christian life even in a gloomy culture



Dr. David Murray is Professor of Old Testament and Practical Theology at Puritan Reformed Seminary. He is also Pastor of Grand Rapids Free Reformed Church. He is the author of *Christians get depressed too*, *How Sermons Work*, *Jesus on Every Page*, and most recently, *The Happy Christian*. You can read his blog at HeadHeartHand.org/blog or follow him on Twitter @davidpmurray. David is married to Shona and they have five children ranging from 3 to 20 years old. They love camping, fishing, boating, and skiing in the Lake Michigan area.



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Our culture is enchanted by the pursuit of happiness and yet it seems so elusive that many despair of ever finding it. As Christians, how should we think about happiness and sadness? What is true joy and how can we maintain it? Is it possible to recover from depression? How can we maintain joy when we are attacked by our culture? This conference seeks to explore these themes with professor, pastor and author Dr. David Murray.

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