

THE CROSS



“A CHURCH WHERE EVERYBODY IS SOMEBODY AND CHRIST IS LORD OF ALL”



Prayer

Question: "What are the different types of prayer?"

Answer: The Bible reveals many types of prayers and employs a variety of words to describe the practice. For example, 1 Timothy 2:1 says, "First of all,

then, I urge that supplications, prayers, intercessions, and thanksgivings be made for all people." Here, all four of the main Greek words used for prayer are mentioned in one verse.

Here are the main

types of prayers in the Bible:

The prayer of faith: James 5:15 says, "And the prayer of faith will save the one who is sick, and the Lord will raise him up." In this context, prayer is offered in faith

(Prayer on page 15)

**MAY-JUNE 2021
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Trust In God

The only survivor of a shipwreck was washed up on a small, uninhabited island. He prayed feverishly for God to rescue him, and every day he scanned the horizon for help, but none seemed forthcoming. Exhausted, he eventually managed to build a little hut out of driftwood to protect him from the elements, and to store his few possessions. But then one day, after scavenging for food, he arrived home to find his little hut in flames, the smoke rolling up to the sky. The worst had happened; everything was lost. He was stunned with grief and anger. "God how could you do this to me!" he cried.

Early the next day, however, he was awakened by the sound of a ship that was approaching the island. It had come to rescue him. "How did you know I was here?" asked the weary man of his rescuers. "We saw your smoke signal," they replied.

It is easy to get discouraged when things are going bad. But we shouldn't lose heart, because God is at work in our lives, even in the midst of pain and suffering.

(Trust In God on page 10)

Pray With Me

The concept of 'Herd Immunity' is a phenomenon. The concept of 'Herd Immunity' is a form of indirect mass protection from infection of a particular infectious disease when a certain number of the vulnerable population has already been immunized from that particular disease. Even though medical professionals had been aware of the phenomenon for a number of generations, the universal recognition happened when a scientist in the 1930s documenting his experiences with juvenile measles in Baltimore, Maryland, made a formal connection to

the phenomenon. That was for the branch of medicine known as epidemiology. And it works. It did for the eradication of the dreaded small pox. We've had ample proof over the years to support the idea that if a large proportion of the population had enough protection or immunity to a particular infection, the rest could be protected by essentially denying the infection the conduit to get to the

(Pray with me on page 17)



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Memo from GOD

Effective immediately, please be aware that there are changes YOU need to make in YOUR life. These changes need to be completed in order that I may fulfill My promises to you to grant you peace, joy and happiness in this life. I apologize for any inconvenience, but after all that I am doing, this seems very little to ask of you. I know, I already gave you the 10 Commandments. Keep them. But follow these guidelines, also.

1. QUIT WORRYING

Life has dealt you a blow and all you do is sit and worry. Have you forgotten that I am here to take all your burdens and carry them for you? Or do you just enjoy fretting over every little thing that comes your way?

2. PUT IT ON THE LIST

Something needs done or taken care of. Put it on the list. No, not YOUR list. Put it on MY to-do-list. Let ME be the one to take care of the problem. I can't help you until you turn it over to Me. And although My to-do-list is long, I am after all ... God. I can take care of anything you put into My hands. In fact, if the truth were ever really known, I take care of a lot of things for you that you never even realize.

3. TRUST ME

Once you've given your burdens to Me, quit trying to take them back. Trust in Me. Have the faith that I will take care of all your needs, your problems and your trials. Problems with the kids? Put them on My list. Problem with finances? Put it in My list. Problems with your emotional roller coaster? For My sake, put it on My list. I want to help you. All you have to do is ask.

4. LEAVE IT ALONE

Don't wake up one morning and say, "Well, I'm feeling much stronger now, I think I can handle it from here." Why do you think you are feeling stronger now? It's simple. You gave Me your burdens and I'm taking care of them. I also renew your strength and cover you in my peace. Don't you know that if I give you these problems back, you will be right back where you started? Leave them with Me and forget about them. Just let Me do my job.

5. TALK TO ME

I want you to forget a lot of things. Forget what was making you crazy. Forget the worry and the fretting because you know I'm in control. But there's one thing I pray you never forget. Please, don't forget to talk to Me - OFTEN! I love YOU! I want to hear your voice. I want you to include Me in on the things going on in your life. I want to hear you talk about your friends and family. Prayer is simply you having a conversation with Me. I want to be your dearest friend.

6. HAVE FAITH

I see a lot of things from up here that you can't see from where you are. Have faith in Me that I know what I'm doing. Trust Me; you wouldn't want the view from My eyes. I will continue to care for you, watch over you, and meet your needs. You only have to trust Me. Although I have a much bigger task than you, it seems as if you have so much trouble just doing your simple part. How hard can trust be?

7. SHARE

You were taught to share when you were only two years old. When did you forget? That rule still applies. Share with those who are less fortunate than you. Share your joy with those who need encouragement. Share your laughter with those who haven't heard any in such a long time. Share your tears with those who have forgotten how to cry. Share your faith with those who have none.

8. BE PATIENT

I managed to fix it so in just one lifetime you could have so many diverse experiences. You grow from a child to an adult, have children, change jobs many times, learn many trades, travel to so many places, meet thousands of people, and experience so much. How can you be so impatient then when it takes Me a little longer than you expect to handle something on My to-do-list? Trust in My timing, for My timing is perfect. Just because I created the entire universe in only six days, everyone thinks I should always rush, rush, rush.

9. BE KIND

Be kind to others, for I love them just as much as I love you. They may not dress like you, or talk like you, or live the same way you do, but I still love you all. Please try to get along, for My sake. I created each of you different in some way. It would be too boring if you were all identical. Please, know I love each of your differences.

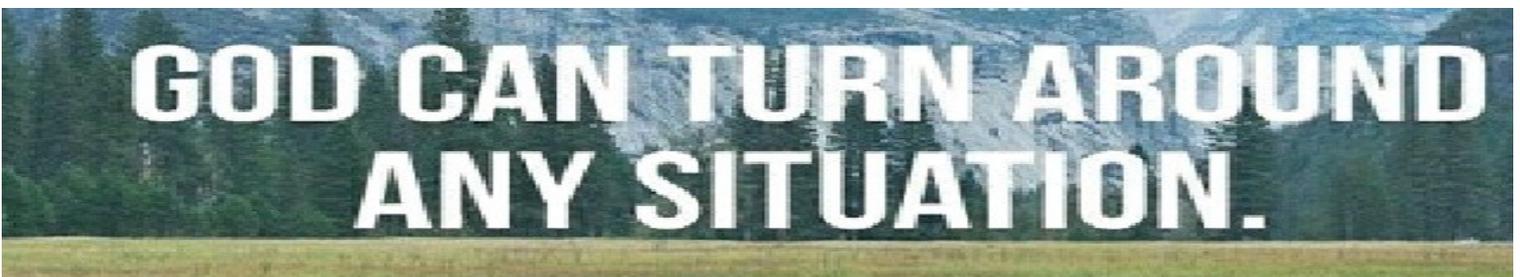
10. LOVE YOURSELF

As much as I love me for one reason of Love. Love Me. heartache when I are very precious you, how can you not love yourself? You were only ... to be loved, and to love in return. Love your neighbors. But also love yourself. See you so angry with yourself when things go to me. Don't ever forget that!

Created by **I AM**, a God. It makes My wrong, **You**.

With all My heart I love **YOU** ...

God





From The Pastor's Desk

Greetings in Christ!

God is good before the pandemic, during the pandemic, and after the pandemic. While we live in changing and challenging times, we must also remember that God has no limitations by times or seasons, and He is STILL a good God!

The Lord deserves our praise at all times. He is worthy of the praise from the rising of the sun to the going down of the same.

It's been a season of tears, tension, and triumphs. We have not experienced all victories yet. We still believe the best is yet to come.

As we preached on Sunday, Jesus healed the 10 Lepers, but only one returned to give thanks (Luke 17:11-19). This one Leper returned to give thanks, no doubt when he realized that he had received healing and reflected on the change that had happened in his life.

Will you like the one Leper return and give thanks for Christ Healing, Protection, Provisions, and Peace. Will you continue to believe that with Christ, all things are possible.

The Bible lets us know that without Faith, it is impossible to please God!

I believe there is power in saying, "God, I may not understand it all, but we know you're going to move in America one more time!" You're going to move in the church one more time! You're going to move in my family one more time!

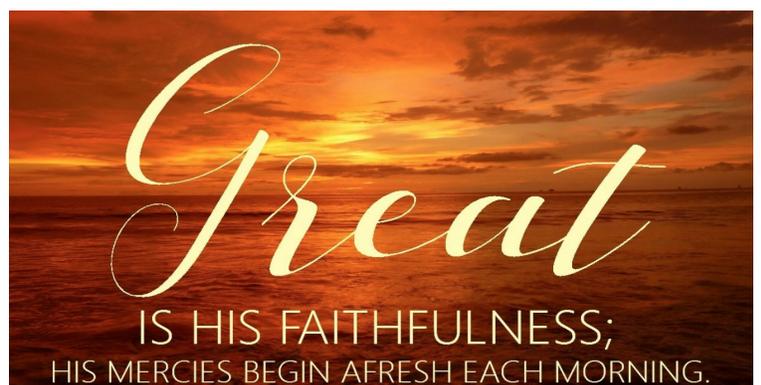
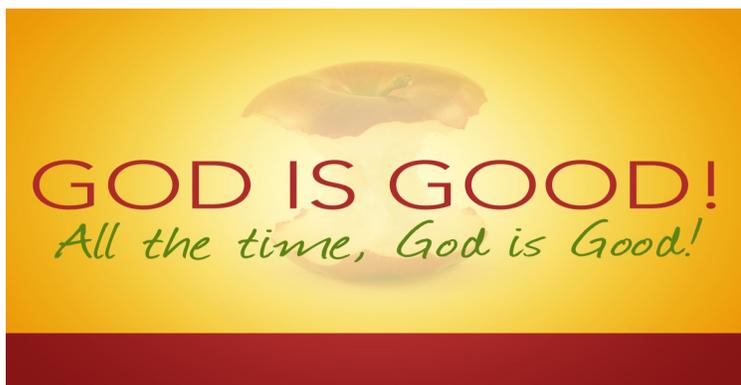
The God who did it before can do it again! We praise you in advance in Faith, trusting you to bring us through this crisis.

I pray you will like the one Leper give thanks for one more Blessing. Much Love from the Officers, Leaders, Ministerial Staff, and First Lady. We are working hard on your behalf.

As you pray for us, we pray for you, and we WILL get through this!

Blessings in Christ!

Pastor Moses Harvill



RETOOLING FOR CHURCH GROWTH 2021

- Renewing
- Reconnecting •Reopening

*But seek first the kingdom of God and His righteousness,
and all these things shall be added to you. ~Matthew 6:33*

Growing the Church via Zoom & Virtual Church

Starting Stronger:

RENEWING

*Bible Study— Growing in Christ: Lessons on Assurance—Lessons on Christian Living
‘Living for Christ isn’t easy, but it is possible!’ Learn how with GROWING with CHRIST
Lessons will be emailed & available for you to pick up at the church.*

*We begin the year with Spiritual Renewal
-Prayer & Bible Study*

RECONNECTING

Growing the church by coming back together in love & fellowship

REOPENING

Returning with zeal for Christ and His Kingdom mission

Hear Our Prayers Lord

“Prayer for Gratitude”

Dear God, Thank You for Your amazing power and work in our lives, Thank You for Your goodness and for Your blessings over us. Thank You that You are Able to bring hope through even the toughest of times, strengthening us for Your purposes. Thank You for Your great love and care. Thank You for Your mercy and grace. Thank You that You are always with us and will never leave us. Thank You for Your incredible sacrifice so that we might have freedom and life. Today forgive us for when we don't Thank You enough, for who You are, for all that You do, for all that You've given. Help us to set our eyes and our hearts on You afresh. Renew our spirits, fill us with Your peace and joy. We love You and we need You, this day and every day. We give You praise and thanks, for You alone are worthy! Its In Jesus Name we pray, Amen, Amen, Amen, Hallelujah, Thank You Jesus.

“Daily Miracle Prayer Request”

God above, we stand before You today as Your humble servant, powerless and weak when compared to Your vast excellence. In this world and the next, You control all, including our life and we stand to gain everything in our worship of Your name. Lord Almighty, we pray for instant miracles that will turn our heart's desires into realities, so we can move forward with You in the lead at every step. Your miracles will touch all parts of our lives and testimonies will be in praise of Your Heavenly name, Father. We pray that You allow not the just from our enemies and instead, make us living wonders that will preach Your mercies all the days of our lives. We thank You for Your answers and, its In Jesus Name we Pray, Amen, Amen, Amen.

Give us strength to live another day

O God: Give us strength to live another day; Let us not turn coward before its difficulties or prove recreant to its duties; Let us not lose faith in other people; Keep us sweet and sound of heart, in spite of ingratitude, treachery, or meanness; Preserve us from minding little stings or giving them; Help us to keep our heart clean, and to love so honestly and fearlessly that no outward failure can dishearten us or take away the joy of conscious integrity; Open wide the eyes of our soul that we may see good in all things; Grant us this day some new vision of thy truth; inspire us with the spirit of joy and gladness and make us the cup of suffering souls in the name of the strong Deliverer, our only Lord and Savior, Jesus Christ. Amen, Amen, Amen.

My presence will go with you

Exodus 33:14 says, “And he said, “My presence will go with you, and I will give you rest.” Amen.

Dear Father in heaven, we thank You for guiding us on all our ways with power from on high. We thank You that again and again You have led us through the darkness on a path of light. Looking back, we cannot be thankful enough. May our hearts turn to You and be filled with quiet certainty in all we are still awaiting. Remember us and remember the many who lie under heavy bondage. Let the time come when You will bring a great deliverance to those who are in darkness. Then we can find meaning for our lives in all that happens, knowing that You have been faithful in everything. You have done more than we asked, more than we can understand, its In Jesus Name we pray, Amen, Amen, Amen.

God'

Great is your faithfulness, O God, my Father. Morning by morning new mercies I see. I know that your hands will supply all that I need. Thank you, Lord, for your loving care and supply in my life. I claim the promises of your Word today. I believe your Word, and I look forward to all you are going to do in my life.

You are Jehovah-jireh, my provider. You know exactly what I need, when I need it, and how my needs will best be met. Thank you for the delight you experience as you give me the desires of my heart. I love you, and you love me.

Thank you, Father, for your great mercies which are new in my life each morning. Your grace and loving favor are upon me and within me. Indeed, your loving kindness is better than life to me. Thank you for always providing me with my daily bread, and so much more. I rejoice in you and in the knowledge that you are the God of more than enough.

Thank you, Father, for caring about me and my loved ones. I know you want all needs to be met, and you cannot fail in meeting them. I praise you for the wonderful realization that you do fulfill all your promises in my life.

Thank you for your word which will never return to you void. I claim the promises of your Word for me, my family, and our lives. I take my stand upon the solid promises of your Word, Father. Thank you for meeting my every need. Amen

The fruit of the Spirit abides in us and it is up to us to cultivate it so that we may experience the blessing and the fullness of the Spirit. God is the husbandman..."He prunes, nurtures, waters and protects His own. The indwelling presence of the Holy Spirit will energize and control every faculty of our nature when our will joins the will of God. Then the "beauty of the Lord will be upon us" (Psalm 90:17) and "we shall bring forth fruit unto God" (Romans 7:4)."

FRUIT OF THE SPIRIT

"But the fruit of the Spirit is LOVE, JOY, PEACE, LONGSUFFERING, GENTLENESS, GOODNESS, FAITH, MEEKNESS, TEMPERANCE: against such there is no law." (Galatians 5:22, 23)

The fruit of the Spirit abides in us and it is up to us to cultivate it so that we may experience the blessing and the fullness of the Spirit. God is the husbandman..."He prunes, nurtures, waters and protects His own. The indwelling presence of the Holy Spirit will energize and control every faculty of our nature when our will joins the will of God. Then the "beauty of the Lord will be upon us" (Psalm 90:17) and "we shall bring forth fruit unto God" (Romans 7:4)."

The fruit of LOVE when properly motivated "is pure, far reaching, forgiving. There is no limit to the good that LOVE does. God is LOVE. (I John 4:7)

JOY never fades, it is never destroyed by circumstances, it is unaffected by wealth or poverty, sickness or health. It is found in the presence of God (Psalm 16:11)

PEACE "is a tranquility of mind as a result of a right relationship with God". The PEACE of God in our hearts challenges sin at every turn and deals with it immediately in order to maintain that right relationship. (Ephesians 2:14)

LONG-SUFFERING means steadfastness of the soul under provocation. It means forbearance and patient endurance of ill-treatment, without anger or thought of revenge. (Colossians 3:12, 13)

GENTLENESS is sweet reasonableness, calmness and graciousness. It calms troubled waters, settles turmoil and heals strife. (James 3:17)

GOODNESS does good to others. It is kindness of heart and good deeds. It may not always be a gentle word, but a stern rebuke done for the good of someone else. (Psalm 33:5)

MEEKNESS disarms the stormy, tempestuous person. The qualities of mildness and gentleness in dealing with others. It is not weak. It is a high quality of spiritual strength. (I Timothy 6:11)

FAITH means faithfulness to Christ and His cause. It manifests itself in being a trustworthy steward of God. It is trust and obedience, belief in God's word and promises. (Hebrews 11:1)

TEMPERANCE is power, it is strength, having self-control. It means discipline. It provides balance to the Christian's life. It enables him to praise Him whether in discipline or testing. (Proverbs 11:1) (Information taken in part from World-Wide Keswick publication and Holy Scriptures)

Satan tries to imitate the real thing with an artificial fruit. As you can see, the artificial fruit is very much like the real thing and if we are not careful, we can fall into the trap of expressing limited love, temporary joy, numbness, insensitivity, manipulation, hypocrisy, half-heartedness, false modesty and choosing lesser goals.

THE FRUIT, *The Artificial Fruit,* **The Weed**

LOVE, *limited love, hatred;* JOY, *temporary JOY, sorrow;* PEACE, *numbness, carelessness, anxiety strife;*
PATIENCE, *laziness, insensitivity, impatience;* KINDNESS, *manipulation by kindness, pride;*
GOODNESS, *hypocrisy, evil;* F A I T H F U L N E S S, *half-heartedness, infidelity;*
MEEKNESS, *false modesty, self-seeking;* SELF-CONTROL, *choosing lesser goals, lack of control*
(The Fruit of the Spirit, John W. Sanderson)

Read the BIBLE in ONE Year

MAY

- 1 2 Chronicles 26-29
- 2 2 Chronicles 30-32
- 3 2 Chronicles 33-36
- 4 Ezra 1-4
- 5 Ezra 5-7
- 6 Ezra 8-10
- 7 Nehemiah 1-3

- 8 Nehemiah 4-6
- 9 Nehemiah 7-9
- 10 Nehemiah 10-13
- 11 Esther 1-3
- 12 Esther 4-7
- 13 Esther 8-10
- 14 Job 1-4
- 15 Job 5-7

- 16 Job 8-10
- 17 Job 11-13
- 18 Job 14-17
- 19 Job 18-20
- 20 Job 21-24
- 21 Job 25-27
- 22 Job 28-31
- 23 Job 32-34

- 24 Job 35-37
- 25 Job 38-42
- 26 Psalms 1-4
- 27 Psalms 5-8
- 28 Psalms 9-12
- 29 Psalms 13-15
- 30 Psalms 16-18
- 31 Psalms 19-21

JUNE

- 1. Psalms 22-24
- 2. Psalms 25-27
- 3. Psalms 28-30
- 4. Psalms 31-33
- 5. Psalms 34-36
- 6. Psalms 37-39
- 7. Psalms 40-42

- 8. Psalms 43-45
- 9. Psalms 46-48
- 10. Psalms 49-51
- 11. Psalms 52-54
- 12. Psalms 55-57
- 13. Psalms 58-60
- 14. Psalms 61-63
- 15. Psalms 64-66

- 16. Psalms 67-69
- 17. Psalms 70-72
- 18. Psalms 73-75
- 19. Psalms 76-78
- 20. Psalms 79-81
- 21. Psalms 82-84
- 22. Psalms 85-87
- 23. Psalms 88-90

- 24. Psalms 91-93
- 25. Psalms 94-96
- 26. Psalms 97-99
- 27. Psalms 100-102
- 28. Psalms 103-105
- 29. Psalms 106-108
- 30. Psalms 109-111

July

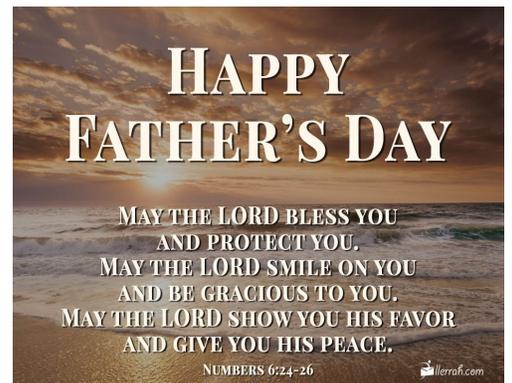
- 1. Psalms 112-114
- 2. Psalms 115-118
- 3. Psalms 119
- 4. Psalms 120-123
- 5. Psalms 124-128
- 6. Psalms 129-132
- 7. Psalms 133-136

- 8. Psalms 137-139
- 9. Psalms 140-144
- 10. Psalms 145-147
- 11. Psalms 148-150
- 12. Proverbs 1-3
- 13. Proverbs 4-7
- 14. Proverbs 8-11
- 15. Proverbs 12-14

- 16. Proverbs 15-18
- 17. Proverbs 19-21
- 18. Proverbs 22-24
- 19. Proverbs 25-28
- 20. Proverbs 29-31
- 21. Ecclesiastes 1-3
- 22. Ecclesiastes 4-6
- 23. Ecclesiastes 7-9

- 24. Ecclesiastes 10-12
- 25. Song 1-4
- 26. Song 5-8
- 27. Isaiah 1-3
- 28. Isaiah 4-6
- 29. Isaiah 7-9
- 30. Isaiah 10-12
- 31. Isaiah 13-15

Name of God	Meaning	Application
ELOHIM	The All-powerful One	God is the all-powerful creator of the universe. God knows all, creates all, and is everywhere at all times. The plural of "EL".
EL OLAM	The Eternal God The Everlasting God	He is the Beginning and the End, the One who works His purposes throughout the ages. He gives strength to the weary.
EL ROI	The God Who See Me	There are no circumstances in our lives that escape His fatherly awareness and care. God knows us and our troubles.
EL SHADDAI	The All Sufficient One, The God of the Mountains, God Almighty	God is the all-sufficient source of all of our blessings. God is all-powerful. Our problems are not too big for God to handle.
IMMANUEL	God With Us "I AM"	Jesus is God in our midst. In Him all the fullness of Deity dwells in bodily form.
JEHOVAH	"I AM", The One Who Is The Self-existent One	God never changes. His promises never fail. When we are faithless, He is faithful. We need to obey Him.



Eastertide

Eastertide covers a fifty-day period (six Sundays) that challenges persons to reflect on the resurrection of Jesus. Ascension Day is celebrated the sixth Thursday after Easter and commemorates the last manifestation of Jesus to His followers after the resurrection. (Luke 24:50-51 and Acts 1:2-11.) Ascension Sunday is the Sunday following Ascension Day. The season ends with the Day of Pentecost.

Color: White is the appropriate color for the season, with gold as an accent color. White is symbolic of light, joy, purity, glory, and the bright light of truth.

Pentecost

Pentecost is the birthday of the Christian Church and reveals the descent or out pouring of the Holy Spirit on the believers in the Upper Room. (¹*On the day of Pentecost all the believers were meeting together in one place.* ²*Suddenly, there was a sound from heaven like the roaring of a mighty windstorm, and it filled the house where they were sitting.* ³*Then, what looked like flames or tongues of fire appeared and settled on each of them.* ⁴*And everyone present was filled with the Holy Spirit and began speaking in other languages, as the Holy Spirit gave them this ability.* Acts 2:1-4)

The Season After Pentecost

The Season After Pentecost is sometimes referred to as Whitsuntide or Trinity season. This period has also been divided by some denominations into The Season After Pentecost and Kingdomtide. When the period is divided, The Season After Pentecost covers 10-14 Sundays, and Kingdomtide covers 13-14 Sundays.

Color: Red is the liturgical color for the Season After Pentecost. Red is symbolic of loyalty, power, witness, Christian zeal, blood, fire, the work and ministry of the church, and the Holy Spirit.

Liturgical Colors

Liturgy or liturgical comes from the Greek word "leitourgia" that means public service. Thus, liturgical refers to the rites or forms prescribed for use in public worship. Colors add brightness, variety, and visual appeal for the worshiper and Christian believer. But beyond this is the wealth of meaning and theological interpretation wrapped up in the colors used during the various seasons. Below are the prevalent colors and their liturgical interpretations.

Purple (violet or lilac) is the color used to denote royalty, praying, fasting, and penitence. It represents a symbol of the majesty of Christ, and Jesus' humanity, suffering, and fasting. Advent and Lent are seasons when this color is used.

Green is symbolic of the freshness of nature, hope, life, and growth. It is used during The Season After Epiphany and Kingdomtide. Some denominations use green during The Season after Pentecost.

White is symbolic of light, joy, purity, glory, and the bright light of truth. It is used during Christmas/Christmastide, Epiphany (January 6), Baptism of the Lord Sunday, Transfiguration of the Lord Sunday, Maundy Thursday (if Holy Communion is celebrated), Easter/Eastertide, Ascension Day/Sunday, Trinity Sunday, and Christ the King Sunday. It is appropriately used for Consecrations, Baptisms, Marriages, and Holy Communion.

Red is symbolic of loyalty, power, witness, Christian zeal, blood, fire, the work and ministry of the Church, and the Holy Spirit. It is used on Pentecost, for some The Season After Pentecost, and Church anniversaries, dedications, and ordinations. The color red is appropriate for year-round use if there is no other color available.

Black represents grief, sorrow, mourning, or death. It is used on Good Friday and sometimes for funerals. (Some prefer to use white for funerals to celebrate the homegoing of a loved one.)

Gold is the color denoting worth, virtue, glory to God, and Christian might. It was one of the gifts given to the Baby Jesus by the Magi (Wise Men). The Kingship of the Christ Child and the price Jesus paid on Calvary is also represented in this color.

Other Colors

Blue is an alternate liturgical color that is symbolic of hope. It is often used as an alternate color to purple during Advent by some denominations.

Kente Cloth is being used by many African-American congregations as a parament. It is also used on clergy and choir robes or liturgical stoles. Most of the kente cloth contains several of the liturgical colors. Kente Cloth is a strong woven fabric from the West African country of Ghana. Its name comes from the word "kenten" referring to that which cannot be torn under any circumstances. It is woven in narrow four inch strips and stitched together to make the desired width of the fabric. Traditionally, this cloth carried symbolic designs that indicated a proverb or special message. In addition to the meaning wrapped up in the colors, it also represents the commitment of believers not to allow anything to separate them from the love of God and a reminder to hold on to one's heritage.

10 Practical Guidelines on Fasting
By Charles Ng of Singapore

1. Enter into fasting with a positive faith. If you are determined to seek God diligently by fasting, you have a Scriptural right to expect that God will reward you. In Matthew 6:18, Jesus promises to every believer who fasts correctly: "your father who sees what is done in secret will reward you."

2. Do not wait for an emergency to drive you to fast. It is better to begin fasting when you are spiritually up than down. The law of progress in God's Kingdom is from "strength to strength" (Ps. 84:7), "from faith to faith" (Rom. 1:17), and from "glory to glory" (2Cor. 3:18).

3. Do not set for yourself too long a period of fasting. If you are fasting for the first time, begin by omitting one or two meals. Then, move on to longer periods such as a day or two. It is better to begin with a short period and achieving it than to do a long period of fasting and not achieving it.

4. During your period of fasting, feed on God's Word, the Bible. Where possible, read a portion of Scripture before each period of prayer. The Psalms are especially helpful.

5. Avoid boastfulness—apart from special periods of prayer, your life should be as normal as possible.

6. Check on your motives each time you fast. Take time to read Isaiah 58.

7. If you are on regular medication or suffer from diabetes or TB, it is wise to obtain medical advice before entering into any fast.

8. As you enter fast, you might suffer discomfort, unpleasant physical symptoms such as dizziness or nausea. Do not be deterred. Go through with the fast as planned. After the first day or two, these unpleasant physical reactions usually subside.

9. Remember that hunger is purely a

matter of habit. If you hold out, the sensation of hunger will go away. Sometimes you can fool your stomach by drinking a glass of water instead of snacking.

10. Guard against constipation. Before and after fasting, choose meals that will help you in this respect such as fresh fruits, fruit juices, dried figs, prunes, apricots, or oatmeal.

Total Fast: Abstaining from solid foods for 24 hours. Taking only water.

Partial fast: Abstaining from solid foods for an extended part of the day, e.g. from 7:00 am until 7:00 PM. Taking only water.

1 Meal Fast: Sacrificing one full meal a day, e.g. Abstaining from lunch.

Daniel Fast: Abstaining from meals and other delicacies. Taking only small portions of fresh vegetables, fruit and juices.

Fasting for Health, Healing and a Heart far God's Vision for the Church

1. The Daniel Fast involves a spiritual commitment to God. "Daniel proposed in his heart that he would not defile himself with the portion of the Kings delicacies, nor with the wine which he drank." (Daniel 1: 8)

2. Faith is foundational to the Daniel Fast. "Then I set my face toward my God to make request by prayer and supplications, with fasting" (Daniel. 9:30 "However, this kind does not go out except by prayer and fasting" (Matthew 17: 21)

3. Fast and yield yourself to God as a servant. Daniel said, "as you see fit, deal with your servants" (Daniel 1:13)

4. Schedule your prayer / And end with thanksgiving. Daniel "kneeled upon his knees three times a day, and prayed, and gave thanks" (Daniel 6: 10)

5. Begin with confession, (repentance), dedication, and prayer-"Search me, O God, and know my heart; Try me, and know my anxieties; And see if there is any wicked way in me, And lead me in the way of everlasting" (Psalm 39: 23-24)

Remember: The Daniel Fast will lead to spiritual insight. "... to these young men God gave knowledge" (Daniel 1: 17)

Guidelines for Daniel Fast

Foods We May Eat

After answering hundreds of questions about the Daniel Fast on the blog, I developed these food guidelines. My hope is that it will serve as a more complete list. The original list used by many people was issued in a book about fasting. I know the author tried to do the best he could, but that isn't the same as getting hundreds of questions seeking clarification.

Please make sure to READ THE LABEL when purchasing packaged, canned or bottled foods. They should be sugar-free and chemical-free. Keep this in mind as you review this list of acceptable foods. Look for the list of ingredients on the label (not the nutritional value) to make sure all the ingredients comply with the Daniel Fast Guidelines.

Foods to include in your eating plan during the Daniel Fast

All fruits. These can be fresh, frozen, dried, juiced or canned. Fruits include but

are apples, apricots, bananas, blackberries, blueberries, boysenberries, cantaloupe, cherries, cranberries, figs, grapefruit, grapes, guava, honeydew melon, kiwi, lemons, limes, mangoes, nectarines, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon

All vegetables. These can be fresh, frozen, dried, juiced or canned. Vegetables include but are artichokes, asparagus, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, chili peppers, collard greens, corn, cucumbers, eggplant, garlic, ginger root, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, potatoes, radishes, rutabagas, scallions, spinach, sprouts, squashes, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini, veggie burgers are an option if you are not allergic to soy.

All whole grains, including whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes and popcorn.

All nuts and seeds, including sunflower seeds, cashews, peanuts, sesame. Also nut butters including peanut butter.

(Fasting from page 9)

All legumes. These can be canned or dried. Legumes include dried beans, pinto beans, split peas, lentils, black eyed peas, kidney beans, black beans, cannellini beans, white beans.

All quality oils including olive, canola, grape seed, peanut, and sesame.

Beverages: spring water, distilled water or other pure waters.

Other: tofu, soy products, vinegar, seasonings, salt, herbs and spices.

Note: Unsweetened plant-based milks and juices can be used in recipes or on cereal, but the only beverage on the Daniel Fast is water.

Foods to avoid on the Daniel Fast

All meat, animal, fish and seafood

products including beef, lamb, pork, poultry, fish and shellfish.

All dairy products including milk, cheese, cream, butter, and eggs.

All sweeteners including sugar, raw sugar, date sugar, honey, syrups, molasses, cane juice, date honey, and stevia.

All leavened bread including Ezekiel Bread (it contains yeast and honey) and baked goods.

All leavening agents including yeast, baking soda and baking powder.

All refined and processed foods products including artificial flavorings, food additives, chemicals, white rice, white flour, and foods that contain artificial preservatives.

All deep-fried foods including potato chips, French fries, corn chips.

All solid fats including shortening, margarine, lard and foods high in fat.

Beverages including coffee, tea, herbal teas, carbonated beverages, energy drinks, and alcohol.

Remember, **READ THE LABELS** so you are aware of the ingredients in the package.!

Be blessed on your fast

Learn more about the Daniel Fast at <http://Daniel-Fast.com>

"Pray without ceasing" (1 Thessalonians 5: 17)

(Trust In God from page 1)

Remember, next time your little hut is burning to the ground it just may be a smoke signal that summons the grace of God. For all the negative things we have to say to ourselves, God has a positive answer for it :

YOU SAY

GOD SAYS

BIBLE VERSES

You say: "It's impossible"	God says: All things are possible	(Luke 18:27)
You say: "I'm too tired"	God says: I will give you rest	(Matthew 11:28-30)
You say: "Nobody really loves me"	God says: I love you	(John 3:16 & John 3:34)
You say: "I can't go on"	God says: My grace is sufficient	(II Corinthians 12:9 & Psalm 91:15)
You say: "I can't figure things out"	God says: I will direct your steps	(Proverbs 3:5-6)
You say: "I can't do it"	God says: You can do all things	(Philippians 4:13)
You say: "I'm not able"	God says: I am able	(II Corinthians 9:8)
You say: "It's not worth it"	God says: It will be worth it	(Roman 8:28)
You say: "I can't forgive myself"	God says: I Forgive you	(I John 1:9 & Romans 8:1)
You say: "I can't manage"	God says: I will supply all your needs	(Philippians 4:19)
You say: "I'm afraid"	God says: I have not given you a spirit of fear	(II Timothy 1:7)
You say: "I'm always worried and frustrated"	God says: Cast all your cares on ME	(I Peter 5:7)
You say: "I don't have enough faith"	God says: I've given everyone a measure of faith	(Romans 12:3)
You say: "I'm not smart enough"	God says: I give you wisdom	(I Corinthians :30)
You say: "I feel all alone"	God says: I will never leave you or forsake you	(Hebrews 13:5)

**PASS THIS ON.
YOU NEVER KNOW WHO MAY BE IN NEED**



Sunday School is a Family Affair

8:45 a.m. to 9:45 a.m. We have classes for all ages – 3 to 103
New Members Class meets at the same time.
(For Transportation Needs Please call the Church 860-344-9527)

Come Grow with US!

Empty Rituals Are Useless

Devotional Reading:
Jeremiah 29:10-14

Background Scripture:
Isaiah 29

EXALT!

Declaration:
Isaiah 29:13-24

¹³ The Lord said: Because these people draw near with their mouths and honor me with their lips, while their hearts are far from me, and their worship of me is a human commandment learned by rote; ¹⁴ so I will again do amazing things with this people, shocking and amazing. The wisdom of their wise shall perish, and the discernment of the discerning shall be hidden.

¹⁵ Ha! You who hide a plan too deep for the Lord, whose deeds are in the dark, and who say, “Who sees us? Who knows us? ¹⁶ You turn things upside down! Shall the potter be regarded as the clay? Shall the thing made say of its maker, “He did not make me”; or the thing formed say of the one who formed it, “He has no understanding”?

Hope for the Future

¹⁷ Shall not Lebanon in a very little while become a fruitful field, and the fruitful field be regarded as a forest? ¹⁸ On that day the deaf shall hear the words of a scroll, and out of their gloom and darkness the eyes of the blind shall see. ¹⁹ The meek shall obtain fresh joy in the Lord, and the neediest people shall exult in the Holy One of Israel. ²⁰ For the tyrant shall be no more, and the scoffer shall cease to be; all those alert to do evil shall be cut off— ²¹ those who cause a person to lose a lawsuit, who set a trap for the arbiter in the gate, and without grounds deny justice to the one in the right.

²² Therefore thus says the Lord, who redeemed Abraham, concerning the house of Jacob: No longer shall Jacob be ashamed, no longer shall his face grow pale. ²³ For when he sees his children, the work of my hands, in his midst, they will sanctify my name; they will sanctify the Holy One of Jacob, and will stand in awe of the God of Israel. ²⁴ And those who err in spirit will come to understanding, and those who grumble will accept instruction.

Affirmation:

We commit to rejoice in the manifestation of God’s love in our lives.

ENGAGE

Relationships suffer when humans lapse into immorality. What is the result when we or others have acted immorally? Isaiah prophesied that God would punish the people of Judah for their behavior but still be merciful and restore the nation.

If able, break into small groups and respond to the following: we know that people do not always mean what they say or say what they mean. How does this play out in the fact that people view many rituals, ceremonies, and routines in which they in as interesting but ultimately without substance? How do liturgies, for instance, repeated over and over again in worship, affect our lives of faith and obedience to God? How are we influenced to remain committed to God in the recitations of text such as The Lord’s Prayer? The 23rd Psalm? The Apostle’s Creed? Do we think seriously on the words we are saying and the meaning, or, are we just mindlessly reciting a ritual?

(Empty Rituals on page 12)

Pray for all of our children, teens, young adults in this school years that God’s hands will be upon them keeping them from all hurt, harm and danger. Also pray for all of our families, friends, and all of God’s children.

*(Empty Rituals from page 11)***EDUCATE**

Isaiah 29:13-16: Isaiah 28-31 and 33 contain a series of prophetic oracles against Jerusalem. Oracles generally contain warnings for disobedience-followed by blessings for obedience. Each of these chapters begins with the Hebrew word hoy, an interjection often translated “Woe!” In historical context, the oracles stem from the fact that God had urged His people against forming alliances with nations such as Egypt and Assyria, rather than placing their trust in God to deliver them. But God’s urging had been overlooked. “Beginning in the period of Hezekiah’s reign (about 724-695 BC), Isaiah preached [these] five ‘Woe Sermons’ that included further warnings against such alliances....”The sermons established the rationale behind God’s judgement, yet also offered hope that God would someday restore the nation predicated to fall” (Standard Lesson Commentary 2020-2021, Large Print Edition, p. 307). Such is the case with our scripture today. The theme of these oracles is the foolishness of separating from daily trust in Yahweh to provide for the nation. While going through the motions of worship, the nation was counting on political shrewdness and international alliances to ensure national safety rather than trusting in the one they claimed to worship (Isaiah 28:15; 30:1; 31:1). Isaiah argues against giving God lip service and trying to provide for one’s own security is reversing the roles of humankind and God. Instead of counting on God to be potter and shape them, Judah was treating God as clay that can be shaped by rituals and ceremony. (Compare Isaiah 45:9; 46:8).

Isaiah 29:17-24: In following through with the theme of misguided wisdom, “Isaiah mocks those who go to great lengths (and depths) to assure that their plans are somehow hidden from the Lord. Perhaps, a secret political plan has been made between Israel and Egypt, without consultation with Isaiah v.22-24 brings this section to a conclusion. The **therefore** of v.22 suggests that after God’s astonishing work (v.14) of cleaning and purifying Israel (both the northern and southern kingdoms are intended here), God’s people will rediscover their true identity. This may explain the reference to Abraham, for redemption is a rediscovery of one’s own past. Central to their self-understanding is a rediscovery of the One who created and redeemed them, **the Holy One**” (The Bible Panorama).

ELEVATE

Break into two group and each group respond to the following questions:

1. To what extent do you as a believer worship with a focus on your relationship with God rather than going through ritualistic motions? Explain.
2. Do you deliberately guard against insincerity that leads to hypocrisy and finally leads to faithfulness? Give examples.
3. Do you diligently seek God’s favor and approval in making plans? To what extent do you follow the guidance of the Holy Spirit?
4. Are you committed to trust that no matter how great your failures, God can forgive and restore? Give examples.
5. Are there any parts of your life you regard as off limits to God? Should there be? Explain.

ITHINK

1. Create several game cards, writing a superstition on the back of each one. Begin by inviting participant to draw a card and help the rest of the group guess it by drawing clues on the board Pictionary-style. Help the group consider the difference between superstition ritual and real worship.
2. Begin class by playing a financial planning commercial from a video-sharing site. Discuss the value of such planning. Ask whether our plans can ever really bring the security we seek.
3. Write this heading on the board: “What God Can Do for Me that I can’t Do for Myself.” help the group make a list under that heading by paraphrasing portions of Isaiah 29:17-21.
4. Divide participants into two groups for a Bible research project. Group one, the “woes” group, should compare Isaiah 29:13-16 to Matthew 23:1-36. group two, the blessings group, should compare Isaiah 29:17-24 to Matthew 5:1-11. Discuss how this comparison should shape our relationship with and worship with God.
5. Close by singing a verse of a familiar hymn or worship song, such as “I Am Thine, O Lord,” “Love Divine, All Loves Excelling.” Then ask the class to explain the meaning of the words they sang. Then sing it again with a renewed attention to its meaning.

KEY VERSES

Those who err in spirit will come to understanding, and those who grumble will accept instruction. Isaiah 29:24

From The Young People-Adult Quarterly
(Ages 18 and up) International Sunday School Lessons for Christian Teaching

Prayer—90 devotions from Our Daily Bread Compiled by Dave Branon**MORNING PRAYER**

Read: Psalm 92

It is good to praise the LORD and make music to your name, O Most High, proclaiming your love in the morning and your faithfulness at night. Psalm 92:1-2

When British preacher and writer John Stott turned 80, a friend penned a tribute to him that highlighted his discipline of prayer. For decades, Stott began each day with a prayer like this: "Good morning, heavenly Father. Good morning, Lord Jesus. Good morning, Holy Spirit." Stott then went on to worship each member of the Trinity individually, acknowledging and praising them for their work in the lives of believers.

Then he continued, "Father, I pray that I may live this day in Your presence and please You more and more. Lord Jesus, I pray that this day I may take up my cross and follow You. Holy Spirit, I pray that this day You will fill me with Yourself and cause Your fruit to ripen in my life: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. Holy, blessed, and glorious Trinity, three Persons in one God, have mercy upon me. Amen."

The psalmist said that "it is good to praise the Lord...proclaiming [His] love in the morning" (92:1-2). So why not use John Stott's prayer of praise and petition as a pattern for yours today? It a wonderful way to begin a conversation with God. David McCasland

Prayer Tip: Post a few prayer verse plaques or note cards around the house as reminders.

PERSISTENT PRAYER

Read: Luke 18:1-8

Jesus told his disciples a parable to show them that they should always pray and not give up. Luke 18:1

A friend of mine has been a woman of prayer for many years. She has received countless answers from God, but sometimes she is disheartened because certain prayers for loved ones remain unanswered. Yet she keeps on praying, encouraged by the parable in Luke 18. This story features a widow who badgered a heartless judge for help and finally got it.

Jesus ended His parable with a question: If an unrighteous and disrespectful judge finally answers a pestering widow's pleas for help, shall not God answer His own children who cry to Him day and night? (vv. 7-8). The expected answer: "Of course He will!"

George Müller (1805-1898), pastor and orphanage director, was known for his faith and persistent prayer. Many times when he prayed for specific needs for his orphanage, God sent exactly what was required. Yet for more than 40 years he also prayed for the conversion of a friend and his friend's son. When Müller died, these men were still unconverted. God answered those prayers, however, in His own time. The friend was converted while attending Müller's funeral, and the son a week later!

Do you have a special burden or request? Keep on praying! Trust your loving heavenly Father to answer according to His wisdom and timing. God honors persistent prayer! Foanie Yoder

SURROUND BY PRAYER

Read: Romans 15:22-33

I urge you, brothers and sisters,...join me in my struggle by praying to God for me. Romans 15:30

My friend Melissa's 9-year-old daughter Sydnie was in the hospital for chemotherapy and bone marrow transplant when I had a dream about her. I dreamed she was staying in a central room at the hospital with her parents. Surrounding her room was a block of other rooms where family and friends were staying and continually praying for her during her times of treatment.

In real life, Sydnie wasn't physically surround by family and friends in adjacent rooms. But spiritually speaking, she was and is surrounded by prayer and love.

The apostle Paul seemed to have a desire to be surrounded by prayer. In most of his letters to churches, he requested to be remembered in prayer to the Lord (2 Corinthians 1:11; Ephesians 6:18-20; Colossian 4:2-4; Philemon 1:22). To the believers in Rome, he wrote, "I urge you, brothers and sisters, ...to join me in my struggle by praying to God for me" (Romans 15:30). He knew that he could not be effective in his service for God without His power.

The Bible tells us that Jesus also prays for us (John 17:20; Hebrews 7:25), as does the Holy Spirit, whose prayers are according to the will of God (Romans 8:27). What a comfort to be surrounded by prayer! Anne Cetas

YOU CAN ALWAYS PRAY

Read: Acts 12:1-16

When hard pressed, I cried to the Lord; he brought me into a spacious place. —Psalm 118:5

The young mother called out to the missionary, "Come quick! My baby is going to die." Gale Fields was in Papua (a province in Indonesia) helping her husband, Phil, translate the Bible into Orya, a tribal language. But they also provided medical help whenever possible. Gale looked at the malaria-stricken child and realized she didn't have the right medicine to help the infant.

"I'm sorry," she told the mother, "I don't have any medicine for babies this small." Gale paused, then said, "I could pray for her though."

"Yes, anything to help my baby," answered the mother.

Gale prayed for the baby and then went home feeling helpless. After a little while, she again heard the mother cry out, "Gale, come quick and see my baby!"

Expecting the worst, Gale went to the baby's side. This time, though, she noticed improvement. The dangerous fever was gone. Later, Gale would say, "No wonder the Orya Christians learned to pray. They know God answers."

The early Christians prayed for Peter to be released from prison and then were "astonished" when God answered them (Acts 12:16). We respond that way too, but we shouldn't be surprised when God answer our prayers. Remember, His power is great and His resources are endless. —Dave Branon

Prayer Tip: If you have family members who have stayed from the faith, get James Bank's book, "Prayers for Prodigals."

THE ARMOR OF GOD

EPHESIANS 6:10-18
 "... Be strong in the Lord and in his mighty power. Put on the full armor of God so that you can take your stand against the devil's schemes." v. 10, 11.

The Shield of Faith (Eph. 6:16)
 Faith is being sure that God will keep His promises. Faith in God protects you when you are tempted to doubt.

The Helmet of Salvation (Eph. 6:17)
 Put on the Helmet of Salvation by believing that Jesus Christ died for your sins and rose again.

The Breastplate of Righteousness (Eph. 6:14)
 Righteousness is being honest, good, humble, and fair to others. It means standing up for weaker people.

The Belt of Truth (Eph. 6:14)
 Truth keeps us from giving in to the world's beliefs. Compare your beliefs and actions to the truth of the Word of God.

The Sword of the Spirit (Eph. 6:17)
 which is the Word of God. God's Word is our offensive weapon. When we tell others what the Bible says, the Holy Spirit helps people see their bad thoughts and actions, and makes them want to be forgiven.

Feet Prepared with the Gospel of Peace (Eph. 6:15)
 The Gospel of Peace is being right with God and being contented in troubled times. Jesus said peacemakers were blessed.

Ephesians 6:10-20 (New King James Version)

10 Finally, my brethren, be strong in the Lord and in the power of His might. 11 Put on the whole armor of God, that you may be able to stand against the wiles of the devil. 12 For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age,^[a] against spiritual *hosts* of wickedness in the heavenly *places*. 13 Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand. 14 Stand therefore, having girded your waist with truth, having put on the breastplate of righteousness, 15 and having shod your feet with the preparation of the gospel of peace; 16 above all, taking the shield of faith with which you will be able to quench all the fiery darts of the wicked one. 17 And take the helmet of salvation, and the sword of the Spirit, which is the word of God; 18 praying always with all prayer and supplication in the Spirit, being watchful to this end with all perseverance and supplication for all the saints— 19 and for me, that utterance may be given to me, that I may open my mouth boldly to make known the mystery of the gospel, 20 for which I am an ambassador in chains; that in it I may speak

(Prayer page 1)

for someone who is sick, asking God to heal. When we pray, we are to believe in the power and goodness of God (Mark 9:23).

The prayer of agreement (also known as corporate prayer): After Jesus' ascension, the disciples "all joined together constantly in prayer" (Acts 1:14). Later, after Pentecost, the early church "devoted themselves" to prayer (Acts 2:42). Their example encourages us to pray with others.

The prayer of request (or supplication): We are to take our requests to God. Philippians 4:6 teaches, "Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God." Part of winning the spiritual battle is to be "praying at all times in the Spirit, with all prayer and supplication" (Ephesians 6:18).

The prayer of thanksgiving: We see another type of prayer in Philippians 4:6: thanksgiving or thanks to God. "With thanksgiving let your requests be made known to God." Many examples of thanksgiving prayers can be found in the Psalms.

The prayer of worship: The prayer of worship is similar to the prayer of thanksgiving. The difference is that worship focuses on who God is; thanksgiving focuses on what God has done. Church leaders in Antioch prayed in this manner with fasting: "While they were worshiping the Lord and fasting, the Holy Spirit said, 'Set apart for me Barnabas and Saul for the work to which I have called them.' Then after fasting and praying they laid their hands on them and sent them off" (Acts 13:2-3).

The prayer of consecration: Sometimes, prayer is a time of setting ourselves apart to follow God's will. Jesus made such a prayer the night before His crucifixion: "And going a little farther he fell on his face and prayed, saying, 'My Father, if it be possible, let this cup pass from me; nevertheless, not as I will, but as you will'" (Matthew 26:39).

The prayer of intercession: Many times, our prayers include requests for others as we intercede for them. We are told to make intercession "for everyone" in 1 Timothy 2:1. Jesus serves as our example in this area. The whole of John

17 is a prayer of Jesus on behalf of His disciples and all believers.

The prayer of imprecation: Imprecatory prayers are found in the Psalms (e.g., 7, 55, 69). They are used to invoke God's judgment on the wicked and thereby avenge the righteous. The psalmists use this type of appeal to emphasize the holiness of God and the surety of His judgment. Jesus teaches us to pray for blessing on our enemies, not cursing (Matthew 5:44-48).

The Bible also speaks of praying in the Spirit (1 Corinthians 14:14-15) and prayers when we are unable to think of adequate words (Romans 8:26-27). In those times, the Spirit Himself makes intercession for us.

Prayer is conversation with God and should be made without ceasing (1 Thessalonians 5:16-18). As we grow in our love for Jesus Christ, we will naturally desire to talk to Him.

Question: "What is the proper way to pray?"

Answer: Is it best to pray standing up, sitting down, kneeling, or bowing down? Should our hands be open, closed, or lifted up to God? Do our eyes need to be closed when we pray? Is it better to pray in a church building or out in nature? Should we pray in the morning when we get up or at night before we go to bed? Are there certain words we need to say in our prayers? How do we begin our prayers? What is the proper way to close a prayer? These questions, and others, are common questions asked about prayer. What is the proper way to pray? Do any of the above things even matter?

Far too often, prayer is viewed as a "magic formula." Some believe that if we do not say exactly the right things, or pray in the right position, God will not hear and answer our prayer. This is completely unbiblical. God does not answer our prayers based on when we pray, where we are, what position our body is in, or in what order we word our prayers. We are told in 1 John 5:14-15 to have confidence when we come to God in prayer, knowing He hears us and will grant whatever we ask as long as it is in His will. Similarly, John 14:13-14 declares, "And I will do whatever you ask in my name, so that the Son may bring glory to the Father. You may ask me for anything in my name, and I will do it."

According to these and many other Scriptures, God answers prayer requests based on whether they are asked according to His will and in the name of Jesus (to bring glory to Jesus).

So, what is the proper way to pray? Philippians 4:6-7 tells us to pray without being anxious, to pray about everything, and to pray with thankful hearts. God will answer all such prayers with the gift of His peace in our hearts. The proper way to pray is to pour out our hearts to God, being honest and open with God, as He already knows us better than we know ourselves. We are to present our requests to God, keeping in mind that God knows what is best and will not grant a request that is not His will for us. We are to express our love, gratitude, and worship to God in prayer without worrying about having just the right words to say. God is more interested in the content of our hearts than the eloquence of our words.

The closest the Bible comes to giving a "pattern" for prayer is the Lord's Prayer in Matthew 6:9-13. Please understand that the Lord's Prayer is not a prayer we are to memorize and recite to God. It is an example of the things that should go into a prayer—worship, trust in God, requests, confession, and submission. We are to pray for the things the Lord's Prayer talks about, using our own words and "customizing" it to our own journey with God. The proper way to pray is to express our hearts to God. Sitting, standing, or kneeling; hands open or closed; eyes opened or closed; in a church, at home, or outside; in the morning or at night—these are all side issues, subject to personal preference, conviction, and appropriateness. God's desire is for prayer to be a real and personal connection between Himself and us.

Question: "Is the ACTS formula for prayer a good way to pray?"

Answer: The ACTS formula for prayer has been taught to children and new believers for many years. ACTS is an acronym that gives a basic model on how to pray: with Adoration, with Confession, with Thanksgiving, and with Supplication. While prayer formulas can help us learn to pray, they do not necessarily make our prayers more effective or ensure that our prayers will be answered. This model for prayer is loosely based on the Lord's

(Prayer on page 16)

(Prayer from page 15)

Prayer (Matthew 6:9–13), except for thanksgiving.

The ACTS model for prayer includes these elements:

Adoration – The *A* in the ACTS model stands for adoration, which means worship—glorying and exalting God. Through adoration, we show our loyalty and admiration of our Father. As we pray, we are called to worship God in adoration. This could be a song of praise to Him, praying a psalm of worship, declaring His attributes, or a myriad of other forms of worship.

Confession – The *C* in the ACTS model stands for confession. The word *confess* means “to agree with.” When we confess our sins, we agree with God that we are wrong and that we have sinned against Him by what we have said, thought, or done. God forgives us and restores our fellowship with Him (1 John 1:9).

Thanksgiving – The *T* represents thanksgiving. Philippians 4:6 says, “With thanksgiving let your requests be made known to God” (ESV). How is thanksgiving different from adoration? The difference is that worship focuses on who God is; thanksgiving focuses on what God has done. We can thank God for many things including His love, salvation, protection, and provision.

Supplication – The *S* stands for supplication, which refers to prayer for our and others’ needs. A supplication is a request or petition. We may pray for mercy (Psalm 4:1), leading (Psalm 5:8), wisdom (James 1:5), and much more. Paul encouraged us to make “supplication for all the saints” (Ephesians 6:18, ESV), which means to pray diligently for our brothers and sisters in Christ.

Is the ACTS formula for prayer biblical? The acronym itself isn’t found in the Bible, but it can serve as a guide, especially when we are learning how to pray. Remember, prayer isn’t a formula, and each prayer doesn’t have to cover every type of prayer. God wants us to talk from our hearts and express ourselves to Him. As we grow in our love for Jesus Christ, we will naturally desire to talk to Him more.

Question: "What is the five-finger prayer?"

Answer: The five-finger prayer is a method to help people remember categories of people to pray for. It is a memory device used as an aid to prayer.

The little finger, or the pinkie, is the smallest finger, and it represents the individual who is praying. We need to

pray for ourselves, but in humility we need to remember that we are the least important.

The ring finger this is usually the weakest of our fingers, and it reminds us to pray for the weak and the sick among us.

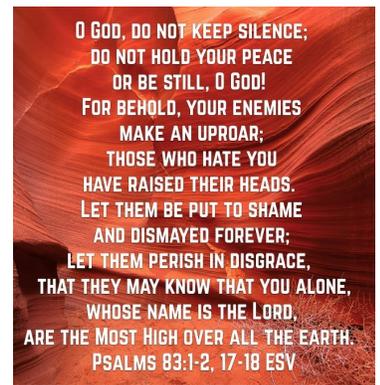
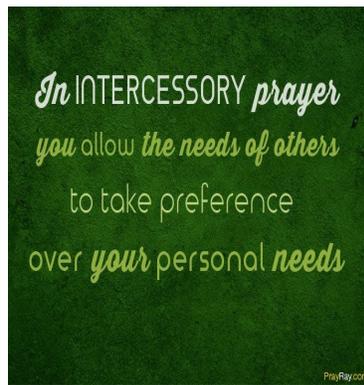
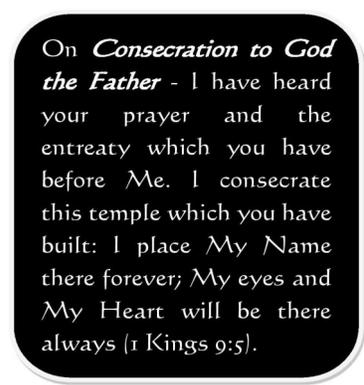
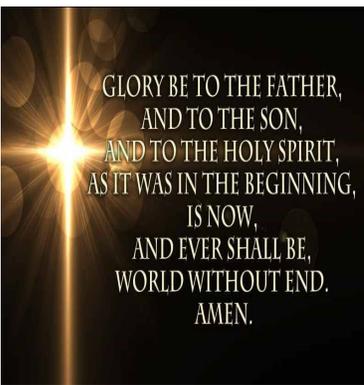
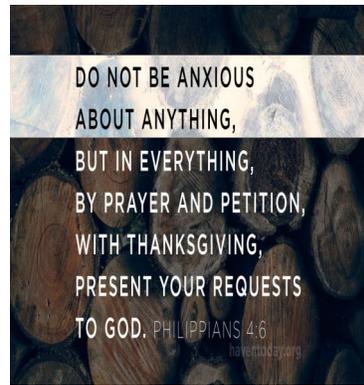
The middle finger is the tallest finger, and it reminds us to pray for our leaders.

The pointer finger, or the index finger, reminds us to pray for people who point the way—teachers and church leaders.

The thumb is the thickest and strongest digit, and when the hand is at rest, the thumb is the nearest to the rest of the body, reminding us to pray for family and friends—people who are closest to us.

The five-finger prayer has been popularized by Pope Francis. There is nothing specifically Roman Catholic about the five-finger prayer; it is simply one method to help people remember whom to pray for, similar to a prayer list. Since we always have our hands with us, the reminder of those in need of prayer is constant.

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(Pray with me from page 1)

otherwise, non-immunized segment. Well, can you feel the bulb just lights up in our collective heads?

How about the branch of discipline known as humanities or even epistemology? It is my passionate belief that the moment we find ourselves in, provides perfect opportunity to experiment with other applications of the concept of herd immunity, or social immunity. My interest is to help in any level or form, to reduce, to shrink, and to essentially eradicate the diseases of established and institutionalized racism, bigotry, discrimination, intolerance and flat-out racial hatred. It may appear naïve and far-fetched; but I have it worked out, such that our individual and collective, uniquely supported efforts, may contribute in the long run to generate the desired herd immunity.

It may also look like the ultimate simplicity to think that no one has ever tried what I am proposing before. Possibly, but I am depending wholly on the collective events of the past twelve years to stake an overly optimistic bet that what I am thinking will bear fruits in the long run. Here's my train of thought. It starts with the election of the first African American president. The outrage of '*what could be possible*' was so overwhelming to a segment of Americans that it catapulted the most intense hate and downright hostility to any form of equality considerations. The efforts of the immediate past four years could easily be summarized in the recent events at the U.S. capitol. Then the emergence of an epidemic, the publicized murder of an unarmed African American citizen, followed by the international turmoil, the demise of over half a million fellow citizens and the uniquely outrageous circumstances of the fall's general election process; all point to a pivoted, scripted turn of events that no mortal could have prophesized.

If we had previously pretended to be the proverbial ostrich, with our collective heads in the denial pit of sand, we were rudely awakened to the realities of the life we had pretended did not exist. It was, and still is, all around us; intense hatred and dread of what is unfolding in the politics of this country. The diagnosis is somehow easy; but not the remedy. How to handle intense racial awakening based on hatred and resentment and the fear of each other. The remedy may be possible, if we could count on a form of immunization that could generate some level of 'herd immunity'; based on compassion, understanding, indulgence and neighborliness. That's why I ask for your prayers.

I have an idea, culled from the response of President Kennedy upon reading the now famous book, 'The Ugly American'. It is believed that he became fully persuaded on the concept of the international Peace Corps program as a way to counter the not too flattering persona of American international diplomacy. My idea is to try to reach out a hand to each other by education, socialization and civic exposure. The medical approach to immunity could be achieved by individuals recovering from a prior infection or by individual vaccinations. My social approach to immunity would be by a variety of exposure, such as; formal and informal education, social interactions, community town hall events, seminars, commercials and any number of outreach events that reach out to individuals that desire conditioning to re-adjust their frame of mind.

I have and will continue to propose cultural and educational avenues that expose various individuals to the precepts of alternative cultures. I could collaborate with local colleges to offer classes and seminars into other's cultures and practices. Locally, in Middletown, we are blessed to have the hierarchy of the production team of Afropop Worldwide," the Peabody award-winning radio program and online magazine that is dedicated to music from Africa and the world. It has, over the years, introduced American listeners to the music cultures of Africa, Latin America and the Caribbean since 1988". This syndicated weekly radio series could become a viable source of the vaccine that helps to inoculate many more listeners on the path to achieving cultural understanding and cohesiveness, thereby gaining a level of herd immunity to the ailment of racial intolerance and discord.

If medical science through its pharmaceutical vaccines can propel us into community immunity that protects from the scourge of a pandemic, I can equally see a parallel effort of social sciences and the humanities using cultural programs that reach out and touch each other to promote a different kind of herd immunity that heals us from the virulent disease of systematic racial hatred and intolerance. It is up to each of us to become agents of change and be willing to lend our shoulders for the collective effort to rid our society of the social and endemic disease of racial rancor. There is no reason why the tool of herd immunity that truly works for medical science cannot equally work for social science.

Kwame6@att.net

Father, You are gracious,
©Divine Inspirations & Prayers
You are glorious, and You alone
are God! I praise You
for what You have done in
my life through
your transforming Spirit.
Please strengthen me and keep
me in your care.
I am confident about my
salvation because of
your greatness and grace.
Fulfill your purposes in me and
bring me to your throne
of glory with great joy.
In Jesus' name. Amen.

@DailyBread

Our Daily Bread

THE BAGGAGE ACTIVITY

**Love them as yourself, for you were foreigners in Egypt.
Leviticus 19:34**

Karen, a middle school teacher, created an activity to teach her students how to better understand one another. In “The Baggage Activity” students wrote down some of the emotional weights they were carrying. The notes were shared anonymously, giving the students insight into each other’s hardships, often with a tearful response from their peers. The classroom has since been filled with a deeper sense of mutual respect among the young teens, who now have a greater sense of empathy for one another.

Throughout the Bible, God has nudged His people to treat one another with dignity and show empathy in their interaction with others (Romans 12:15). As early in the history of Israel as the book of Leviticus, God pointed the Israelites toward empathy—especially in their dealings with foreigners. He said to “love them as [themselves]” because they too had been foreigners in Egypt and knew that hardship intimately (Leviticus 19:34).

Sometimes the burdens we carry make us feel like foreigners—alone and misunderstood—even among our peers. We don’t always have a similar experience to draw on as the Israelites did with the foreigners among them. Yet we can always treat those God puts in our paths with the respect and understanding that we, ourselves, desire. Whether a modern-day middle schooler, an Israelite, or anything in between, we honor God when we do. Kirsten Holmberg

Who around you might need your empathy for the burdens they carry? How can you “love them as yourself”?

God, You know the weight in my heart and You graciously unburden me as I put my trust in You. Help me to offer care and compassion toward those in my life..

Today’s Scripture: **Leviticus 19:32-34**

³² **Stand up in the presence of the aged, show respect for the elderly and revere your God. I am the Lord.** ³³ **When a foreigner resides among you in your land, do not mistreat them.** ³⁴ **The foreigner residing among you must be treated as your native-born. Love them as yourself, for you were foreigners in Egypt. I am the Lord your God.**

INSIGHT

Leviticus 19 provides a list of dos and don’ts for the Israelites—strict laws given for a reason: so they’d be holy or “set apart” for God. They were to avoid wrong behavior and to do good, specifically in terms of interactions with others (see VV. 3-37). In light of the New Testament, the underlying concept of these laws is still relevant today (loving and taking care of others; being honest, etc.). However, certain specific regulations no longer apply. For example, it’s not necessary to avoid wearing clothes made of two different materials (V. 19), which was commonly only allowed by priests; to make animal sacrifices when we sin (V 21), because Christ’s death has made atonement for our sin; or to avoid certain beard or hair styles (V. 27), because these practices were associated with those who worshiped false gods. Instead, we can stand out as believers in Jesus by displaying a changed heart—living lives of honesty and integrity and treating others well. —Julie Schwab

QUARANTINED BY FEAR

Seek his kingdom. Luke 12:31

In 2020, an outbreak of the coronavirus left the world in fear. People were quarantined, countries were put under lockdown, flights and large events were canceled. Those living in areas with no known

cases still feared they might get the virus. Graham Davey, an expert in anxiety, believes that negative news broadcasts are “likely to make you sadder and more anxious.” A meme that circulated on social media showed a man watching the news on TV, and he asked how to stop worrying. In response, another person in the room reached over and flipped off the TV, suggesting that the answer might be a shift in focus!

Luke 12 gives us some advice to help us stop worrying: “Seek his Kingdom” (V. 31). We seek God’s kingdom when focus on the promise that His followers have an inheritance in heaven. When we face difficulty, we can shift our focus and remember that God sees us and knows our needs (VV. 24-30).

Jesus encourages His disciples: “Do not be afraid, little flock, for your Father has been pleased to give you the kingdom” (V. 32). God enjoys blessing us! Let’s worship Him, knowing He cares for us more than the birds of the air and the flowers of the field (VV. 22-29). Even in difficult times, we can read the Scriptures, pray for God’s peace, and trust in our good and faithful God. Julie Schwab

What’s causing you to fear today? What’s one thing you can do to seek God’s kingdom when you begin to worry?

Loving God, instead of living in fear or worry, help me to focus on Your care for me.

Today’s Scripture: **Luke 12:22-34**

²² Then Jesus said to his disciples: “Therefore I tell you, do not worry about your life, what you will eat; or about your body, what you will wear. ²³ For life is more than food, and the body more than clothes. ²⁴ Consider the ravens: They do not sow or reap, they have no storeroom or barn; yet God feeds them. And how much more valuable you are than birds! ²⁵ Who of you by worrying can add a single hour to your life? ²⁶ Since you cannot do this very little thing, why do you worry about the rest?”

²⁷ “Consider how the wild flowers grow. They do not labor or spin. Yet I tell you, not even Solomon in all his splendor was dressed like one of these. ²⁸ If that is how God clothes the grass of the field, which is here today, and tomorrow is thrown into the fire, how much more will he clothe you—you of little faith! ²⁹ And do not set your heart on what you will eat or drink; do not worry about it. ³⁰ For the pagan world runs after all such things, and your Father knows that you need them. ³¹ But seek his kingdom, and these things will be given to you as well.

³² Do not be afraid, little flock, for your Father has been pleased to give you the kingdom. ³³ Sell your possessions and give to the poor. Provide purses for yourselves that will not wear out, a treasure in heaven that will never fail, where no thief comes near and no moth destroys. ³⁴ For where your treasure is, there your heart will be also.”

INSIGHT

The kingdom of God is a major theme of Jesus’ ministry in Luke’s gospel (Luke 4:43), and it often inverts the world’s priorities. For example, the kingdom belongs to the poor (6:20) and little children (18:17), but the rich will have trouble accessing it (VV. 24-25). A criminal condemned to death can enter the kingdom through Jesus (23:42-43). Though many are invited to enter, not all will accept the invitation (14:15-24). And of those who do “come from east and west and north and south,” the last will be first and the first will be last (13:29-30). —Con Campbell

Visit ChristianUniversity.org/OT329 to learn more about the kingdom of God as presented in the Bible

Ministries, Grand Rapids, Michigan
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Words To Live By

Prayer for Faith

Father, many times I have no idea where my life is headed, I seems like my life is spinning out of control most times.

Situations come my way that I cannot face, decisions need to be made and I do not know which is the right choice.

Obstacles seem insurmountable, enemies seem unbeatable. I feel scared and alone.

But God... You are the author and finisher of my faith.

Read the full prayer @ christianstt.com

“Daily Confession of Faith”

In Christ I am anointed and a powerful person of God.

I am a joint-heir with Jesus and more than a conqueror.

I am a doer of the Word of God and a channel for His blessings.

If God be for me, who can be against me?

I am blessed coming in and I am blessed going out.

My enemies are fleeing before me.

God has commanded His blessing on my storehouses.

He has opened His Good treasures and I shall lend and not borrow.

I am the head and not the tail.

He has given me power to make wealth.

I dwell in the secret place.

I have His protection and provision.

God is my refuge, my fortress.

I am not afraid of the snare of the fowler.

No Evil shall befall me and no plague shall come nigh my dwelling.

God has given his angels charge over me and they are bearing me up in their hands

lest I dash my foot against a stone, as declared in Psalm 91.

1 Peter 2:9 establishes I am a chosen generation, a royal priesthood, a holy nation.

I am a peculiar person called out of darkness into His marvelous light.

1 Peter 2:24 states, I have been healed by the stripes of Jesus.

***Cancer, sugar diabetes, heart disease, sickness, afflictions, infections,
or any other disease cannot enter my body.***

I am without spot or blemish, an intercessor,

the righteousness of God, saved, and washed in the Blood of Jesus.

“No weapon formed against me shall prosper, and every tongue which rise against me in judgement You shall condemn.

This is the heritage of the servants of the LORD,

and their righteousness is from Me,” Says the LORD.

I am saved from wrath by Him and justified by the blood of the Lamb.

***Lord I pray that those may prosper that love Jerusalem and that peace will be within them
and prosperity in their houses according to Psalms 122:6-9.***

Hallelujah, Hallelujah, Hallelujah!

Spirit Lifters

By Norman Vincent Peale

Clean Mind and High Spirits

You are already clean because of the word which I have spoken to you. John 15:3

This Spirit Lifter tells us that the word of Jesus Christ, when recorded in consciousness and held there, can make you clean of all guilt. How? The answer is by forgiveness

from wrong thoughts and actions, by changing thoughts from impure to wholesome thinking, by filling the mind with faith so you experience a truly marvelous brain-and-soul-washing.

The ugliness of hate is washed from the mind; all sin are forgiven. The inner cleanness thus gained is an amazing source of high spirits.

Refreshment of Spirit

Repent therefore and be converted, that your sins may be blotted out, so that times of refreshing may come from the presence of the Lord. Acts 3:19

When the rain bring the miracle of earth's renewal, it is,

indeed, a "time of refreshing." a similar process occurs in human life. By wrong thinking and misdeeds, the freshness of mind and soul fades. If we are spiritually changed, "times of refreshing" come from the presence of the Lord. How clean, fresh and delightful life then becomes!

Cast Your Care on God

In maintaining a high spirit, it is important to cultivate the attitude of spiritual surrender. Place yourself, your interests, hopes and purposes completely in God's hands.

Therefore humble yourself under the mighty hand of God, that He may exalt you in due time, casting all your

care upon Him, for He cares for you. 1 Peter 5:6-7

If we surrender our selves to the direction of God, being guided by His hand, He will exalt us —He will help us attain our purposes and rise above all defeats. Cast all your care upon God; He cares for you. This is a supreme Spirit Lifter!

Faith, Hope and Love

The best three-point formula for living is in this immoral statement:

And now abide faith, hope, love, these three; but the greatest of these is love. 1 Corinthians 13:13

Healing of Sorrow

Sorrow over the death of a loved one is a heavy weight upon the spirit. It often causes the one who mourns to feel that life will never again be filled with high and joyful attitudes. But life goes on---and one must live it. The passage the follows has probably brought more healing to the human soul and given more lift to the spirit in sorrow than any other passage in all the literature of the world.

I am the resurrection and the life. He who believes in Me, though he may die, he shall live. John 11:25

What a glorious message! Jesus Christ is alive, and those who believes in Him live, also. So our loved one whom we though dead isn't dead at all, but lives and shall forever touch our lives with the same love and tenderness.

This gives a lift to the spirit that one wants to shout from the housetops the glorious fact that through faith in Jesus Christ, we live. So when sorrow comes, repeat over and over this wonderful passage. And presently the shadows will flee away, and the light of a new day will dawn for you.

He Makes You Whole

Depression of spirit is often caused by a haunting sense of incompleteness and by unresolved conflicts. Jesus Christ, the skillful Physician, heals the personality as surely as he heals the body and soul. This described in a wonderful passage:

Wherever He entered, into villages, cities, or the country, they laid the sick in the marketplaces, and begged Him that they might touch the hem of His garment. And as many as touched Him were made well.

Mark 6:56

To experience His healing power, yield yourself to Him willingly. Make the first move, however timidly. He will respond with the miraculous touch that makes you whole in body, mind and spirit. How your spirits will rise as you gain a deep inner sense of wholeness!

Receive God's Blessing

Our spirits rise when we learn how to receive the abundance of good things God wants to give to us. The secret is in two verses:

So I say to you, ask, and it will be given to you; seek, and you will find; knock, and it will be open to you. For everyone who ask receives, and he who seeks finds, and to him who knocks it will be opened.

Luke 11:9-10

word will be given; that directly after the word seek are the words you will find; and that quickly after the word knock is assurance that it will be opened. It is to emphasize that everyone who seek finds, and to all who knock the storehouse is opened.

Therefore, confidently ask. Then visualize yourself as now receiving; seek, then affirm that you have found; knock, then believe that God's storehouse is opened.

Practice receiving. Believe that you have been given. Then feel your spirits lift as you realize that God's blessings are actually showered upon you.

Note that the word ask is immediately followed by the

Barbara Perry Speaks

Of No Reputation

“But made himself of no reputation, and took upon him the form of a servant, and was made in the likeness of men:” Philippians 2:7

Let us pray, “Father, thank You that Jesus didn’t worry about His reputation and how much and how often He was disrespected. Thank You for His example that we don’t have to waste our time and energy trying to prove who we

are or change what others think of us. You are our defender and we Thank You, In Jesus’ Name, Amen.”

Jesus was disrespected, they called Him a fraud, a cheat, and an imposter. Of No Reputation means; He didn’t worry about His reputation. He knew He would be misunderstood, people would be critical, jealous, and find fault and because of this He didn’t waste His time trying to prove to His critics that He was

the Son of God. See if we’re consumed with why someone isn’t giving us respect and we’re trying to convince them to believe in us, we will get distracted and miss our destiny. So I encourage you to quit trying to defend yourself. God is our defender. He said He will fight our battles. When people try to push us down, He’ll lift us up. When they try to make us look bad, He’ll cause us to shine. He knows how to vindicate us, Amen.

Healing Words

Proverbs 12:18 says, “Some people make cutting remarks, but the words of the wise bring healing, Amen.

Let us pray, “Father, thank You that You have given us the power of words to lift others up. Although the day help us to speak healing words, to offer compliments, and to give encouragement to those around us. Help us to develop this habit of speaking life-giving words, its In Jesu’ Name, Amen, Amen, Amen.”

Somebody needs our healing words today. Why don’t we start with our own family? Don’t let a teacher, a coach, or a friend make your child feel more special than we do. Bless your children everyday with your words. Tell them how proud you are of them. Tell them what they can become. Remind them that they are made in the image of Almighty God. Call out their seeds of greatness. We have enough people

telling them what they can’t become. Our kids face all kinds of bullying, negative chatter on social media, people saying hurtful things. So when we tell them we love them and we are proud of them, that’s not just healing the wounds, that’s what helps those hurtful words bounce off them. So stay on the offensive. Develop this habit of speaking life-giving words over your family, Amen.

Double

Isaiah 61:7 says, “Because you got a double dose of trouble and more than your share of contempt, your inheritance in the land will be doubled and your joy go on forever”, Amen.

Let us pray, “Father, thank You that You never forget about us and our troubles, and You collect every tear that we’ve shed. Thank You for Your promise that You are going to make up for it in such an amazing way. Today we receive Your double blessing and the joy that

goes on forever, it’s In Jesus’ Name, Amen, Amen, Amen, Amen.” God doesn’t promise that we won’t have trouble. Sometimes we’ll have a double dose, more than our fair share. But the good news is that trouble doesn’t have the final say. The betrayal, the sickness, and the loss are not how our story ends.

See God also says our joy will go on forever. That means neither the trouble nor pain is permanent. New beginnings are coming through His goodness.

Breakthroughs, abundance, and victory are coming. The pain is only temporary and is going to give way to a deep satisfaction, a joy we can’t explain and that joy will go on forever. So remember God promises that He won’t just help us get through it, He’ll help us survive it, but also He’ll bring us out with double-double the joy, double the strength, double the influence, double the resources. Our God makes the enemy pay for bringing the trouble, Hallelujah, Thank You Jesus.

When You Don’t Feel Worthy of Prayer

Hebrews 4:16 say, “Let us then with confidence draw near to the throne of grace,” Amen

Dear God, You are worthy of all praise. You have given us life even though we are unworthy and undeserving of. You have taken our sin

and made us guiltless. But right now we don’t feel guiltless, and our shame has made us forget who You made us to be. You have made us Your child and heir, and You have given us the greatest gift anyone could ask for-eternal life in Your presence. But we have forgotten this in our sin; Lord please forgive this sin and grant us mercy. We do not deserve it,

but we Thank You that because of Your Son’s sacrifice we are freely forgiven and loved. Please grant us Your strength to resist this sin and other sins, and Holy Spirit please urge our soul to spend more time in prayer and praise because in Your presence is where we truly belong, In Your name Jesus, Amen, Amen, Amen.

A Prayer for Those Caught in the Gossip Trap

Father, We praise You for godly friends who hold us accountable. Thank You for illuminating the deceitful power of gossip, that we all entertain within earshot daily. Forgive us for listening to it instead of walking away. We confess that often we don’t speak up out of fear

of rejection, and pray that You help us to have the courage to honor others with kind words when their character is being publicly slain. Bless and heal those who have been mangled by gossip, and others enslaved by its addictive habit. Heal our insecurities, and help us learn to turn to You for affirmation. Make us busy serving others in love to give You glory, instead of sitting in circles of

babble and participating in chatter-filled phone calls. Empower us with Your Holy Spirit to head Your warning, and steer our conversation with Your love, its In Jesus Name we pray, Amen, Amen, Amen.

THE BEAUTY OF HOLLAND

I AM OFTEN ASKED TO DESCRIBE THE EXPERIENCE OF RASING A CHILD WITH DISABILITY - TO TRY TO HELP PEOPLE WHO HAVE NOT SHARED THAT UNIQUE EXPERIENCE TO UNDERSTAND IT, TO IMAGINE HOW IT WOULD FEEL. IT'S LIKE THIS...

WHEN YOU'RE GOING TO HSE A BABY, IT'S LIKE PLANNING A FABULOUS TRIP TO ITALY. YOU BUY A BUNCH OF GUIDEBOOKS AND MAKE YOUR WONDERFUL PLANS. THE COLISEMUM, THE MICHELANGELO DAVID. THE GONDOLAS IN VENICE. YOU LEARN SOME HANDY PHRASES IN ITALLAN. IT'S ALL VERY, VERY EXCITING!

AFTER MONTHS OF EAGER ANTICIPATION, THE DAY FINALLY ARRIVES. YOU PACK YOUR BAGS AND OFF YOU GO. SERVAL HOURS LATER THE PLANE LANDS. THE FLIGHT ATTENDANT COMES IN AND SAYS, "WELCOME TO HOLLAND.

"HOLLAND!!!" YOU SAY, "WHAT DO YOU MEAN HOLLAND! I SIGNED UP FOR ITALY. I'M SUPPORT TO BE IN ITALY! ALL MY LIFE I'VE DREAMED OF GOING TO ITALY."

BUT THERE'S A CHANCE IN THE FLIGHT PLAN. THEY LANDED IN HOLLAND AND YOU MUST STAY. THE IMPORTANT THING IS THAT THEY HAVEN'T TAKEN YOU TO A HORRIBLE, DISGUSTING, FILTHY PLACE, FULL OF PESTILENCE, FAMINE AND DISEASE. IT'S JUST A DIFFERENT PLANE.

SO YOU MUST GO OUT AND BUY NEW GUIDEBOOKS. AND YOU MUST LEARN A WHOLE NEW LANGUAGE. AND YOU WILL MEET A WHOLE NEW GROUP OF PEOPLE YOU WOULD NEVER HAVE MET.

IT'S JUST A DIFFERENT PLACE. IT'S SLOWER-PACED THAN ILALY, LESS FLASHY THAN ITALY. BUT AFTER YOU'RE BEEN THERE AWHILE AND CATCH YOUR BREATH, YOU BEGIN TO LOOK AROUND, AND YOU BEGIN TO NOTICE THAT HOLLAND HAS WINDMILLS, HOLLAND HAS TULIPS. HOLLAND EVEN HAS REM-BRANDTS.

BUT EVERYONE YOU KNOW IS BUSY COMING AND GOING FROM ILTALY, AND THEY'RE BRAGGING ABOUT WHAT A WONDERFUL TIME THEY HAD THERE. AND FOR THE REST OF YOUR LIFE YOU WILL SAY, "YES, THAT'S WHERE I WAS SUPPOSED TO GO. THAT'S WHAT I HAD PLANNED."

AND THE PAIN WILL NEVER, EVER GO AWAY, BECAUSE THE LOSS OF THAT DREAM IS A VERY SIGNIFI-CANT LOSS.

BUT IF YOU SPEND YOUR LIFE MOURING THE FACT YOU DIDN'T GO TO ITALY, YOU MAY NEVER BE FREE TO ENJOY THE VERY SPECIAL, THE VERY LOVELY THINGS ABOUT HOLLAND.

SOURCE UNKNOWN

Joyce Meyer: Promises for your Everyday Life - a Daily Devotional

Call God "Abba"

15 For ye have not received the spirit of bondage again to fear; but ye have received the Spirit of adoption, whereby we cry, Abba, Father. Roman 8:15

Fear can be a powerful influence in our lives. It's really just the enemy's perversion of faith. He says to us: 'Believe what I'm telling you. This is not going to work. Your prayers aren't any good. You don't have right standing with

God. You are a failure.

Fear always tells you what you're not, what you don't have, what you can't do and what you'll never be. But Romans 8:15 says that you are a child of God who can call Him "Abba Father".

The word Abba was a term little children used in addressing their fathers. It would be similar to our word Daddy. It is less formal than Father and denotes a comfortable closeness between a child and his or her father.

Jesus said we could call God 'Abba' because He had delivered us from all

fear. He will always take care of His beloved children, and we can approach Him without fear of rejection. When we run to Him with any problem or pain, He's waiting with open arms to comfort and encourage us.

Prayer starter: Abba Father, I know that You will take care of me, Your beloved child. You can deliver me from all fear, so I run to Your open arms.

Walk in the Same Favor as Jesus

52 And Jesus increased in wisdom and stature, and in favor with God and man. Luke 2:52

From childhood, Jesus walked in the supernatural favor of God and men. In fact, He was so popular He could hardly find time alone to pray and fellowship with His heavenly Father. Even those who did not believe in Him recognized that He walked in the favor of God.

The guards sent by the Pharisees to arrest Jesus returned saying, "Never has a man talked as this Man talks!" (John 7:46 AMP). And right up to the end of His life, even while He was on the cross, the people recognized that God was with Him (see Luke 23:47-48).

This same favor is available to us. We must never forget that no matter what happens, we can have favor with God and with other people (see Luke 2:52). But like so many good things in life, we must activate our faith to receive

it.

So today, live by faith, confidently knowing that God will give you the favor Jesus had. Regardless of the circumstances that come into your life, believe God for supernatural favor.

Prayer Starter: God, I know that the same favor that Jesus walked in is available to me. Help me to walk by faith and receive it today.

Keep God's Temple in Good Shape

19 What? Know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? 1 Corinthians 6:19

Until I turned 64, I'd never exercised in a serious way. I had walked and done a few things to stay in decent shape, but I was not dedicated to exercise. I had reached into my excuse bag many times over the years and come up with all

kinds of 'reasons' I could not exercise. But the Lord spoke to me and encouraged me to begin a serious workout program so I could be strong for the last third of my journey through life.

I already had good eating habits, and when I obeyed the Lord and started going to the gym several times a week, I stepped into a new season of life. I looked better, I felt better, and most importantly, I was honoring God by taking good care of the body He gave me.

I urge you to trust God and start

finding ways to pursue health daily. The Word says that our bodies are temples of God. I don't know about you, but I want to make sure that God likes His temple! Today, make the choice to keep your temple in excellent shape for God.

Prayer Starter: Lord, I commit to a lifestyle of good physical health. Help me to make good choices that will continually improve my health. My body is Your temple, and I want to keep it in excellent shape for You!

Taking Care of Your Body

20 For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's

Some of us haven't learned to love our bodies enough to properly care for them. To change that, we must confront the three biggest obstacles to healthy living.

We don't know how to care for our bodies. Bad diets, misinformation, and fast foods have confused people about what a wholesome diet is and how to eat

the right foods in proper amounts.

Our view of body image is skewed by media and advertising. We're bombarded with unattainable ideals of beauty, while obesity is so prevalent that it's almost considered normal. We need to rediscover what a healthy person looks like.

Exercise is nearly obsolete. We've invented enough conveniences that we often live completely void of exercise. We don't even walk anywhere if we don't have to! But the truth is, a good deal of our well-being is dependent on exercising our bodies.

If you struggle with these obstacles, make a decision today that you will not be defeated. God tells us to treat our bodies well, and He will always help us do the things He tells us to do. So make a decision to rely on God's strength and live a healthier lifestyle.

Prayer Starter: God, I want to honor You by taking care of my body and living a healthy life. I believe that I can make changes through Your power that is at work in me.

A Bird's Eye View Of The Bible

Old Testament

There are 39 books in the Old Testament library.
There are four types of writing in the Old Testament:
Law, History, Poetry, Prophecy.

It is helpful to know which kind of literature you are reading before you start: is it poetry, or is it history?

LAW

Genesis, Exodus, Leviticus, Numbers, Deuteronomy.

The first five books of the Bible are sometimes called the Law of Moses. They give many of God's laws about how to live.

HISTORY

Joshua, Judges, Ruth, 1&2 Samuel, 1&2 Kings, 1&2 Chronicles, Ezra, Nehemiah, Esther.

These 12 historical books cover the occupation of the Promised Land, the time of the Judges, Israel's kings, the fall of the two kingdoms and a return to Jerusalem.

POETRY

Job, Psalms, Proverbs, Ecclesiastes, Song of Songs.

Nearly one third of the Old Testament is written in poetry. These five poetical books ask profound questions about evil, pain, love, wisdom and God.

PROPHECY

Isaiah, Jeremiah, Lamentations, Ezekiel, Daniel, Hosea, Joel, Amos, Obadiah, Jonah, Micah, Nahum, Habakkuk, Zephaniah, Haggai, Zechariah, Malachi.

The 17 prophetic books account for almost a quarter of the Bible. They are divided into "Major Prophets" (the first five books) and, "Minor Prophets" (the last 12). The "Minor" ones are shorter, not less important.

New Testament

There are 27 books in the New Testament library.
There are three types of writing in the New Testament:
History, Letters, Prophecy.

Before you study a New Testament book it helps to consider what kind of literature you are reading: is it a letter or is it history?

HISTORY

Matthew, Mark, Luke, John, Acts

The first four books, called gospels, are not like our modern biographies. But they do give four portraits of Jesus. Acts is part two of Luke, about the early church.

LETTERS

PAUL'S LETTERS

Romans, 1 Corinthians, 2 Corinthians, Galatians, Ephesians, Philippians, Colossians, 1 Thessalonians, 2 Thessalonians, 1 Timothy, 2 Timothy, Titus, Philemon.

We have 13 of Paul's letters. Except for one personal one, Philemon, they were all written to groups of Christians.

OTHER LETTERS

Hebrews, James, 1 Peter, 2 Peter, 1 John, 2 John, 3 John, Jude.

We don't know who wrote Hebrews. Tradition states that all the writers of the New Testament, except for John, were martyred.

PROPHECY

Revelation

Written by the apostle John, this book has seven letters to churches and numerous visions about God.



+ PRAY

COVID-19 RESPONSE

▶ **PRAY FOR THE VULNERABLE:** Ask God to protect those most vulnerable to the effects of the virus, especially the elderly and those with underlying health conditions.

▶ **PRAY FOR GOVERNMENT LEADERS:** Ask God to give our local, state, and national leaders wisdom in how to deal with the virus.

▶ **PRAY FOR MEDICAL PROFESSIONALS:** Ask that God would guide and protect them as they care for the sick.

▶ **PRAY FOR FAMILIES:** Ask God to comfort and provide for those whose businesses, job stability, and schooling have been affected.

▶ **PRAY FOR THE CHURCH:** Ask God to help His people have courage, find ways to serve those in need, and continue proclaiming the Gospel.



SPENDING TIME WITH GOD

*“Jesus often withdrew to lonely places and prayed.”
Luke 5:16*

A River Run Through It is Norman Maclean’s masterful story of two boys growing up in western Montana with their father, a Presbyterian minister. On Sunday mornings, Norman and his brother, Paul, went to church where they heard their father preach. Once Sunday evening rolled around, there was another service and their father would preach again. But between those two services, they were free to walk the hills and streams with him “while he unwound between services.” It was an intentional withdrawing on their father’s part to “restore his soul and be filled again to overflowing for the evening sermon.”

Throughout the Gospels, Jesus is seen teaching multitudes on hillsides and cities, healing the sick and diseased who were brought to Him. All this interaction was in line with the son of Man’s mission “to seek and to save the lost” (Luke 19:10). But it’s also noted that He “often withdrew to lonely places” (5:16). His time there was spent communing with the Father, being renewed and restored to step back once more into His mission.

In our faithful effort to serve, it’s good for us to remember that Jesus often withdrew. If this practice was important for Jesus, how much more so for us? May we regularly spend time with our father, who can fill us again to overflowing.

John Blase

What comes to mind when you think of a “lonely” place? When and where can you withdraw to simply spend time with the Father?

Thank You for the reminder, Father, of my need for time spent with You. I need Your grace and strength to renew my often-weary soul.

To learn more about spending time with God in prayer, visit:
ChristianUniversity.org/SF120

Today Scripture: **Luke 5:12-16**

¹² **While Jesus was in one of the towns, a man came along who was covered with leprosy. When he saw Jesus, he fell with his face to the ground and begged him, “Lord, if you are willing, you can make me clean.”**

¹³ **Jesus reached out his hand and touched the man. “I am willing,” he said. “Be clean!” and immediately the leprosy left him.**

¹⁴ **Then Jesus ordered him, “Don’t tell anyone, but go, show yourself to the priest and offer the sacrifices that Moses commanded for your cleansing, as a testimony to them.”**

¹⁵ **Yet the news about him spread all the more, so that crowds of people came to hear him and to be healed of their sicknesses.**

¹⁶ **But Jesus often withdrew to lonely places and prayed.**

INSIGHT

Due to His popularity, Jesus intentionally withdrew to “lonely places” to pray (Luke 5:16). This may be why He didn’t want the man healed of leprosy to tell anyone (V.14). However, “the news about him spread all the more, so that crowds of people came” (V.15).

In the book of Luke we clearly see that Jesus’ time spent with His Father was a priority. He consistently went away to pray before major events such as when He chose the twelve apostles (6:12-16), before predicting His death (9:18), during the transfiguration when Moses and Elijah appeared to discuss Jesus’ departure (VV. 28-31), before His teaching on prayer (11:1), before His arrest (22:41), while being crucified (23:34), and just before He died (V. 46) Julie Schwab

Ministries, Grand Rapids, Michigan,
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Crises/Emergency: Cell phone 860-754-4606

Cross Street Recovery Ministry the “Hope Line” is in operation 24 hours per day. Please call 860-754-4606

if you, a friend and/or a family member are in need of counseling and/or are in crisis,

PLEASE dial the “Hope Line”. All information will be confidential.

CROSS STREET MINISTRY OF RECOVERY

We can’t but through God, all things are possible. How might we pull on God’s strength to help each other recover?

Let the spirit of God work for you in a Mighty, Mighty Way

For more information contact:
Church office 860-344-9527.or

Rev. Gregory B. Winborne: Days: 860-616-3834

WEEKLY ACTIVITIES

Sunday

8:30 a.m. **Church School** (see Zoom Meeting)

12:00 p.m. **Worship Service**

<https://zoom.us/j/959628798>

Meeting ID: 959 628 798

(929) 205-6099, Code: 959628798#

Tell your family and friends from across the Country.
We can be watched worldwide.

Tuesday

Bible Study

Time: 6:00 P.M.

Join Zoom Meeting Link:

<https://zoom.us/j/562367770>

(929)205-6099, Code: 562367770#

Wednesday

Day Of Prayer

Prayer Times: 6:00 A.M. 12:00 P.M. & 6:00 P.M.

Free Conference Call: 1 (727) 731-4561

Sunday School ZOOM Meetings

8:30 a.m.- Dr. Long's Sunday School Class

Voice Only Call: (929) 205-6099;

Code: 734629713#

Web-link for Video Call: <https://zoom.us/j/734629713>

9:00 a.m.- Contemporary Sunday School: Adults

Voice Only Call: (929) 205-6099;

Code: 140827210#

Web-link for Video Call: <https://zoom.us/j/140827210>

9:30 a.m.- Beginners Sunday School: Ms. Carolyn Smith

Voice Only Call: (929) 205-6099;

Code: 233007146#

Web-link for Video Call: <https://zoom.us/j/233007146>

11:00 a.m.- Primary Sunday School: Rev. Earlene Grant

Voice Only Call: (929) 205-6099;

Code: 614890401#

Web-link for Video Call: <https://zoom.us/j/614890401>

11:30 a.m.- Juniors Sunday School: Rev. Greg Winborne

Voice Only Call: (929) 205-6099;

Code: 856361645#

Web-link for Video Call: <https://zoom.us/j/856361645>

We thank you for your generous giving. Ways you can give:

Online: crossstreetamezion.org

1. Realm, (Realm: <https://onrealm.org/TheCross/-/give/> TJXKDEVIXE)

2. Text 73256 (Thecross)

3. PayPal,

4. CASHAPP: \$TheCross440

5. Mail: P.O. Box 223 Middletown, Ct 06457,

6. Drop off on Sunday 11:00 A.M. – 1:00 P.M.

7. Call the office for someone to pick up

8. Church outside Lockbox

(Note: you can find links on the website; <http://www.crossstreetamezion.org/Give>)

The Cross Street Journal is published Bi-monthly. It can be found on our website: crossstreetamezion.org & in the **front lobby**. If you would like a PDF copy sent to you, Email your request to: ken46@snet.net. If you have an article or information (word count 1000 - 1500 or less) for current and future publications the deadline for this information is the Monday after the 2nd Sunday of each Month. **You may submit your information in the following ways:** place the information on a CD (Window format) and leave it in the Cross Street office, E-mail Ken Simmons (Ken46@snet.net), or give it to him. **Praise God!!!**



CROSS STREET A.M.E. ZION CHURCH

Organized in 1823

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crossstreetchurch@snet.net
www.crossstreetamezion.org

Sunday School — 8:45 a.m.
Worship Service — 10:00 a.m.

Rev. Moses L. Harvill, M. Div.,
Pastor

Email: mharvill@snet.net

The Rev. Dr. Terry L. Jones
Presiding Elder

Mrs. D. Diane Proctor
Missionary Supervisor

The Right Reverend Dennis Proctor
Presiding Prelate

Ministerial Staff

- Rev. Robyn Anderson-Turner
- Rev. William D. Wilson
- Rev. Ella Frances Perry
- Rev. Karen Nesmith
- Rev. James Battle
- Rev. Myrtle Turner
- Rev. Gregory Winborne
- Rev. Joyce Johnson
- Rev. Earlene Grants
- Sister Felicia Freeman



Retooling For Church Growth In 2021

“But seek ye first the kingdom of God, and his righteous; and all these things shall be added unto you.” Matthew 6:33 KJV

“I am a Christian”
By Maya Angelou

When I say ... “I am a Christian”
I’m not shouting “I’m clean livin’.”
I’m whispering “I was lost,
Now I’m found and forgiven.”

When I say ... “I am a Christian”
I don’t speak of this with pride.
I’m confessing that I stumble
And need Christ to be my guide.

When I say ... “I am a Christian”
I’m not trying to be strong.
I’m professing that I’m weak
And need His strength to carry on.

When I say ... “I am a Christian”
I’m not bragging of success.
I’m admitting I have failed
And need God to clean my mess.

When I say ... “I am a Christian”
I still feel the sting of pain.
I have my share of heartaches
So I call upon His name.

When I say ... “I am a Christian”
I’m not holier than thou.
I’m just a simple sinner
Who received God’s good grace,
somehow!

The Lord's Prayer
Matthew 6:9-13 (KJV)

Our Father which art in heaven,
Hallowed be thy name. Thy kingdom
come, Thy will be done in earth, as it is
in heaven. Give us this day our daily
bread. And forgive us our debts, as we
forgive our debtors. And lead us not
into temptation, but deliver us from evil:
For thine is the kingdom, and the
power, and the glory, for ever. Amen.



Then the Lord answered me and said:
Write the vision and make it plain on
tablets, that he may run who reads it.
Habakkuk 2:2

The Jabez Prayer

And Jabez called on the God of Israel
saying, “**Oh, that You would bless
me indeed, and enlarge my territory,
that Your hand would keep me from
evil, that I may nor cause pain!**” “ So
God granted him what he requested.
1 Chronicles 4:10 (NKJV)

“God’s Word

*For the word of God is quick, and power-
ful, and sharper than any two-edged
sword, piercing even to the dividing
asunder of soul and spirit, and of the
joints and marrow, and is a discernor of
the thoughts and intents of the heart”
Hebrews 4:12*

Prayer: Forever, O Lord, your Word is
settled in heaven. I bless you because
you have given me rest according to all
that you have promised to me. Not one
word of all your good promises has ever
failed. In light of this truth, I will walk in
your Word at all times.
I love your Word, Father, it is a lamp
unto my feet, and a light unto my path.
All of your words are pure, O God, and
you are a shield to me. Lord God, your

way is perfect, and your Word is tried.
You are a shield and a mighty buckler to
me as I trust in you.
With your Word you made the heavens,
O Lord. all of your promises are yes in
Christ, unto your glory, O God. You
have spoken through your Word since
ancient times, in order to give light to
those who sit in darkness, and you guide
my feet in the way of peace.
Your Word is quick, alive, and powerful,
and sharper than any two-edged sword.
It pierces even to the dividing asunder of
my soul and spirit, and of my joints and
marrow, and is a discernor of the
thoughts and intents of my heart.
Father, I am thankful for your Word, and
I will endeavor to walk in the light of your
Word all the days of my life.

If you were to die today, do you know where you will spend eternity ???

Doxology

Now unto Him that is able to keep you from falling, and to present you faultless before the presence of His glory with exceeding joy. To the only wise God our Saviour, be glory and majesty, dominion and power, both now and ever. Amen.
Jude 24-25