



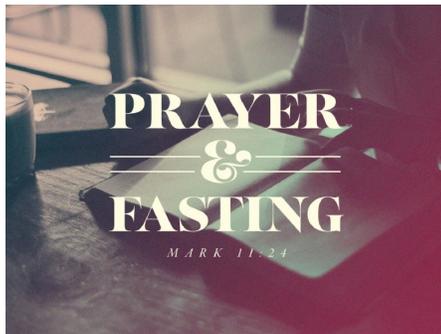
# The Cross

Cross Street A.M.E Zion Church



"A Church Where Everybody is Somebody and Christ is Lord of ALL"

January / February 2019 Volume 23 Issue 01



## Why Is Sunday Sacred

**Scriptures:** Genesis 2:2, Exodus 20:8, Exodus 31:13-16, Matthew 28:1-6 and Mark 16:1-8

**Introduction:** Many people are confused about Sabbath Day worship and Sunday worship. This lesson will clarify the question

through God's word and refute confusion about why we worship on Sunday.

**Lesson Aim:** To understand that God's word is truth from Genesis to Revelations, and to appreciate and

*(Sacred on page 10)*

Sunday, February 10  
10:00 am

**MARIE CLINTON DAY**

Tuesday, February 12  
6:00 pm

**ANNUAL BUDGET MEETING**

Saturday, February 23  
5:00 pm

**MEN'S FASHION SHOW & AWARDS LUNCHEON**

### What Is A Fast

#### A. WHAT IS A FAST?

Fasting means abstaining from food, turning away from the things the body craves in order for the inner man to concentrate on God in worship, service, and praise. Fasting has been a part of Christianity through the ages. Fasting is a form of spiritual and scriptural sacrifice.

The Hebrew word for fasting means "to cover the mouth." The Greek word for fasting means "not to

*(Fasting on page 11)*

### Happy Holiday

We hear it so often around this time of the year: "Happy Holiday!" "Season Greeting!" Everyone seems to be in the mood for some kind of festive celebration.

Exactly what is the holiday that we are celebrating? Are we allowed to say it? Is it a forbidden word? Are we afraid to say it? Will people be offended if we actually tell them what the holiday is?

*(Holiday on page 13)*

### What Happen When I Tithe

Many positive experiences and good feelings come from tithing. Many Christians regularly give a tithe or more through their church. For those who are seriously thinking about tithing, consider these answers to the question, "What happens when I tithe?"

When I tithe I feel personal satisfaction of pleasing God. Tithing is a biblical teaching. Leviticus 27:30 states, "The tithe...is the Lord's," and

*(Tithe page 15)*



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# *From The Pastor's Desk*

Starting Strong in 2019

We made it to a New Year by the grace and mercy of God. Let the Church Say Amen! We brought the New Year in with High Praise, Prayer, and determination to move forward to a Healthier, Wealthy, and Wise place in Christ.

Join others in making a decision to put Christ first, Serve Him, and His Church, and walk in faith to make a difference in the lives of others. We are praying for spiritual and emotional strength in 2019. Let us pray that we will be open to sense where Christ is leading us in 2019. The wise men were astute to sense where the Lord was leading them (Matthew 2:12). And they went another way. Let us move forward to a better path in Christ. The wise always sense God leading them.

I encourage you to say "Yes" to move forward to a better way in Christ. It is my prayer that you will make it your life goal to attend Church regularly and give the Lord your YES. It will be the best decision that you could ever make in 2019.

Matthew 5:33-37 New Living Translation (NLT) Hear the Words of Christ:

33 "You have also heard that our ancestors were told, 'You must not break your vows; you must carry out the vows you make to the Lord.' 34 But I say, do not make any vows! Do not say, 'By heaven!' because heaven is God's throne. 35 And do not say, 'By the earth!' because the earth is his footstool. And do not say, 'By Jerusalem!' for Jerusalem is the city of the great King. 36 Do not even say, 'By my head!' for you can't turn one hair white or black. 37 Just say a simple, 'Yes, I will,' or 'No, I won't.' Anything beyond this is from the evil one.

I'll say yes Lord yes  
To your will and to your way  
I'll say yes oh yes  
I will trust you and obey

When your spirit speaks to me  
With my whole heart  
I will agree  
And my answer will be  
Yes Lord {Yes}

Just say a simple "yes" and Christ will lead you to that healthy, wealthy, and wise place in 2019.

Much Love to all. We are moving forward with fresh oil.

In His Service,

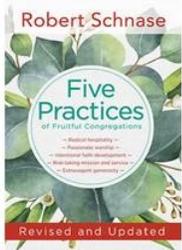
Pastor Harvill

# RESET 2018 - 2019 CONFERENCE YEAR

Behold, I will do a new thing .. Isaiah 43:19

1. To Refresh
2. To Restore
3. To Start Anew

**Pastor requesting all members to “Join in the RESET” by reading this book and be ready to discuss in September.**



## ***Five Practices of Fruitful Congregations***

By: Robert C. Schnase

People are searching for a church shaped and sustained by Radical Hospitality, Passionate Worship, Intentional Faith Development, Risk-Taking Mission and Service, and Extravagant Generosity. These fundamental practices are critical to the success of congregations.

***COUNT ME IN FOR THE RESET!***



Note: You can order the book from the Cross Street church website: [crossstreetamezion.org](http://crossstreetamezion.org) in the virtual Bookstore (Cokesbury).

**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)."



**O**ne definition for Love can be found in 1 Corinthians 13. Read this chapter every day for a deeper understanding. Other scriptures are found in John 3:16; Romans 5:5-8; Jeremiah 31:3; Ephesians 4:2, 3; Romans 12:9, 10, to name a few.

"If I had the gift of being able to speak in other languages without learning them, and could speak in every language there is in all of heaven and in earth, but didn't love others, I would only be making noise. If I had the gift of prophecy and knew all about what is going to happen in the future, knew everything about everything, but didn't love others, what good would it do? Even if I had the gift of faith so that I could speak to a mountain and make it move, I would still be worth nothing at all without love. If I gave everything I have to the poor people, and if I were burned alive for preaching the Gospel but didn't love others, it would be of no value whatever. Love is very patient and kind, never jealous or envious, never boastful or proud, never haughty or selfish or rude. Love does not demand its own way. It is not irritable or touchy. It does not hold grudges and will hardly even notice when others do it wrong. It is never glad about injustice, but rejoices whenever truth wins out. If you love someone you will be loyal to him no matter what the cost. You will always believe in him, always expect the best of him and always stand your ground in defending him. All special gifts and powers from God will someday come to an end, but love goes on forever. There are three things that remain faith, hope, and love and the greatest of these is love." (1 Corinthians 13:1-8, 13) The Living Bible.

Some signs that will help you recognize LOVE in action and will help you begin to cultivate the Fruit of LOVE in yourself: showing concern for others, obeying God's commandments, saving kind words, helping someone with their homework, obeying parents, being patient, being loyal to a friend or to your faith not irritated easily, not envious, not boastful, reading to a small child, visiting the convalescent homes, visiting the sick and shut-ins, sending cards to the sick and shut-ins, hello by serving meals, forgiving someone, doing good deeds, encouraging others, helping an elderly person, being unselfish and sharing with others, being happy when the truth is revealed, letting others get the praise, not rude, not jealous, not proud, reading to an elderly person, visiting the prisons, calling the sick and shut-ins, going on errands cheerfully, helping someone understand God's word. The list can go on. Use your own good judgment and the words found in scriptures to help you identify other deeds of LOVE.

Catch someone showing LOVE this month and let someone catch you being LOVING!!!!

## Lord Hear Our Prayers

### Abiding in Christ

**Key Scripture:** “And now, little children, abide in him; that, when he shall appear, we may have confidence, and not be ashamed before him at his coming” (1 John 2:28).

**Key Thought:** Abiding means to be vitally united.

**Prayer:** Heavenly Father, I seek to abide in Christ. I realize that this is the key to fruitfulness in my life. Jesus is the Vine, and I am a branch. I need to continually abide in Him, for without Him I can do nothing.<sup>1</sup>

I will abide in Jesus, and I will let His words abide in me. I thank you for your promise, Father, that will enable me to ask what I will, knowing that it shall be done.<sup>2</sup> Thank you for your Word<sup>3</sup> which helps me to always pray according to your will.<sup>4</sup>

Father, with all my heart, I desire to keep your Word. Perfect your love in my life so that I will constantly abide in Jesus, and learn to walk as He walked, and to love as He loved.<sup>5</sup> with your help, I will follow His example and walk in His steps.<sup>6</sup>

I pray now, Father-God, asking you, according to the riches of your glory, to strengthen me with might by your Spirit in my innermost being so that Christ may fully dwell and abide in my heart by faith, and so that I may be rooted and ground in Love.<sup>7</sup>

Thank you for the blessings of abiding in Christ.

**References:** (1) John 15:4-5; (2) John 15:7; (3) 2 Timothy 3:16; (4) 1 John 5:14-15; (5) 1 John 2:3-6; (6) 1 Peter 2:21; (7) Ephesians 3:16-17.

### When You Doubt Your Salvation

**Key Scripture:** “He that hath the Son hath life; and he that hath not the Son of God hath not life” (1 John 5:12).

**Key Thought:** Assurance of salvation comes by faith.

**Prayer:** Heavenly Father, I rejoice in and thank you for all the promises of your Word which proclaim that I can know for sure that I am born again and I am going to heaven. Because I have confessed with my mouth the Lord Jesus, and have believed in my heart that you raised Him from the dead, I know I am saved.<sup>1</sup> It's no longer a matter of wishing so, thinking so, or hoping so, because it is a matter of knowing so. Thank you, Father.

I have heard your Word and I have believed in Jesus Christ. Now I have everlasting life, and I shall not come into condemnation. You have brought me from death to life.<sup>2</sup> Thank you, Lord God. By your grace I have been saved, not through my own efforts at all. Thank you for your gift of salvation.<sup>3</sup>

I am now crucified with Christ. Nevertheless, I live; yet it is not I who lives, but Christ who lives within me. And the life I now live in the flesh, I live by the faith of the Son of God, who loved me, and gave himself for me.<sup>4</sup> By faith in Christ Jesus, Father, I have become your child.<sup>5</sup> Thank you for adopting me into your family.<sup>6</sup>

Now that I know that I am saved, beyond all shadow of doubt, I will fight the good fight of faith, lay hold on eternal life to which you have called me, and profess a good profession before all.<sup>7</sup> I will hold fast the profession of my faith without wavering, because I know you are faithful with all your promises.<sup>8</sup>

Thank you for enabling me to be again, dear Father.<sup>9</sup>

**References:** (1) Romans 10:8-9; (2) Romans 8:2; (3) Romans 6:23; (4) Galatians 2:20; (5) John 1:12; (6) Galatians 4:5; (7) 1 Timothy 6:12; (8) Hebrews 10:23; (9) John 3:5-8.

# 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.

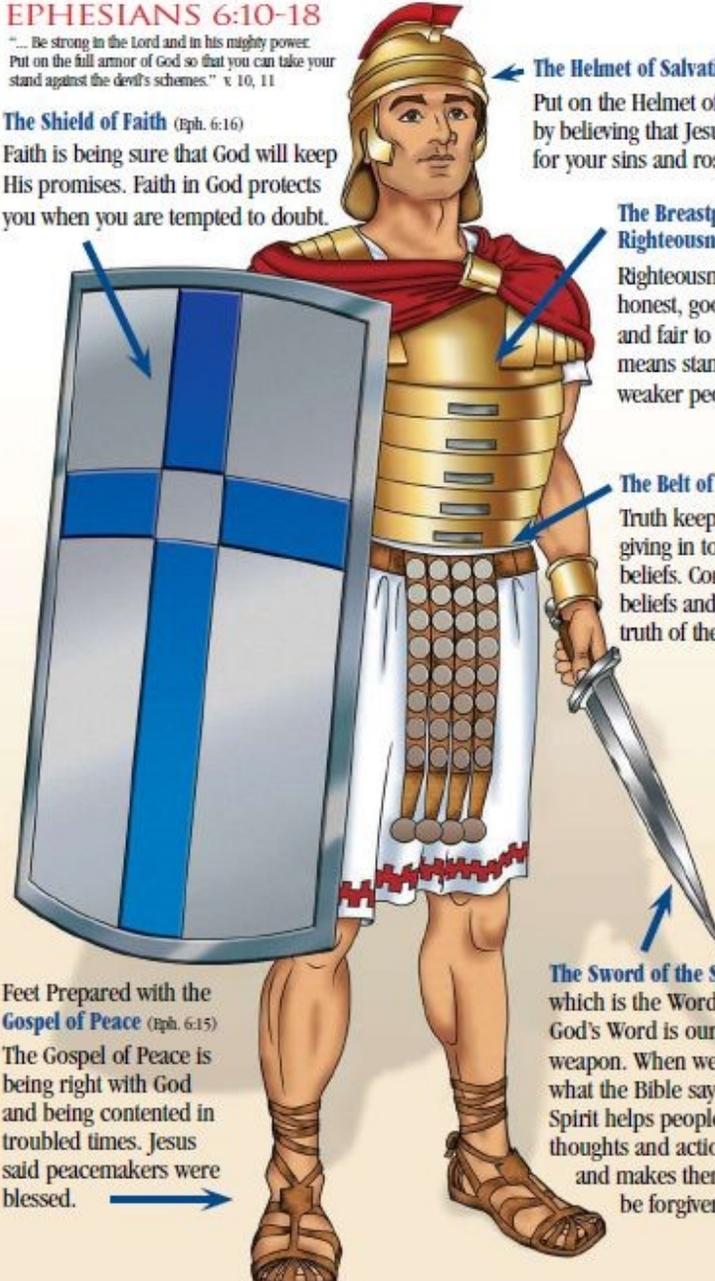
**The Helmet of Salvation** (Eph. 6:17)  
Put on the Helmet of Salvation by believing that Jesus Christ died for your sins and rose again.

**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, <sup>[a]</sup> 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 boldly, as I ought to speak.

## Read the BIBLE in ONE Year

### JANUARY

- 01) Genesis 1-2
- 02) Genesis 3-5
- 03) Genesis 6-9
- 04) Genesis 10-11
- 05) Genesis 12-15
- 06) Genesis 16-19
- 07) Genesis 20-22

- 08) Genesis 23-26
- 09) Genesis 27-29
- 10) Genesis 30-32
- 11) Genesis 33-36
- 12) Genesis 37-39
- 13) Genesis 40-42
- 14) Genesis 43-46
- 15) Genesis 47-50

- 16) Exodus 1-4
- 17) Exodus 5-7
- 18) Exodus 8-10
- 19) Exodus 11-13
- 20) Exodus 14-17
- 21) Exodus 18-20
- 22) Exodus 21-24
- 23) Exodus 25-27

- 24) Exodus 28-31
- 25) Exodus 32-34
- 26) Exodus 35-37
- 27) Exodus 38-40
- 28) Leviticus 1-4
- 29) Leviticus 5-7
- 30) Leviticus 8-10
- 31) Leviticus 11-13

### FEBRUARY

- 1 Leviticus 14-16
- 2 Leviticus 17-19
- 3 Leviticus 20-23
- 4 Leviticus 24-27
- 5 Numbers 1-3
- 6 Numbers 4-6
- 7 Numbers 7-10

- 8 Numbers 11-14
- 9 Numbers 15-17
- 10 Numbers 18-20
- 11 Numbers 21-24
- 12 Numbers 25-27
- 13 Numbers 28-30
- 14 Numbers 31-33
- 15 Numbers 34-36

- 16 Deuteronomy 1-3
- 17 Deuteronomy 4-6
- 18 Deuteronomy 7-9
- 19 Deuteronomy 10-12
- 20 Deuteronomy 13-16
- 21 Deuteronomy 17-19
- 22 Deuteronomy 20-22
- 23 Deuteronomy 23-25

- 24 Deuteronomy 26-28
- 25 Deuteronomy 29-31
- 26 Deuteronomy 32-34
- 27 Joshua 1-3
- 28 Joshua 4-6

### MARCH

- 1 Joshua 7-9
- 2 Joshua 10-12
- 3 Joshua 13-15
- 4 Joshua 16-18
- 5 Joshua 19-21
- 6 Joshua 22-24
- 7 Judges 1-4

- 8 Judges 5-8
- 9 Judges 9-12
- 10 Judges 13-15
- 11 Judges 16-18
- 12 Judges 19-21
- 13 Ruth 1-4
- 14 1 Sam. 1-3
- 15 1 Samuel 4-7

- 16 1 Samuel 8-10
- 17 1 Samuel 11-13
- 18 1 Samuel 14-16
- 19 1 Samuel 17-20
- 20 1 Samuel 21-24
- 21 1 Samuel 25-28
- 22 1 Samuel 22-24
- 23 2 Samuel 1-4

- 24 2 Samuel 5-8
- 25 2 Samuel 9-12
- 26 2 Samuel 13-15
- 27 2 Samuel 16-18
- 28 2 Samuel 19-21
- 29 Samuel 22-24
- 30 1 Kings 1-4
- 31 1 Kings 5-7

### Epiphany (January 5 - March 5, 2019)

**Epiphany** or The Season After Epiphany (4-9 Sundays) is a time for remembering the various times and ways Jesus was revealed to humans, particularly to the Gentiles (non-Jews) through the Magi (Wise Men) who represented other nationalities. It is a reminder of the universality of Jesus, the Savior of persons in every land. The first Sunday after Epiphany Day (January 6) is known as Baptism of the Lord referring to 3:13-17, Mark 1:9-11, Luke 3:21-22, and John 1:29-34. This is an excellent time for baptism and renewal of the baptismal covenant. Appropriate symbols are water, the baptismal shell or font, a descending dove, and a cross standing in water. The emphasis for the remainder of the season is on the beginning of Jesus' ministry, the miracles performed, and Jesus' works and teachings.

**Color:** Green is symbolic of the freshness of nature, hope, life, and growth.

Name of God	Meaning	Application
<b>JEHOVAH – SABAOTH</b>	The Lord of Hosts The Lord of Armies	The Lord of the hosts of heaven will always fulfill His purposes, even when the hosts of His earthly people fail.
<b>JEHOVAH – SHALOM</b>	The Lord is Peace	God defeats our enemies to bring us peace. Jesus is our Prince of Peace. God brings inner peace and harmony.
<b>JEHOVAH – SHAMMAH</b>	The Lord is There The Lord My Companion	God's presence is not limited or contained in the Tabernacle or Temple, but is accessible to all who love and obey Him.
<b>JEHOVAH – TSIDKENU</b>	The Lord Our Righteousness	Jesus is the King who would come from David's line, and is the one who imparts His righteousness to us.



## 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!

#### SACRIFICED LOVE

##### Devotional Reading:

Psalm 119:65-72

##### Scripture:

*Philippians 2:1-11*

##### EXALT!

**Invocation:** Speak Lord so that we hear from heaven. Speak through Your word, our teacher, and to each of us. Center our thoughts on You. During this lesson and in the week to follow, let the Holy Ghost energize our spirits for your purpose. In Jesus' Name, Amen.

##### Declaration: *Philippians 2:1-11*

<sup>1</sup> If then there is any encouragement in Christ, any consolation from love, any sharing in the Spirit, any compassion and sympathy, <sup>2</sup> make my joy complete: be of the same mind, having the same love, being in full accord and of one mind. <sup>3</sup> Do nothing from selfish ambition or conceit, but in humility regard other as better than yourselves. <sup>4</sup> Let each of you look not to your own interests, but to the interests of others. <sup>5</sup> Let the same mind be in you that was in Christ Jesus, <sup>6</sup> who, though he was in the form of God, did not regard equality with God as something to be exploited, <sup>7</sup> but emptied himself, taking the form of a slave, being born in human likeness. And being found in human form, <sup>8</sup> he humbled himself and became obedient to the point of death- even death on the cross.

<sup>9</sup> Therefore God also highly

exalted him and gave him the name that is above every name, <sup>10</sup> so that at the name of Jesus every knee should bend, in heaven and on earth and under the earth, <sup>11</sup> and every tongue should confess that Jesus Christ is Lord, to the glory of God the Father.

**Affirmation:** We aspire to serve others by following Jesus' example of humility and sacrifice!

##### ENGAGE

Personal interests and selfish ambitions can lead to controversies that threaten our relationships. How can people overcome their divisiveness? Paul commends the example of Christ, who humbly emptied Himself in order to serve God and others through His sacrifice. Discuss leaders you admire in both society and the church who are willing to be humble and serve. How do Jesus' word apply: Those who would be great among you must first be your servants (Matthew 20:26-27)? How would you describe a "servant leader"? Are you amazed when someone of high standing is willing to get her or his hands dirty in service? Give examples of ones you have seen. Consider the example of Pope Francis washing the feet of 8 men and four women of different religions and countries. (See the story online - March 24, 2016.) what was the Pope trying to reflect in his actions?

##### EDUCATE

Philippians 2:1-4: Paul writes

this letter to the Philippians form his Roman imprisonment, and instead of being comforted and encouraged by the church there in Philippi, he has to try to comfort and encourage them in the midst of their squabbles and infighting. In doing so, he reminds them of what they have received from Christ and of the example Christ has set for them. He lifts up unity, love, compassion, comfort, humility, which they must emulate and show also among themselves. "Selflessness," and not the selfishness which their divisiveness is reflecting, is what Paul has to convince them to display by valuing others above themselves, and looking after the interest of others rather than their own.

Philippians 2:1-11: Verses 6-11 have been called "the Philippian hymn." it has been compared to other hymns or hymn-like passages in the New Testament such as John 1:1-18; Colossians 1:15-20; 1 Peter 3:18-22, and Hebrews 1:1-4. These texts highlight Christ's divinity and preexistence, His role in creation, painful death, resurrection and exaltation. Paul cites the poem as an encouragement to the bickering church members to imitate the humility of Christ among themselves, thus showing to what great length Christ humbled Himself from His high position with God in order to play a servant role among us all for the sake of our redemption. The text presents Christ's two natures ("in the form of God" and "taking the form of a slave") as a paradox. The designation "kenotic theology"

(*Love on page 9*)

**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.**

(Love from page 8)

derives from verse 7. Christ “emptied” (ekenosen) Himself, but just what that emptying entailed is a matter of great theological debate. For instance, it is debated whether it was an emptying of Himself of His divinity or what? Confession is an important biblical theme. The confession Paul speaks of here is not the admission of guilt, but rather the confession or affirmation of the lordship of Christ.

### ELEVATE

As Christians, we celebrate the love that inspired Jesus to take on the form of a slave to secure our salvation, but it is a struggle for us to have the attitude of Christ. It is something we have to grow into daily. We confess that God has come to us in Christ, even though we don’t fully understand how this mystery is possible. It is accepted on faith, and as the song says, “We Shall Understand It Better By and By.” And we understand a little better day by day and year by year. Though Christians accept Christ’s humility as a model for their lives, they grow in the ability to place the needs of others before their own. It is our natural

tendency to look to our own interests first and not to put the interests and welfare of others first. “Survival dictates that we do! But the gospel turns that order of life upside down. Having received God’s promise that He will always supply what we need and receiving the fullness of His grace through Jesus’ self-giving death, we are freed from the need to protect our own interests and empowered to pursue the good of others” (Standard Lesson Commentary 2018-2019, p.188).

Discuss ways you may better use your divine gifts and privileges to serve others. Make a list of things you will try to do in order to place the need of others above your own in the future; share this with other members of the group. Design a prayer to God thanking God for the self-sacrificial gift of Jesus, repenting for not following Jesus’ example, and asking for the power and resolve to follow the model of Christ. List the names of persons in your congregation or in your surrounding community or experience who do model their lives on the pattern of the self-sacrificial example of Christ. How do you think they manage to do this?

### I THINK:

- Compare and contrast the Philippian hymn with the Christ Colossians 1:15-20.
- Discuss the self-contradictory nature of this statement, “I’m trying to develop a sense of humility I can be proud of.”
- Note places in the Gospels where Jesus taught about serving others or demonstrated an example of humble service. How do these passages shed light on the hymn in Philippians 2? Discuss what it means to “be of the same mind” with other believers (verse 2). Does this mean Christians should all think alike? If not, what does it mean? How is this quality related to humble servanthood?

**VERSE OF THE WEEK: *In humility, regard others as better than yourselves. Philippians 2:3***

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

Let us pray:

“God, thank You for Your forgiveness. We know that we don’t deserve it, but we praise You for faithfully forgiving us. Help us to clear any roadblocks in our path by forgiving others, even as You forgive us. Lord, You have given us the formula for success in the Bible. We pray today for the ability to keep planting seeds of faith even when we may not see any results. But we praise You for Your life-changing power and unconditional love. Give us new life to our relationship with You by keeping a record of blessings and answered prayers and giving thanks for Your work. We thank You for sending Your Son, Jesus so that we may be saved. We also surrender every area of our life to You. Have Your way in us and let Your will be done in our life making us new in Jesus’ name. Amen.” -Barbara Perry

ENCOURAGEMENT For the Week  
Subject: Philippians 4:13 -- "for days to come"

**"I can do all things through Christ which strengthens me."**

The road to success is not straight. There is a curve called Failure, a loop called Confusion, speed bumps called Friends, red lights called Graves, caution lights called Family. You will have flats called Jobs. But, if you have a spare called Determination, an engine called Perseverance, insurance called Faith, a driver called Jesus, you will make it to a place called Success.

Pass this on to 10 people whom you want to see blessed.

Have a blessed day and may God be with you always.

*(Sacred from page 1)*

**celebrate God's New Testament Covenant.**

The Sabbath is a holy day established by God. The word Sabbath means "rest." God sanctified the 7<sup>th</sup> day of the week, Saturday as the Sabbath, and declared it holy unto you. (Genesis 2:2; Exodus 20:8-11). God did not make a gentle suggestion for His people, the Israelites to rest from their own labors; instead, He mandated it.

**The Sabbath Has Two Purposes:**

1. The Sabbath is a day commanded the Jews to rest from their own secular labors.

2. It is the 7<sup>th</sup> day of each week set aside to remember all that God has done for His people and to worship and praise Him for it.

The **Omnipotent, Omniscient, and Omnipresent God** set aside a day out of each week for his people and sanctified it as holy. He knew humankind needed a day out of each week to relinquish our hurried, bustling lives of rushing and hustling. Therefore, He mandated this day for praise, worship, and thanksgiving to Him, so He could refresh and renew our spirits. Only God can make us holy, because He is holy and He said in His Word: "Be ye holy as I am holy." **Read: Leviticus 11:45-** "I am the Lord who brought you up out of Egypt to be your God; therefore, be holy as I am holy."

**1 Peter 1:15-16-** But just as He who called you is holy, so be holy in all you do; v-16-For it is written: Be holy for I am holy.

**The Sabbath Is A Sign Between God And Man:**

Read:  
 • Exodus 31:13-18  
 • Isaiah 59:13-14

**Question:** What is the punishment for desecrating the Sabbath?

Further Study of the Old Testament Relating to This Sabbath Lesson:  
 • Exodus 31:12-18

- Leviticus 19:3; 30
- Ezekiel 20:12-20
- Isaiah 1:13; 58: 13-14;
- Isaiah 66: 23-24

Later in Old Testament times, the Jewish elders added their traditions to the simple Sabbath Law; so much so, that the law became burdensome and even foolish for the people. Then, in the New Testament, Jesus came teaching against the Jewish elders and leader's traditions, but not against God's established Sabbath Law.

"New- moons" and "Sabbaths" refer to monthly offerings (Numbers 28:11-4) and weekly and special annual Sabbaths on the Day of Atonement and Feast of Tabernacles Leviticus 16:31; 23, 34, and 39).

The people worshipped but did not feel sorry for their sins; so they continued offering sacrifices for forgiveness. But gifts and sacrifices mean nothing to God, when they come from someone with a corrupt heart.

Sacrifices were to be an outward sign of their inward faith in God. Many people today are like the Israelites of old, who placed more importance on the rituals of their religion than on the God they worshipped.

Now, to answer the question asked in the lesson topic, **Why Is Sunday Sacred?**

After the ascension of Jesus Christ, His disciples met on the ascension of Jesus Christ, his disciples met on the first day of each week for rest, praise and worship. The Jews celebrated both Sabbaths for awhile, but the Gentile Christians having never kept any such day before, celebrated only Sunday, the first day of the week was the day the New Testament Christians observed as the day Christ arose. Therefore, Sunday observance came into the church during "New Testament" times.

Read:  
 • Matthew 28:1-6  
 • Mark 16: 1-8;

- Luke 24:1-12
- John 20:1-9.

The Law written in Exodus 24:31 and Leviticus 19:9-10 prevented farmers from becoming greedy and ignoring God on the Sabbath, and these laws also protected laborers from being overworked. Deuteronomy 23:25 made provisions for travelers and for the poor among the people.

However, Jesus Christ came fulfilling the Prophets and the Law.

Read:  
 • Matt. 5:17-18;  
 • Luke 24:14-44

**Question:** Should we observe Saturday worship instead of Sunday?

A Shadow of God's Reality:  
 The Law served as a shadow of the reality of things to come in the person of Jesus Christ, God's only begotten Son.

Read:  
 • Matthew 5:17-22  
 • John 20:1; 19  
 • Matthew 22:34-40

**Scriptures for Study**  
 • Galatians 4: 10 - 11  
 • Mark 3: 4,  
 • Colossians 2: 16 - 17,  
 • Hebrews 8: 7 - 12,  
 • Revelations 14: 13

Remember, the Lord said, "The Sabbath was made for man, not man for the Sabbath. So the Son of man is even Lord of the Sabbath." (Mark 2: 23 - 27)

**Study Scriptures**  
 • Mark 3: 4; 2: 27 - 28,  
 • Luke 6: 5,  
 • John 5: 17 -24,  
 • Acts: 13: 4; 16: 13; 18: 4

*(Fasting from page 1)*

eat.” This year, the fast will consist of abstaining from food. In other words, you are fasting if you are not eating food.

Fasting does not change or impress God. Fasting changes us. Through fasting, Christians are empowered to discipline their daily relationship with the Lord.

## B. WHY FAST? WHAT ARE THE BENEFITS?

1. Helps Christians become more sensitive to the Holy Spirit;
2. Presents the opportunity for you to spend more time waiting on the Lord;
3. Intensifies your prayer life;
4. Aids in removing unbelief;
5. Breaks yokes of bondage;
6. Sharpens your intellect, skill, discernment, and understanding;
7. Aids in clarity of spiritual hearing when guidance or a decision is needed from the Holy Spirit;
8. Hastens emotional, spiritual, financial and physical healing for both individuals and the community;
9. Fosters personal discipline;
10. Focuses you on the source, God, the Supply, and Supplier of your benefits and blessings;
11. Demonstrates (to yourself) an act of scriptural obedience

## C. Who should fast?

Prayerfully, each member will participate in the Church Family Fast. Please consult your physician about your fasting if you:

1. Are on prescribe medication;
2. Pregnant;
3. You are under a doctor’s care;
4. You have experienced illness on a previous fast;
5. Or you do not normally eat anyway.

Your physician’s order takes precedence over this fast! Follow your physicians orders!!!

## D. What are we praying about during the fast?

Prayer Petitions:

- Spiritual growth (healing and wholeness)

- Physical Healing & Prosperity blessings
- Numerical church growth (souls for the kingdom)
- Financial growth (tithes & offerings)

## E. Two types of fasting Proclaimed & Personal

### 1. Proclaimed fast

1 Chronicles 20; Jehoshaphat proclaimed a fast in fear of an attack on Judah. A proclaimed fast will put you in position to hear from God to receive guidance for a specific situation.

### 2. Personal fast

Is not conspicuous. Purpose of fasting is to shut-off the influence of our flesh in order to be in tune with the Spirit.

- Fasting helps us to receive from God - but does not necessary push God to action - for the problem is not with God - the problem is with us.
- Rewards of fasting Matthew 6:16-18
- Other Scripture: The fast that God has chosen Isaiah 58

References: excerpts taken from Biblical Fasting in the Local Church by James Henry

## 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, eg. Abstaining from lunch.

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

(Fasting from page 11)

### The Daniel Fast

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)**

**PRAYING AND FASTING FOR GODS DIVINE PLAN FOR GREATER WORKS IN THE KINGDOM - SALVATION. HEALING, DELIVERANCE, AND PROSPERITY.**

Adapted from the book "Fasting For Spiritual Breakthrough: A Guide to Nine Biblical Fasts" by Elmer L. Towns. published in 1996 by Regal Books. Ventura. California.

Our body is designed to heal

itself. When a disease enters our body from bad dietary habits or from the outside. our bodies begin to fight it. Doctors. surgery, or medicines are most often designed to remove the source of the problem, but the healing is done by the body itself. Many common diseases are easily prevented with basic good nutrition and exercise habits.

#### STEP ONE: BE SPECIFIC

Daniel was not vague in his objection to the Babylonian diet. He defined the problem immediately.

1. The king's food was against dietary laws.
2. Daniel and his friends had vowed against wine.
3. The king's food had been offered up to idols/demons.

#### STEP TWO: FAST AS A SPIRITUAL COMMITMENT

The Daniel Fast involves a spiritual commitment to God. "Daniel proposed in his heart that lie would not defile himself" (Dan. 1:8).

#### STEP THREE: REFLECT INNER DESIRE BY OUTER DISCIPLINE

Many people have an inner desire for better health, but they can't discipline themselves to avoid junk food, and other foods that were not good for health. The physical health you seek from God may be more than an answer to prayer. Your physical health may be linked to any of the following factors:

- A. Your food choices.
- B. The level of your spiritual commitment as reflected in constant prayer during the fast.
- C. Your time commitment. If you determine to fast for a certain time, keep it. For example. if you determine to fast 10 days. don't stop on Day 9
- D. Your testimony commitment. Your fast is a statement of faith to God that you want Him to heal your body.

#### GUIDELINES FOR DANIEL FAST

##### Foods We May Eat

**Whole Grains:** Brown Rice, Oats,

Barley

**Legumes:** Dried Beans, Pinto Beans, Split Peas, Lentils, Black Eyed Peas

**Fruits:** Apples, Apricots, Bananas, Blackberries, Blueberries, Boysenberries, Cantelope, Cherries, Cranberries Oats, Figs, Grapefruit, Grapes, Guava, Honeydew Melon, Kiwi, Lemons, Limes, Mangoes, Nectarines, Papayas, Peaches, Pears, Pineapples, Plums, Prunes, Raisins, Raspberries, Strawberries, Tangeloes, Tangerines, Watermelon

**Vegetables:** Artichokes, Asparagus, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Chili Peppers, Corn, Cucumbers, Eggplant, Garlic, Gingerroot, Kale, Leeks, Lettuce, Mushrooms, Mustard Greens, Okra, Onions, Parsley, Potatoes, Radishes, Rutabagas, Scallions, Spinach, Sprouts, Squashes, Sweet Potatoes, Tomatoes, Turnips, Watercress, Yams, Zucchini

Seeds, Nuts, Sprouts

**Liquids:** Spring Water, Distilled Water, 100 % o All-Natural Fruit Juices, 100 % All Natural `Vegetable Juices

##### Foods To Avoid

Meat, White Rice, Fried Foods, Caffeine  
Carbonated Beverages, Foods Containing Preservatives or Additives, Refined Sugar, Sugar Substitutes, White Flour and All Products Using It, Margarine, Shortening, High Fat Products

Note: You may not be able to adhere to all that is listed, just do your best and remain prayerful. If you so desire you can eat baked or broiled fish.

## Daniel Fast Soup

1/4 cup of extra virgin olive oil

1ea large onion, diced

2ea 10oz bag Shredded carrots

2ea stalks celery, diced

4ea medium potatoes, diced

2ea 24oz frozen cut Green Beans

12 cups of water (96 oz)

3ea 32-ounce of Organic vegetable broth. low sodium (Pacific Natural Foods)

2ea 16-ounce bag of fresh coleslaw

2ea 16-ounce can of Organic diced tomato (Muir Glen)

2ea 16-ounce bag of frozen chopped spinach,

2ea 16-ounce bag of frozen sliced zucchini

4ea 16 -ounce cans of Organic Dark kidney beans (Nature's Promise), drained & rinse

1. In 16-quart Dutch oven or large saucepot over medium heat, in hot extra virgin olive oil , cook onion, carrots, celery, potatoes and green beans until vegetables are lightly browned, about 15 minutes, stirring occasionally .
2. Add water, Organic vegetable broth, tomatoes with their liquid, spinach, zucchini, salt (optional), over high heat, heat to boiling, stirring to break up tomatoes.
3. Reduce heat to low; cover; simmer 30 minutes or until all the vegetables are very tender, stirring occasionally; do not overcook.
4. Stir in beans; cook 15 minutes longer or just until the soup is slightly thickened.
5. Turn off heat and add coleslaw and let sit on burner for 10 minutes.

Note: This is a guideline

*(Holiday from page 1)*

What ever happened to Christmas? What ever happened to the Christ of Christmas? Long ago there was no room in the inn. Is there any room for Him in today's celebration? Are little children ever told about Him?

What ever happen to the birth of the Saviour? Should it even be mentioned? Was it a significant event? Has it been a giant mistake that our calendars mark His birth as the starting point, and that His birth divides all of this world's history into B.C. (before Christ) and A.D. (anno Domni, in the year of the Lord)?

In the past we were concerned about the secularization of the Christmas holiday and we urged people to keep Christ in Christmas. Now it seems we have even lost Christmas! Look at the decorations people put up on their lawns: blown up snowmen, beautifully lighted reindeer, Santa Claus in all kinds of shapes and sizes, etc. Would children understand

the true meaning of Christmas if their knowledge of this day came only from observing the holiday decorations and all the Santa paraphernalia?

We observe a holiday at the beginning of every year and people are not ashamed of it. They say, "Happy New Year!" They don't say, "Happy Holiday!" They understand exactly what the holiday is all about and they have no problem celebrating the coming of a new year. Why are we embarrassed to celebrate the coming of the Saviour into the world? "This is a faithful saying and worthy of all acceptance that Christ Jesus came into the world to save sinners" (1 Timothy 1:15).

One might object: "If we make too much of Christmas we might offend our Jewish friends and we might offend the Muslims and we might offend the atheists." When our Jewish friends celebrate Hanukkah, for example, they are celebrating their deliverance from a brutal tyrant, King Antiochus Epiphanes, in 164 B.C.

They have every right to celebrate this remarkable event and the courage of Judas Maccabeus and other heroes of that day. Indeed, most of the Jewish holy days (Passover, Day of Atonement, etc.) have their basis in the Bible and are highly instructive.

Muslims observe their holy days and are neither ashamed of them nor embarrassed by them. In our country they have a right to do so, and that right should be respected (even though in nearly all Muslim countries religious freedom is unheard of and such rights are rarely if ever given to Christians). Do not Christians have a right to celebrate the birth of the Saviour, the time when God became a man? Or should we only do so secretly, behind closed doors without anyone finding out what it is or Who it is we are celebrating?

Atheists don't have any holidays to celebrate their unbelief. There is little motivation to hold festivities in honor of a world view in which man finds

*(Holiday on page 14)*

## "God has big plans for you".

For I know the thoughts that I think toward you, saith the Lord, thoughts of peace, and not of evil, to give you an expected end. Jeremiah 29:11

Let us pray, "God, We believe our better days are still to come. The pain in our life prepares us to receive twice what we have lost, so we will face whatever comes with steadfast faith. So we thank You for giving us this hope, In Jesus' Name - Amen." In this new year, stop beating yourself up over your past mistakes. Quit thinking that you don't deserve anything good. We are a children of the Most High God. And If God had a refrigerator, our picture would be on it! He could have lived anywhere, but He chose to live in your heart.

See God wants us to be free. He wants us to forget the past and start fresh with Him. By seeing our self the way He sees us, and declare what His Word says about us, "I am a victor. I am a masterpiece. I am fearfully and wonderfully made." So remember; When we do this we'll see ourselves as the champion He created us to be! We are His most prized possession, and He'll sees us as His masterpiece, the apple of His eye, His precious child, Amen

Barbara Perry

*(Holiday from page 13)*

himself in the middle of a meaningless universe which originated by blind chance, and where there is no hope or future destiny beyond the grave.

Should we give up Christmas and abandon it as a holy day? After all, no one wants to mention it anymore, and it seems to have evolved into a meaningless, festive, gift-giving occasion apart from any spiritual significance.

If the God of the entire universe, the Maker of heaven and earth, decided to pay a visit to this earth, then that event is highly significant and worthy of at least a yearly remembrance and thankful celebration! "And we have seen and do testify that the Father sent the Son to be Saviour of the world" (1 John 4:14).

Here is the Christmas story according to John, a man who knew Jesus Christ very well: "In the beginning was the Word, and the Word was with God, and the Word was God. The same was in the beginning with God. All things were made by Him; and without Him was not any thing made that was made....And the Word was made

[became] flesh and dwelt among us" (John 1:1-3, 14).

John also makes very clear the reason God came to earth as a man. He came on a saving mission: "For God so loved the world, that He gave His only begotten Son, that whoever believeth in Him should not perish, but have everlasting life. For God sent not His Son into the world to condemn the world; but that the world through Him might be saved" (John 3:16-17).

Why did God have to become a man? In order to save sinful men, someone holy and sinless would have to die for them. But there is no one holy except God, and God cannot die. Therefore God would have to become a man in order to be able to save mankind. This was made possible through the miracle of the virgin birth. Although God could not die, the God-man (the Lord Jesus Christ) could die and did die for our sins: "All we like sheep have gone astray; we have turned every one to his own way; and the LORD hath laid on Him [the Messiah] the iniquity of us all" (Isaiah 53:6). "But God commendeth His love toward us, in that, while we were yet sinners, Christ died for us" (Romans 5:8).

On that first Christmas night, the angel announced the good news which summarizes the true meaning of Christmas: "And the angel said unto them, fear not: for, behold, I bring you good tidings of great joy, which shall be to all people. For unto you is born this day in the city of David a Saviour, which is Christ the Lord" (Luke 2:10-11).

God has good news for all men! The Saviour has been born! He died as the sinner's Substitute and He rose again to provide eternal life for all who believe in Him. Do you know Him as your personal Saviour? "But as many as received Him, to them gave He power to become the sons of God, even to them that believe on His name" (John 1:12). Have you realized your condition as a needy sinner and come to Him, the only Saviour? Jesus said, "Him that cometh to Me I will in no wise cast out" (John 6:37).

***"But these [things] are written, that ye might believe that Jesus is the Christ, the Son of God; and that believing ye might have LIFE through His Name"*** (John 20:31).

By George Zeller

*(Tithe from page 1)*

Malachi 3:10 instructs, "Bring ye all tithes into the storehouse," By giving a tithe or more, I can demonstrate in a tangible way my obedience to God.

When I tithe I acknowledge a relationship with God. This relationship expresses itself through faithfulness in living and giving. Giving a tithe is a constant reminder that God is owner and I am his manager. The Psalmist speaks of this special relationship: "The earth is the Lord's and the fullness thereof, the world and they dwell therein." (Psalm 24:1). I can acknowledge His ownership and my stewardship responsibility every time I give a tithe to my church.

When I tithe I enhance the ministry of my church. Most ministries of the church are supported by member's

gifts. Tithing, therefore, has a practical value as a systematic means of providing financial support to help my church accomplish its mission. When my church is supported by committed tithes, it can more adequately fund its ever growing list of ministries which include preaching the Word, winning the lost, teaching the saved, and extending its witness to the ends of this earth.

When I tithe I witness around the world. A conservative estimate is more than 125 million people in the United States are unsaved and 66 percent of the world's population doesn't know Christ as their personal Savior (Home Mission Board). Christ has commissioned the church to global discipleship. I can witness far beyond my neighborhood to 120 countries by giving a tithe or more to my church each week.

When I tithe I reflect my priorities. Jesus admonished his followers to "Seek ye first the kingdom of God and his righteousness." (Matthew 6:33). Operating with a proper sense of priorities is one of the most difficult tasks. By setting aside at least the first tenth of my income for my church, I establish a pattern for giving and testify to God's priority in my heart.

When I tithe I exercise my faith in God. The decision to tithe, or not to tithe, is more likely related to faith than economics. Like other important life making decisions, tithing involves an act of faith. The scriptures abound with examples of giving by faith. Abraham giving his tithes; the widow giving all she had. Tithing can help me and others develop a greater faith in the adequacy and faithfulness of God to grow in giving.

## Imagine

Imagine for a moment that you plan to take a vacation trip to some far-away place. Because of the distance and the complex nature of your expectations for this trip, it takes you years of planning and sacrifices to come up with what appears to be your life-time of savings and effort just for this one trip. From all indications you are aware that you will need every available support to get through this trip. For starters, you are aware that at certain portions of the journey, your skills will be challenged. You may have to get on your knees in some places. You will be challenged to crawl, to run, to walk and even where possible, to swim and wade in order to traverse parts of this journey.

Nothing has been overlooked. Not because you have the abundance of riches and resources. On the contrary, it is a trip that has, effectively and absolutely tested your resolve, your readiness and your worth as a bona fide member of your community. Over the years you've been aware of all the various and sundry individuals who have successfully undertaken this trip – sort of the vacation of all vacations. Yet it is not for the faint of heart, it is the proverbial bitter pill that cures your ailment but can only be taken by the individual and not by surrogates.

Now, imagine for the second time. Actually, the last time; that, on the morning of your departure, when you have completed all the necessary precautions of securing your home, securing your vehicle, and your mail, that you receive a text message that says that - you are to come out and meet a limousine with a dedicated chauffeur, who has been instructed to pick you up from your door step and to ensure that you start this trip with virtually none of the encumbrances that many have had to deal with.

With utter disbelief, you frantically check the text message, and inspect the mobile devise to make sure it is what it is supposed to be. It turns out to be just as it has always been. Your next action is to look outside to confirm what you've been instructed to do. As you toss and turn all manner of thoughts in your mind, concerned that someone may be pulling your legs, a hint flashes in your subconscious that clearly says 'not to worry or to doubt the authenticity of the gesture' because by interpretation, this is your final trip in your journey on this terrestrial realm and since your forbear was a former mortal named Lois McArthur Riddick, now immortal and member of the other realm, she had arranged for this ultra, first class treatment as part of her reward to descendants in a package that was awarded her by the Creator for her stellar life when she was around.

As you rub off the tangled web of sleep out of your eyes, you realize now, that you are actually just waking up from a rather pleasant dream. -Kwame Ocansey

**Women's Ministry Chit, Chat, and Chew** January 19, 2019



## ***WORDS TO LIVE BY***

### **You Are Stronger Than You Think**

**Scarcely any joy equals this realization: You have it in you to meet all your responsibilities. This consciousness contributes immeasurably to high spirits and happiness. It is difficult to face each day with a sense of inability and weakness. With such an attitude, life seems too much, and discouragement sets in.**

**Here is the antidote for such a dismal feeling:**

***Fear not, for I am with you; Be not dismayed, for I am your God. I will strengthen you. Yes, I will help you, I will uphold you with My righteous right hand.***  
***Isaiah 41:10***

**This is a most important promise God makes to us. No matter how overwhelming your problems, you need have no fear. You are not to let anything dismay you, for God says He will strengthen and help you. In fact, He promises He will hold you up and make you adequate for any situation.**

**Accept this great fact. Hold this verse strongly in your consciousness until it sends its rugged courage throughout your entire life.**

**OUT OF CONTEXT**

READ: John 20:13-16

***She turned around and saw Jesus standing there, but she did not realize that it was Jesus.***  
**John 20:14**

As I queued up to board my flight, someone tapped my shoulder. I turned and received a warm greeting. "Elisa! Do you remember me? It's Joan!" my mind flipped through various "Joans" I'd known, but I couldn't place her. Was she a previous neighbor? A past coworker? Oh dear...I didn't know.

Sensing my struggle, Joan responded, "Elisa, we knew each other in high school." A memory rose: Friday night football games, cheering from the stands. Once the context was clarified, I recognized Joan.

After Jesus's death, Mary Magdalene went to the tomb early in the morning and found the stone rolled away and His body gone (John 20:1-2). She ran to get Peter and John, who returned with her to find the tomb empty (vv. 3-10). But Mary lingered outside in her grief (v. 11). When Jesus appeared there, "she did not realize that it was Jesus" (V. 14), thinking He

was the gardener (V. 15).

How could she have not recognized Jesus? Was His resurrected body so changed that it was difficult to recognize Him? Did her grief blind her to His identity? Or, perhaps, like me, was it because Jesus was "out of context," alive in the garden instead of dead in the tomb, that she didn't recognize Him?

How might we too miss Jesus when He comes into our days -during prayer or Bible reading, or by simply whispering in our hearts? -Elisa Morgan

Dear God, give us eyes to see Jesus, however He comes-in a familiar context or surprising us in an unexpected one.

***Expect Jesus in unexpected places***

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

<p><b>Sunday</b>  <b>8:45 a.m. Church School</b>  <b>10:00 a.m. Worship Service</b>                  2nd Sunday Senior Usher Board Meeting (following service)                  Youth Meeting 1st &amp; 4th Sunday's (following service)</p> <p><b>Monday</b>                  6:00 p.m. Zumba                  7:00-9:00 p.m. Bible Study, Eddy Shelter                  7:00 Media Ministry (1st and 3rd of month)</p> <p><b>Tuesday</b>  <b>Special Prayer for Pastor Harvill</b>                  6:00—7:00 p.m. Prayer meeting and</p>	<p>bible study.</p> <p><b>Wednesday</b>                  6:00 p.m. Zumba                  6:00 p.m. Ministerial Staff (1st of month)</p> <p><b>Thursday</b>                  6:00 p.m. Steward Board                  7:00 p.m. Trustee Board (2nd of month)</p> <p><b>Friday</b>  <b>Day of Fasting</b>                  6:00 p.m. Vision Choir (3rd &amp; 4th of month)                  6:00 pm - 7:30 pm Cross Street Recovery Ministry (room 2)</p>	<p><b>Saturday</b>                  10:00 a.m. Pastors Aide (2nd)                  11:00 a.m. Security Ministry Meeting (2nd Saturday of month)                  12:00 noon Missionaries (2nd Saturday of month)</p> <p><b>Choir Rehearsals</b>                  Men - 7 p.m. Monday                  Women - Tuesday &amp; Friday before 5th Sunday                  Children - 7 p.m. Friday before 1st Sunday                  Unity - 7 p.m. Thursday                  Praise &amp; Worship Choir 7:00 pm                  Wednesday</p>
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## MONTHLY ACTIVITIES

### JANUARY 2019

**Tuesday, January 29**  
 @6:00 pm  
**Bible Study**

**@7:00 pm**  
**Prayer Meeting**

Thursday, January 31  
 @5:00 pm

**Middletown Public School**  
**Community Conversation**

@6:00 pm  
 Steward & Trustee Board Budget Meeting

### FEBRUARY

**Black History Month**  
 Remembering Our Past & Empowering Future Generations

**Tuesday, February 5**  
**@7:00 pm**  
**Quarterly Conference Meeting**  
 Ministerial Staff, Deaconess, Trustees, Stewards, Class Leaders, Sunday School Officers, C.E.D. Officers, Lay Council Officers, and leaders of all ministries are to attend

**Wednesday, February 6**  
**@6:00 pm**  
**Young Adult Fellowship**  
 Please Notes: Young Adult Fellowship will be meeting EVERY OTHER Wednesday @6:00 pm

**Thursday, February 7**  
**@6:00 pm**  
**Women's Bible Study**  
 &  
**Steward & Trustee Boards Meeting**

**Sunday, February 10**  
**@10:00 am**  
**Marie Clinton Day**

**Tuesday, February 12**  
**@6:00 pm**  
 Annual Budget Meeting

**Thursday, February 14**  
**@10:00 am**  
**Food Share Truck**  
 in Cross Street parking lot EVERY 2nd Thursday of the month!

**Saturday, February 23**  
**@5:00 pm**  
**Men's Fashion Show & Awards Luncheon**  
 More information to come!

**Sunday, February 24**  
**Black History Program**

### 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



## 2018 - 2019 EVANGELIZING - EQUIPPING - EMPOWERING JOYFULLY SERVING & GIVING

### CROSS STREET A.M.E. ZION CHURCH

Organized in 1823

440 West Street P.O. Box 223  
Middletown, CT 06457

Phone: 860-344-9527 Fax: 860-344-1740

[crossstreetchurch@snet.net](mailto:crossstreetchurch@snet.net)  
[www.crossstreetamezion.org](http://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](mailto: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



#### "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, some-  
how!

#### 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 asun-  
der of soul and spirit, and of the joints  
and marrow, and is a discerner 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 discerner 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 ???**

The Cross Street Journal is published Bi-monthly. If you have an article or information for current and future publications the deadline for this information is the Monday after the 2<sup>nd</sup> 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 with Verna Boyce Or, E-mail Ken Simmons ([Ken46@snet.net](mailto:Ken46@snet.net)), or give it to him **Praise God!!!**