

September-October 2022 - Volume 26 Issue 5

National Back To Church Sunday, September 18, 2022 @ 10:00 am



From The Pastor's Desk

Dear Church Family,

There's a saying we have heard over the past years, and it's this; "we're stronger together." Every time I've heard that I've thought that while we may be in it together, "together" includes the realization we had to try to accomplish those six feet apart!

This kind of thinking goes against what the church of Jesus Christ teaches us. Of all people, we should be appreciative of the fact that we are "stronger and better together."

If there's ever a time, we need the fellowship and love of one another, it's this day we live in! For a few years, we knew what it was like to feel "quarantine," and it's not a good feeling.

We are gathering back together, and this is something we need to do as the body of Christ! We need each other for both emotional and spiritual support.

While many may not be ready to get back to church physically, I encourage you to stay connected as much as possible, even if it's the online church.

We have heard it many times before this pandemic and recall again... "that the church is not a building." While this is true, there is something quite compelling about meeting together. I pray we never get used to this idea and call it "the new normal,", especially in light of scriptures like the following:

Hebrews 10:25 (NKJV) 25 not forsaking the assembling of ourselves together, as is the manner of some, but exhorting one another, and so much the more as you see the day approaching.

We invite you to join us for "Back to Church Sunday" on September 18 at 10:00 A.M and invite your family and friends to attend our church fellowship following the service. We will have plenty of food and fun.

We love you!

In Christ,

Presiding Elder/Pastor Moses Lamar Harvill



lemo irom

Effective immediately, please be aware that there are 6. HAVE FAITH changes YOU need to make in YOUR life. These changes I see a lot of things from up here that you can't see from need to be completed in order that I may fulfill My where you are. Have faith in Me that I know what I'm doing. promises to you to grant you peace, joy and happiness in Trust Me; you wouldn't want the view from My eyes. I will this life. I apologize for any inconvenience, but after all that continue to care for you, watch over you, and meet your I am doing, this seems very little to ask of you. I know, I needs. You only have to trust Me. Although I have a much already gave you the 10 Commandments. Keep them. But bigger task than you, it seems as if you have so much 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 old. When did you forget? That rule still applies. Share with 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 8. BE PATIENT over to Me. And although My to-do-list is long, I am after I managed to fix it so in just one lifetime you could have so 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

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 10. LOVE YOURSELF 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 With all My heart I love YOU ... 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 God about your friends and family. Prayer is simply you having a conversation with Me. I want to be your dearest friend.

trouble just doing your simple part. How hard can trust be?

7. SHARE

You were taught to share when you were only two years 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.

all ... God. I can take care of anything you put into My many diverse experiences. You grow from a child to an hands. In fact, if the truth were ever really known, I take 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

For My sake, put it on My list. I want to help you. All you 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.

renew your strength and cover you in my peace. Don't you As much as I love me for one reason of Love. Love Me. know that if I give you these problems back, you will be 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**.





What does the Bible say about perseverance?

The Bible has a lot to say about perseverance in several different contexts. Clearly, the Scriptures teach that those who "overcome" and persevere in the faith will inherit eternal life (Revelation 2:7). This truth is also expressed in Colossians 1:23 where we see that people will be holy, blameless, and above reproach "if they continue in the faith, grounded and steadfast, and are not moved away from the hope of the gospel." So all Christians should be in agreement that those who are ultimately saved are those who do persevere and continue to believe the gospel.

There are two very distinct views on the issue of perseverance of the saints among Christians. The first is the Arminian view that it is possible for true Christians to turn away from God and not persevere. This is consistent with the concept of salvation which has man's "free will" at

(Perseverance-Bible on page 15)

The Trip is too Short

"A woman climbed up the local bus and sat down beside a man, hitting him with her numerous bags. When the man remained silent, the woman asked him why he did not complain when she hit him with her bags?

The man replied with a smile: "There is no need to be upset about something so insignificant, as our journey together is so short, because I'm getting off at the next stop."

This response touched the woman so much, she asked the man to excuse her and thought the words needed to be kept in mind, for her to remember.

Each one of us must understand that our time in this world is so short, that darkening it with petty arguments, senseless jealousies, not forgiving others, discontentment and bad attitudes are all ridiculous waste of time and energy.

Did someone break your heart? Stay calm. The trip is too

(too short on page 16)

Perseverance

As I recollect all the events that have taken place this year in our world thus far and even in my own personal life as I'm writing this,

It is in such times that our Faith matters most as we trust God for the outcome.

Perseverance is something that stands out. It is recognized by many witnesses who watch our lives, and many who may follow our example as we follow Christ.

Perseverance has one defining definition. To persevere means to continue
To be steadfast and constant, to not stop.

Perseverance gives us the ability to pray when there is nothing else we can do.

(Perseverance on page 18)

Perseverance of the Saints - is it biblical?

Perseverance of the saints is the name that is used to summarize what the Bible teaches about the eternal security of the believer. It answers the question, "Once a person is saved, can he lose his salvation?" Perseverance of the saints is the *P* in the acronym TULIP, which is commonly used to enumerate what are known as the five points of Calvinism. Because the term "perseverance of the saints" can cause people to have the wrong idea about what is meant, some people prefer to use terms like "preservation of the saints," "eternal security," or "held by God." Each of these terms reveals some aspect of what the Bible teaches about the security of the believer. However, like any biblical doctrine, what is important is not the name assigned to the doctrine but how accurately it summarizes what the Bible teaches about that subject. No matter which name you use to refer to this important doctrine, a thorough study of the Bible will reveal that, when it is properly understood, it is an accurate description of what the Bible teaches.

(Perseverance-Saints on page 17)

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· Reconnecting · Reopening

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

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Growing the church by coming back together in love & fellowship

REOPENING

Returning with zeal for Christ and His Kingdom mission

PRAYERS



When You Need Greater Faith

Key Scripture: "Above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked" Ephesians 6:16.

Key Thought: Reading God's Word imparts faith to our hearts. (See Romans 10:17)

Prayer: Your Word, Father, renews my mind so that I am able to prove what your good, acceptable, and perfect will

in my life is. ¹ Your wonderful Word also imparts faith to my heart. ² thank you, Lord.

Through your grace, I will wash in the cleaning, sanctifying waters of your Word every day. ³ The truth of your Word sanctifies me. ⁴ Thank you, Father.

Your Word helps to increase my faith because its power is at work in my life. Thank you for the life-giving power of your Word, Father. ⁵ I rejoice in the knowledge that you are changing me from glory to glory by your Spirit. ⁶ As I meditate upon the principles of your Word, my faith grows and I am blessed. ⁷

Realizing, Father, that it is impossible to please you without faith, I come to you fully believing in you and knowing that you will reward me because I am diligently seeking you. ⁸ Thank you for enabling me to have faith in you and your Word. The faith you've imparted to me is the substance of things I hope for, and it is the evidence of things I do not yet see. ⁹ Thank you, Father. I realize that the things that are seen are temporal and subject to change, but the things that are not seen are eternal. ¹⁰

Through faith I am able to

understand so many things, including the fact that the very worlds of the universe were framed by your Word. This helps me to understand that things which are seen were not made of things which I can see. Instead, they were made by your unseen hand, O Lord. ¹¹ Therefore, I will walk by faith and not by sight. ¹²

Through faith, you enable me to subdue kingdoms, work the works of righteousness, obtain all of your promises, and even stop the mouths of lions. ¹³ Through faith I shall be able to quench the violence of fire, escape the edge of the sword, turn my weaknesses into strengths, become valiant in all struggles, and turn my enemies away. ¹⁴ Thank you for increasing my faith, Father, through your Word.

References: (1) Romans 12:2; (2) Romans 10:17; (3) Ephesians 5:26; (4) John 17:17; (5) Hebrews 4:12; (6) 2 Corinthians 3:18; (7) Psalms 1; (8) Hebrews 11:6; (9) Hebrews 11:1; (10) 2 Corinthians 4:18; (11) Hebrews 11:3; (12) 2 Corinthians 5:7; (13) Hebrews 11:33; (14) Hebrews 11:34.

Bible Prayers for all your needs Victory House Publishers

PRAYERS BY BARBARA PERRY

"Good morning prayer for today"

My Lord God, we have no idea where we are going. We do not see the road ahead of us. We cannot know for certain where it will end. Nor do we really know ourselves, and the fact that we think we are following Your will does not mean that we are actually doing so. But we believe that the desire to please You and we hope we have that desire in all that we are doing. We hope that we will never do anything apart from that desire. And we know that, if we do this, You will lead us by the right road, though we may know nothing about it. Therefore we will trust You always though we may seem to be lost and in the shadow of death. Today we will not fear, for You are ever with us, and You will never leave us to face my perils alone, Amen.

"Prayer For Joy"

Nehemiah 8:10 says, "For the joy of the Lord is your strength." Amen

Let's pray: Dear Lord, We can do nothing without You. When we strength falters, we will look to You Lord. You are our strength in every single situation that we are going through. We cling to the promises that You have given us through the words found in the Bible. Lord, we cry out to you through the hardness of our situations. You are our hope, You are our peace and we find our joy in You. Help us to allow the truth of these realities to fill every part of our mind and heart. Its in Your name we pray, Jesus. Amen, Amen, Amen.

As we go into our hard things today, pray over each of your circumstances and each person in your lives, and then hand it all over to the Lord. It's important that we believe the promise that finding our joy in the Lord will give us all the strength we need to walk through every situation that we face today. However, it is during these very hard moments that we must learn to lean into the Lord, to remind ourselves of the promises that He gives us in the Bible, Amen.

"Prayer to Renew Our Trust in God"

Psalm 9:10 says, "Those who know your name trust in you, for you, O Lord, do not abandon those who search for you." Amen Hallelujah Thank You Jesus.

Let's pray: Dear Lord, Lately, we've been discouraged because we don't have the answers. We don't see how our situation will work out. We get confused and frustrated over closed doors. Today please forgive us for not trusting You in all things, help us renew our trust in You. See we know You are

present with us in our pain, and You are also working things out according to Your perfect will even when we can't see it, You are working on our behalf. Today we proclaim our faith in You, God. Let the words of Rahab in Joshua 2:11 be our battle cry when we struggle to trust, "For the Lord Your God is the supreme God of the heavens above and the earth below." thank You for Your guiding hand in our life, its In Jesus' name we ask and pray. Amen, Amen, Amen. Hallelujah Thank You Jesus.



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; FAITHFULNESS, 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

SEPTEMBER 1 Jeremiah 47-49 2 Jeremiah 50-52 3 Lamentations 1-5 4 Ezekiel 1-3 5 Ezekiel 4-7 6 Ezekiel 8-11 7 Ezekiel 12-14	8 Ezekiel 15-18 9 Ezekiel 19-21 10 Ezekiel 22-24 11 Ezekiel 25-27 12 Ezekiel 28-30 13 Ezekiel 31-33 14 Ezekiel 34-36 15 Ezekiel 37-39	16 Ezekiel 40-42 17 Ezekiel 43-45 18 Ezekiel 46-48 19 Daniel 1-3 20 Daniel 4-6 21 Daniel 7-9 22 Daniel 10-12 23 Hosea 1-4	24 Hosea 5-7 25 Hosea 8-10 26 Hosea 11-14 27 Joel 1-3 28 Amos 1-3 29 Amos 4-6 30 Amos 7-9
OCTOBER 1 Obadiah, Jonah 2 Micah 1-4 3 Micah 5-7 4 Nahum 1-3 5 Habakkuk 1-3 6 Zephaniah 1-3 7 Haggai 1-2	8 Zechariah 1-2 9 Zechariah 3-6 10 Zechariah 7-10 11 Zechariah 11-14 12 Malachi 1-4 13 Matthew 1-4 14 Matthew 5-7 15 Matthew 8-11	16 Matthew 12-15 17 Matthew16-19 18 Matthew 20-22 19 Matthew 23-25 20 Matthew 26-28 21 Mark 1-3 22 Mark 4-6 23 Mark 7-10	24 Mark 11-13 25 Mark 14-16 26 Luke 1-3 27 Luke 4-6 28 Luke 7-9 29 Luke 10-13 30 Luke 14-17 31 Luke 18-21
NOVEMBER 1 Luke 22-24 2 John 1-3 3 John 4-6 4 John 7 10 5 John 11-13 6 John 14-17 7 John 18-21	8 Acts 1-2 9 Acts 3-5 10 Acts 6-9 11 Acts 10-12 12 Acts 13-14 13 Acts 15-16 14 Acts-17-18 15 Acts 19-21	16 Acts 22-24 17 Acts 25-26 18 Acts 27-28 19 Romans 1-4 20 Romans 5-8 21 Romans 9-11 22 Romans 12-16 23 1 Corinthians 1-4	24 1 Corinthians 5-8 25 1 Corinthians 9-12 26 1 Corinthians 13-16 27 2 Corinthians 1-3 28 2 Corinthians 4-6 29 2 Corinthians 7-9 30 2 Corinthians 10-13

Name of God	Meaning	Application		
JEHOVAH -SHALOM	The Lord is Peace	God defeats our enemies to bring us peace. Jesus is our Prince of Peace. God brings inner peace and harmony.`		
JEHOVAH – SHAMMAH	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.		
JEHOVAH – TSIDKENU	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.		
YAH, ORJAH	"I AM<" The One Who Is The Self-Existent	God never changes. His promises never fail. When we are faithless, He is faithful. God promises His continuing presence.		
YHWH	"I AM<" The One Who Is The Self-Existent One	God never changes. His promises never fail. When we are faithless, He is faithful.		
ADONAI	The Lord My Great Lord	God is the Master and majestic Lord. God is our total authority.		
EL	The Strong One	He is more powerful than any false god. God will overcome all obstacles. We can depend on God.		

There are various names of God, many of which enumerate the various qualities of a Supreme Being. The English word "god" (and its equivalent in other languages) is used by multiple religions as a noun or name to refer to different deities, or specifically to the Supreme Being, as denoted in English by the capitalized and uncapitalized terms "God" and "god". Ancient cognate equivalents for the biblical Hebrew Elohim, one of the most common names of God in the Bible, include proto-Semitic El, biblical Aramaic Elah, and Arabic 'ilah. The personal or proper name for God in many of these languages may either be distinguished from such attributes, or homonymic. For example, in Judaism the tetragrammaton is sometimes related to the ancient Hebrew ehyeh ("I will be"). In the Hebrew Bible (Exodus 3:14), Yahweh, the personal name of God, is revealed directly to Moses. Correlation between various theories and interpretation of the name of "the one God", used to signify a monotheistic or ultimate Supreme Being from which all other divine attributes derive, has been a subject of ecumenical discourse between Eastern and Western scholars for over two centuries. In Christian theology the word is considered a personal and a proper name of God. On the other hand, the names of God in a different tradition are sometimes referred to by symbols. The question whether divine names used by different religions are equivalent has been raised and analyzed.

CHRISTIAN SEASONS

Kingdomtide begins on the last Sunday in August and continues until the beginning of Advent.

The emphasis includes evangelism, world missions, and the work for peace and justice in all relationships. During this period, special emphasis is placed on the Kingship of the Lord and Savior, Jesus Christ. The observance is wrapped up in the heightened awareness of one of the basic tenets of the Christian faith – the hope of the coming of the Kingdom of Heaven

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

Advent

Advent is the season of expectation, hope and celebration of the past, present, and future comings of Jesus Christ to the world. Much of the focus is on the prophecy of the coming of the Messiah to Israel and the expectancy of that fulfillment. The Advent cry is "Come," even though Emmanuel has come. Jesus has come, presently comes into the hearts of believers through grace, and is yet to return. This season is a time of anticipation as the Church makes ready for the coming of the Lord and the celebration of Jesus coming as a babe in Bethlehem. Therefore, Advent embodies a vital element of the Christian faith. The Advent season has marked the beginning of the Christian Year since the eightcentury and consists of the four weeks before Christmas.

Color: 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.

LITURGICAL COLORS

Liturgy or liturgical comes from the Greek word "leitougia" 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 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 preverb 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.

FASTING

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.

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)

10 Practical Guidelines on Fasting By Charles Ng of Singapore

- If you are determined to seek God period of prayer. diligently by fasting, you have a especially helpful. Scriptural right to expect that God will reward you. In Matthew 6:18, Jesus 5. promises to every believer who fasts special periods of prayer, your life should correctly: "your father who sees what is be as normal as possible. done in secret will reward you."
- 2. Do not wait for an emergency to drive fast. Take time to read Isaiah 58. you to fast. It is better to begin fasting when you are spiritually up than down. 7. If you are on regular medication or The law of progress in God's Kingdom is suffer from diabetes or TB, it is wise to from "strength to strength" (Ps. 84:7), obtain medical advice before entering "from faith to faith" (Rom. 1:17), and from into any fast. "glory to glory" (2Cor. 3:18).
- 3. Do not set for yourself too long a discomfort, period of fasting. If you are fasting for symptoms such as dizziness or nausea. the first time, begin by omitting one or Do not be deterred. Go through with the two meals. Then, move on to longer fast as planned. After the first day or periods such as a day or two. It is better two, these unpleasant physical reactions begin with a short period and usually subside. achieving it than to do a long period of fasting and not achieving it.

- God's Word, the Bible. Where possible, Sometimes you can fool your stomach by 1.Enter into fasting with a positive faith, read a portion of Scripture before each drinking a glass of water instead of The Psalms are snacking.

 - 6. Check on your motives each time you

 - 8. As you enter fast, you might suffer unpleasant
 - 9. Remember that hunger is purely a

- matter of habit. If you hold out, the 4. During your period of fasting, feed on sensation of hunger will go away.
 - 10. Guard against constipation. Before Avoid boastfulness—apart from 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.

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

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

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 Gospet.



A Poem of Praise

Father God, I love You so:

You care for me even when I don't know. I often question Your intent, Despite those promises You've already kept. I try to make sense of all around, yet my eyes focus narrowly on my own. You forgive my impatience, and my self-righteous thoughts; And secured my salvation through Your Son's death on the cross. He redeemed all my sins and gave me new life; an act that cost a most precious price. With Your help, dear Lord, I will trust in the perfect plan that is a gift from Your great hand. Thank You for each day's new mercies, and the grace that wipes away all my inequities. To You, Adonai, is my praise for always; may my last breath be a whisper giving You all the glory.

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Sunday School is a Family Affair

We have classes for all ages – 3 to 103 Virtual Classes (See page 29 for Details) (For Transportation Needs Please call the Church 860-344-9527)

Come Grow with US!

The Call of Gideon/Confidence Provides Necessary Courage

Background Scripture: Judges 6:1-27

EXALT!

Declaration: Judges 6:1-2, 7-16 (end with "I will be with you")

¹ The Israelites did what was evil in the sight of the Lord, and the Lord gave them into the hand of Midian seven years. ² The hand of Midian prevailed over Israel, and because of Midian the Israelites provided for

themselves hiding places in the mountains, caves and strongholds.

When the Israelites cried to the Lord on account of the Midianites, ⁸ the Lord sent a prophet to the Israelites, and said to them, "Thus says the Lord, the God of Israel: I led you up from Egypt and brought you out of the house of slavery, ⁹ and I delivered you from the hand of the Egyptians and from the hand of all who oppressed you and drove them out before you and gave you their land, ¹⁰ and I said to you, 'I am the Lord your God; you shall not pay reverence to the gods of the Amorites in whose land you live.' But you have not given heed to my voice."

The Call of Gideon

11 Now the angel of the Lord came and sat under the oak at Ophrah, which belonged to Joash the Abiezrite, as his son Gideon was beating out wheat in the winepress, to hide it from the Midianites. 12 The angel of the Lord appeared to him and said to him, "The Lord is with you, you mighty warrior." 13 Gideon answered him, "But sir, if the Lord is with us, why then has all this happened to us? And where are all his wonderful deeds that our ancestors recounted to us, saying, 'Did not the Lord bring us up from Egypt?' But now the Lord has cast us off and given us into the hand of Midian." 14 Then the Lord turned to him and said, "Go in this might of yours and deliver Israel from the hand of Midian; I hereby commission you." 15 He responded, "But sir, how can I deliver Israel? My clan is the weakest in Manasseh, and I am the least in my family." 16 The Lord said to him, "But I will be with you, and you shall strike down the Midianites, every one of them."

Affirmation: We will answer God's call confidently, even when feeling inadequate, and trust that God will be with us. (Spoken together by class and teacher).

ENGAGE

We sometimes feel inadequate for task to which God calls us. How do we overcome feelings of fear and insecurity? Gideon received divine reassurance of God's continued presence for the task at hand. Break into small groups and discuss the following questions: How common is the experience of a sense of inadequacy, inferiority, and insecurity in those who are called or selected to play certain roles or perform certain task? If this is not always the case, what type of callings do you think inspire such feelings in people? How does the context and situation (family, community, job, group membership, upbringing, etc.) contribute to one's view of self (identity, abilities, etc.)? When might the sense of inadequacy and unworthiness be a good thing regarding playing certain roles?

EDUCATE

Judges 6:1-2, 7-10: God makes the context of salvation God's history with his people, reminding them of God's faithful actions and Israel's unfaithfulness, and thus reminding them that God remains though they don't deserve it. "None of the other stories in Judges devotes such attention to the details of the oppression as this one. Homes, crops, and livestock were subject to the covenant curse (Deuteronomy 28:30-33, 38-42). The Midianite oppression was so great that Isaiah mentioned it centuries later (Isaiah 9:4; 10:26)" (ESV Reformation Study Bible). Hiding in Caves, creating strongholds, and beating out wheat in a winepress (which was as area sunken into the ground and hidden) are all indications of a refugee lifestyle. Judges 6:6 literally says that Israel "became small," reflecting not only their economic

(Necessary Courage 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.

(Necessary Courage from page 11)

plight but their emotional and psychological state at the depredations of the Midianites; yet even this low estate is not an indication of repentance but only of their pain in the situation. "The prophets constantly reminded the people of their covenant obligations. The words of this unnamed prophet (vv. 8-10) are virtually identical to the words of the Angel of the Lord in 2:1-3...... Remembering [the] saving actions of God is the first part of covenant keeping. In Israel religious apostasy was linked to forgetting God's saving acts, and His law" (Ibid.).

Judges 6:10-16: Gideon's call is the longest and most formal calling narrative in the book of Judges, revealing the significance of Gideon's call as well as the author's view of Israel (forgetful) and of Gideon (insecure). His calling strongly reflects Moses' calling (Exodus 3-4), suggesting that the author wants the reader to see Gideon as a potential type of Moses. Gideon "asks the question that is central to the book's message (v. 13); and his search for faith begins with signs (6:1-8:32 note). The search for and need for a covenant-keeping deliverer like the prophet Moses is the focus of Judges" (Ibid.). When Gideon accuses God of abandoning his people when the truth is that they have in fact abandoned God, he is demonstrating that his perspective was so internally focused he had lost sight of the truth of the situation. In his obedience to the call, God assures Gideon that he did not need to rely on his own strength but rather on the strength of God. As one commentary observes "Gideon was the greatest of the judges. The following facts bear out this judgement. (a) His story is the longest in the book. (b) The Lord is more visibly active in his story than in any of the others. © The Angel of the Lord appeared to him, but to no other judge (vv. 11-24)" (Ibid.).

ELEVATE

As we base our identity on what God says about us and celebrate God's love for and confidence in us, do we find trust and obedience easier and more natural when we remember our God-given identity and God's faithfulness and history with God's people? Recall Paul's words, "I can do all things through Christ, who strengthens me." Do our experiences affirm this? How can we as Christians who face extremely stressful situations remember God's faithfulness and thus anticipate God's response and blessing in the midst of our struggles?

iTHINK

- 1. To recognize when our idea of who we are is inconsistent with what God says about our identity, write a description of how you see yourself. Read Ephesians 1-3 and note what Paul says about our identity in Christ. Record the differences you see between what you wrote about yourself and what God says about you.
- 2. To express wonder and gratitude at God's assessment of our identity and valve, listen to the song "I am who You say I am." Identify the imagery that the song evokes. Having read Ephesians 1-3, now sing it, knowing what God really thinks about you.
- 3. To obey faithfully, trusting God's word and provision for the fulfillment of your task, form pairs and tell one another of an instance when you struggled to obey God. Discuss how knowing your identity in Christ impacted this struggle.

KEY VERSES: The LORD said to [Gideon], "Peace be to you; do not fear, you shall not die." Judges 6:23

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

Prayer—90 Devotions from Our Daily Bread Complied by Dave Branon

ALWAYS PRAY, AND DON'T GIVE UP Read: Luke 18:1-8

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

Are you going through one of those times when times when it seems every attempt to resolve a problem is met with a new difficulty? You thank the Lord at night that it's taken care of but awake to find that something else has gone wrong and the problem remains.

During an experience like that, I

was reading the gospel of Luke and was astounded by the opening words of chapter 18: "Then Jesus told his disciples a parable to show them that they should always pray and not give up" (v. 1). I had read the story of the persistent widow many times but never grasped why Jesus told it (vv. 2-8). Now I connected those opening words with the story. The lesson to His followers was very clear: Always pray, and never give up.

Prayer is not a means of coercing God to do what we want. It is a process of recognizing His power and plan for our lives. In prayer we yield our lives and circumstances to the Lord and trust Him to act in His time and in His way.

As we rely on God's grace not only for the outcome of our requests but for the process as well, we can keep coming to the Lord in prayer, trusting His wisdom and care for us.

Our Lord's encouragement to us is clear: Always pray, and don't give up! David McCasland

Prayer Tip: Make a daily appointment with God, and add it to your calendar.

LEARN TO WAIT ON GOD Read: Psalm 62:1-8

Yes, my soul, find rest in God: my hope comes from him. Psalm 62:5

Cha Sa-soon, a 69-year-old Korean woman, finally received her driver's license after years of trying to pass the written test. She wanted the license so she could take her grandchildren to the zoo.

She was persistent and patient in what is normally an instant world. When we want something and cannot

get it, we often complain and demand. At other times, we give up and move on if what we want cannot be quickly gratified. Wait is a word we hate to hear! Yet, many times the Bible tells us that God wants us to wait on Him for the right timing.

Waiting on God means patiently looking to Him for what we need. David recognized why he had to wait on the Lord. First, his salvation came from Him (Psalm 62:1). He learned that no one else could deliver him. His only hope was in God (v. 5), for God alone hears our prayers (v. 8).

Our prayers often revolve around asking God to hurry up and bless what we want to do. What if God's answer to us is simply, "Be patient. Wait upon Me"? We can pray with David: "Listen to my voice in the morning, Lord. Each morning I bring my requests to you and wait expectantly" (Psalm 5:3 NLT). We can trust His response, even if it doesn't come in the time we expect. C, P. Hia

Prayer Tip: Search out a prayer buddy.

WAITING FOR AN ANSWER Read: Psalm 9:1-10

Those who know your name trust in you, for you, Lord, have never forsaken those who seek you. Psalm 9:10

When our daughter was fifteen, she ran away. She was gone more than three weeks. Those were the longest three weeks of our lives. We looked everywhere for her and sought help from law enforcement and friends. During those desperate days, my wife and I learned the importance

of waiting on God in prayer. We had come to the end of our strength and resources. We had to rely on God.

It was on Father's Day that we found her. We were in a restaurant parking lot, on our way to dinner, when the phone rang. A waitress at another restaurant had stopped her. Our daughter was only three blocks away. We soon had her home, safe and sound.

We have to wait on God when we pray. We may not know how or when He will answer, but we can pit our hearts constantly before Him in prayer. Sometimes the answers to our prayers

don't come when we would hope. Things may even go from bad to worse. But we have to keep persevering, keep believing, and keep asking.

Waiting is never easy, but the end result, whatever it is, will be worth it. David put it this way: "Those who know your name trust in you, for you, Lord, have never forsaken those who seek you" (Psalm 9:10).

Keep seeking. Keep trusting. Keep asking. Keep praying. James Banks

Prayer Tip: "Forgive others before praying (Matthew 5:23-24)

HE ALWAYS ANSWERSRead: Daniel 9:3-23

As soon as you began to pray, a word went out, which I have come to tell you. Daniel 9:23

Daniel was determined to pray regularly, and it got him thrown into the lions' den (Daniel 6). But have you ever noticed how God answered his prayers?

In Daniel 9, we learn that Daniel had been reading Jeremiah's prophecy that the exile of the Israelites was

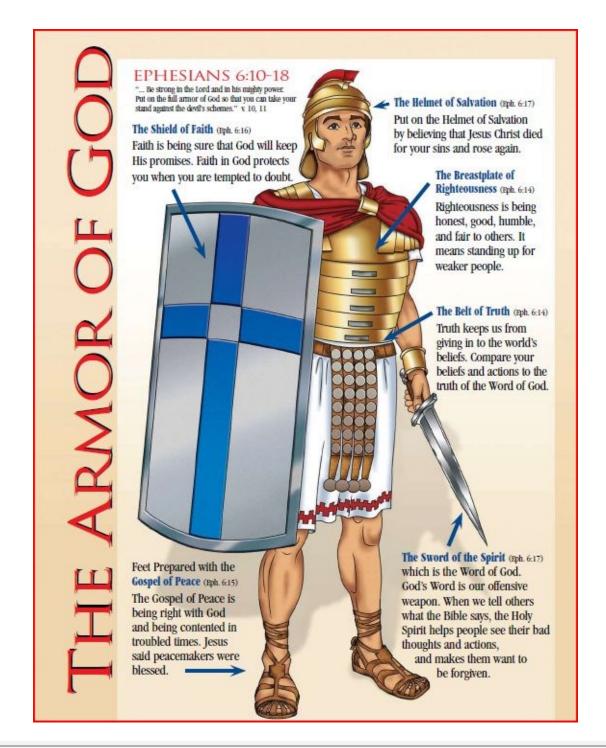
supposed to end after 70 years. So Daniel prayed that God would not delay the end of the captivity. He confessed Israel's sin and asked for God's intervention.

Then, while Daniel was still praying, God not only sent an answer but He also sent His angel Gabriel to deliver it. Daniel said, "While I was still in prayer, Gabrielcame to me in swift flight" (v. 21). In other words, before Daniel had even finished his prayer, God heard it and immediately sent Gabriel with the answer (vv. 22-23).

Yet, on another occasion when Daniel prayed, Scripture tells us that the messenger God sent with the answer took three weeks to arrive (10:12-13).

We can learn important lessons from Daniel about how God answers our prayers today. Sometimes God sends the answer immediately. Sometimes the answer is delayed. Either was, He always answers. Dave Branon

Prayer Tip: Pray for your pastor and your pastor's family



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 boldly, as I ought to speak.

(Perseverance-Bible page 3)

the center of it. It is logically consistent that, if man's "free will" choice is the determining factor of his salvation, then it would also be possible for that man to later choose to reject God and thereby lose his salvation.

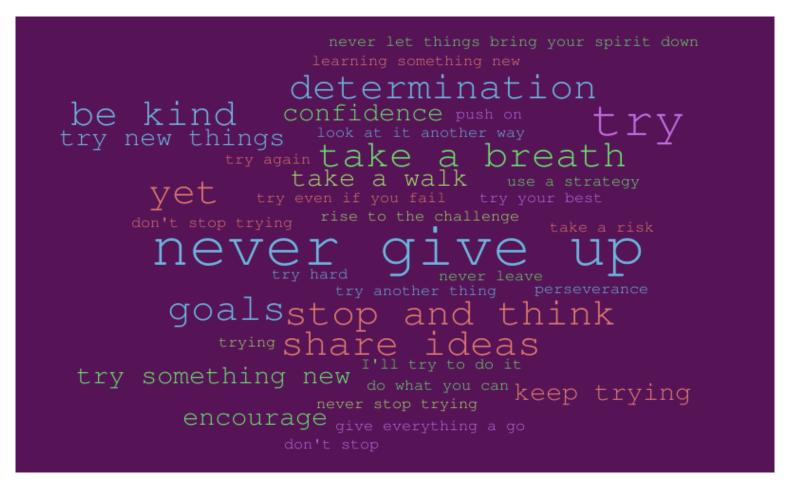
However, the Bible clearly teaches that we are "born again" by the Holy Spirit, which results in our coming to faith in Christ. All who have been "born again" do have eternal security and will persevere. The doctrine of the perseverance of the saints is founded in the promise that "he who began a good work in you will bring it to completion at the day of Jesus Christ" (Philippians 1:6) and Jesus' declaration that "all that the Father gives me will come to me" and "I shall lose none of them that he has given me" (John 6:37, 39).

Beyond the concept of perseverance in regard to salvation, there are biblical exhortations to persevere in the Christian life. In his pastoral epistles to Timothy, the apostle Paul reminds the young pastor to "watch your life and doctrine closely. Persevere in them, because if you do, you will save both yourself and your hearers" (1 Timothy 4:16). Timothy's character was that of a godly man, and his doctrine was sound and scriptural. Paul warned him to watch them both closely and persevere in them because—and this is a warning to all Christians—perseverance in godly living and believing the truth always accompany genuine conversion (John 8:31; Romans 2:7).

Further exhortations to persevere in the Christian life come from James, who warns us to be "doers of the word and not hearers only" because those who hear but do not do are "deceiving themselves." "But he who looks into the perfect law of liberty and continues in it [perseveres]...this one will be blessed in what he does" (James 1:22-24). The sense here is that the Christian who perseveres in godliness and the spiritual disciplines will be blessed in the very act of persevering. The more we persevere in the Christian life, the more God grants His blessings upon us, thereby enabling us to continue to persevere. The psalmist reminds us that there is great reward in persevering in the Christian life. In keeping God's commandments, there is "great reward" for our souls (Psalm 19:11), peace of mind, a clear conscience, and a witness to the world more eloquent than many words.

James also exhorts us to persevere "under trials" because those who do will be blessed and will receive the "crown of life" which God has promised (James 1:12). Just as the true believer will be eternally secure in his salvation, his faith will also persevere in affliction, sickness, persecution, and the other trials of life that befall all believers. If we desire to live godly lives in Christ, we will suffer persecution (2 Timothy 3:12), but the faithful will persevere, kept by the power of the Holy Spirit who is the guarantee of our salvation and who will keep us "strong to the end," persevering so we will be "blameless on the day of our Lord Jesus Christ" (1 Corinthians 1:8).

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(too short from page 3) short.

Did someone betray you, intimidate you, oppress you, cheat on you, or humiliate you? Relax, do not be stressed. The trip is too short.

Did someone insult you without reason? Stay calm. Ignore it. The trip is too short.

Did someone make a comment that you didn't like? Were you misrepresented before an authority? Said things that are very uncomplimentary about you? Tried to pull and run you down? Stay calm. Ignore the hurt. Forgive, but do not forget. Rather, keep them in your prayers and love them still, for no reason. The trip is too short.

Whatever the problems some people bring to us, it is a problem only if we think of it. Remember that our journey together is too short. No one knows the length of our trip. No one has seen tomorrow. Nobody knows the time of arrival. Our trip together is too short.

Let us appreciate friends and family. Keep them in good humor. Respect them. Let us be selfless, kind, loving and forgiving because our trip together is too short.

Endeavor to be filled with gratitude and joy, happiness and wonder, rather than anger and worry. After all, our trip together is very short.

Share your smiles with everyone. Let your happiness and joy be the reason someone else becomes happy and joyful.

Choose a path of this short journey that is beautiful, calm, contended, appreciative, loving, helpful, agreeable, humble and as satisfying as you wish it to be".

Pulled from various places on the web - Kwame6@att.net

Life is too short to wake up in the morning with regrets. So love the people who treat you right, forget about the ones who don't, and believe that everything happens for a reason. If you get a chance...take it. If it changes your life...let it. Nobody said that it would be easy, they just promised it would be Worth it all-greatquotes.com



At the end of the day it's not about what you have or even what you've accomplished... it's about who you've lifted up, who you've made better, it's about what you've given back.

- Denzel Washington

DAILY INSPIRATIONAL QUOTES facebook.com/d.i.quotes

Life
is too short
to start your day
with broken pieces
of yesterday,
it will definitely destroy
your
wonderful today
and ruin your
great tomorrow!

(Perseverance-Saints from page 3)

The simplest explanation of this doctrine is the saying: "Once saved, always saved." The Bible teaches that those who are born again will continue trusting in Christ forever. God, by His own power through the indwelling presence of the Holy Spirit, keeps or preserves the believer forever. This wonderful truth is seen in Ephesians 1:13-14, where we see that believers are "sealed with the Holy Spirit of promise, who is the guarantee of our inheritance until the redemption of the purchase possession, to the praise of His glory." When we are born again, we receive the promised indwelling presence of the Holy Spirit that is God's guarantee that He who began a good work in us will complete it (Philippians 1:6). In order for us to lose our salvation after receiving the promised Holy Spirit, God would have to break His promise or renege on His "guarantee," which He cannot do. Therefore, the believer is eternally secure because God is eternally faithful.

The understanding of this doctrine really comes from understanding the unique and special love that God has for His children. Romans 8:28-39 tells us that 1) no one can bring a charge against God's elect; 2) nothing can separate the elect from the love of Christ; 3) God makes everything work together for the good of the elect; and 4) all whom God saves will be glorified. God loves His children (the elect) so much that nothing can separate them from Him. Of course this same truth is seen in many other passages of Scripture as well. In John 10:27-30, Jesus says, "My sheep hear My voice, and I know them, and they follow Me; and I give eternal life to them, and they will never perish; and no one will snatch them out of My hand. My Father, who has given them to Me, is greater than all; and no one is able to snatch them out of the Father's hand. I and the Father are one." Again, in John 6:37-47, we see Jesus stating that everyone who the Father gives to the Son will come to Him and He will raise all of them up at the last day.

Another evidence from Scripture of the eternal security of a believer is found in John 5:24, where Jesus says, "Truly, truly, I say to you, he who hears My word, and believes Him who sent Me, has eternal life, and does not come into judgment, but has passed out of death into life." Notice that harm, and Jesus has promised that He would lose none of eternal life is not something we get in the future but is something that we have once we believe. By its very nature, eternal life must last forever, or it could not be eternal. This passage says that, if we believe the gospel, we have eternal life and will not come into judgment; therefore, it can be said we are eternally secure.

There is really very little scriptural basis that can be used to argue against the eternal security of the believer. While there are a few verses that, if not considered in their context, might give the impression that one could "fall from grace" or lose his salvation, when these verses are carefully considered in context it is clear that is not the case. Many people know someone who at one time expressed faith in Christ and who might have appeared to be a genuine Christian who later departed from the faith and now wants to have nothing to do with Christ or His church. These people might even deny the very existence of God. For those who do not want to accept what the Bible says about the security of the believer, these types of people are proof that the doctrine of eternal security cannot be right. However, the Bible indicates otherwise, and it teaches that people such as those who profess Christ as Savior at one time only to later walk away and deny Christ were never truly saved in the first place. For example, 1 John 2:19 says,

"They went out from us, but they were not of us; for if they had been of us, they would have remained with us; but they went out from us, in order that it might be made manifest that they all are not truly of us." The Bible is also clear that not everyone who professes to be a Christian truly is. Jesus Himself says that not everyone who says, "Lord, Lord," will enter the kingdom of heaven (Matthew 7:21-22). Rather than proving we can lose our salvation, those people who profess Christ and fall away simply reinforces the importance of testing our salvation to make sure we are in the faith (2 Corinthians 13:5) and making our calling and election sure by continually examining our lives to make sure we are growing in godliness (2 Peter 1:10).

One of the misconceptions about the doctrine of the perseverance of the saints is that it will lead to "carnal Christians" who believe that since they are eternally secure they can live whatever licentious lifestyle they wish and still be saved. But that is a misunderstanding of the doctrine and what the Bible teaches. A person who believes he can live any way he wants because he has professed Christ is not demonstrating true saving faith (1 John 2:3-4). Our eternal security rests on the biblical teaching that those whom God justifies, He will also glorify (Romans 8:29-30). Those who are saved will indeed be conformed to the image of Christ through the process of sanctification (1 Corinthians 6:11). When a person is saved, the Holy Spirit breaks the bondage of sin and gives the believer a new heart and a desire to seek holiness. Therefore a true Christian will desire to be obedient to God and will be convicted by the Holy Spirit when he sins. True Christians will never "live any way they want" because such behavior is impossible for someone who has been given a new nature (2 Corinthians 5:17).

Clearly, the doctrine of the perseverance of the saints does accurately represent what the Bible teaches on this important subject. If someone is truly saved, he has been made alive by the Holy Spirit and has a new heart with new desires. There is no way that one that has been "born again" can later be "unborn." Because of His unique love for His children, God will keep all of His children safe from His sheep. The doctrine of the perseverance of the saints recognizes that true Christians will always persevere and are eternally secure because God keeps them that way. It is based on the fact that Jesus, the "author and perfecter of faith" (Hebrews 12:2), is able to completely save those whom the Father has given Him (Hebrews 7:25) and to keep them saved through all eternity.

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We are instructed by God to pray without ceasing. (1 Thessalonians 5:17)

To not stop praying to continue in doing so we are persevering.

This gives us the ability to overcome the greatest difficulties and or obstacles in our pathway.

The fact that persevering means to continue is something we see a lot less of nowadays.

In 1 John 2:24 We read "If that which ye have heard from the beginning shall remain in you, ye shall continue in the Son and in the Father."

Perseverance is holding firm to our Faith in the face of life's most difficult storms.

"That which we have heard" now becomes what makes up the very fabric of who we are thus we are able to continue and in doing so we have perfect communion with the Son and the Father.

In John 8:31 Jesus says to us "If ye continue in my word then are ye my disciples indeed"

In John 15:8 Jesus further tells us to "continue in my love"

In Acts 2:42 God tells us that the early Christian church "Continued steadfastly"

Again and again God is telling His church to persevere. To keep moving forward. Having done all to stand. Stand therefore. (Ephesians 6:13-14)

Perseverance is never without difficulty for without the flame of difficulties as a motivation to continue on the right road, the good Christian might become overtaken by a spirit of complacency and despondency.

Acts 14:21 says it like this,

Confirming the souls of the disciples, and exhorting them to continue in the faith, and that we must through much tribulation enter into the kingdom of God.

You and I were never promised an easy pilgrimage here on earth, but we are always blessed by God with the strength when we are in need to continue on our journey and that's where perseverance takes hold. We continue in the faith despite our tribulations.

In summary,

Perseverance is simply continuing to do the things that God has called us to do.

It's about continuing what we've started.

It's about finishing what we've started and finishing well.

Lets recall the parable of the tower in Luke chapter 14,

For which of you, intending to build a tower, sitteth not down first, and counteth the cost, whether he have sufficient to finish it? Lest haply, after he hath laid the foundation, and is not able to finish it, all that behold it begin to mock him, Saying, This man began to build, and was not able to finish.

Remember what Jesus said when he completed the work the Father sent Him to do. He said "It Is Finished" (John 19:30)

And also what is recorded of Paul saying,

"I have fought a good fight, I have finished my course, I have kept the faith" (2 Timothy 4:7)

We can truly say the Bible in its entirety is a book of perseverance.

Lastly.

Lets remember those who are watching our lives.

We may be the only bible they will ever read.

Hebrews tells us,

Wherefore seeing we also are compassed about with so great a cloud of witnesses, let us lay aside every weight, and the sin which doth so easily beset us, and let us run with patience the race that is set before us, Looking unto Jesus the author and finisher of our faith; who for the joy that was set before him endured the cross, despising the shame, and is set down at the right hand of the throne of God. (Hebrews 12:1-2)

Lord, grant your people the ability today to continue on, to not stop being the people you have called them to be, to be among those who persevere. Amen.

Greg Adamo

HOW TO PRAY

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 <u>A</u>doration, with <u>C</u>onfession, with <u>T</u>hanksgiving, and with <u>S</u>upplication. 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 (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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OUR DAILY BREAD

HALLELUJAH!

He will reign for ever and ever. Revelation 11:15

Astonishingly, it took Handel only twenty-four days to write the orchestral music for the Messiah oratorio—today perhaps the world's most famous musical composition, one performed thousands of times every year around the world. The magnificent work reaches its climax nearly two hours after it begins with the most famous part of the oratorio, the "Hallelujah Chorus."

As the trumpets and timpani announce the beginning of the chorus, voices layer on top of each other as the choir sings the words of Revelation 11:15: "And he shall reign for ever and ever." It's a triumphant declaration of the hope of eternity in heaven

Many of the words in Messiah come from the book of Revelation, the apostle John's account of a vision he had near the end of his life describing with the return of Christ. In Revelation, John return again and again to the theme of the return of the resurrected Jesus to earth—when there would be great rejoicing with the sound of choirs (19:1-8). The world will rejoice because Jesus will have defeated the powers of darkness and death and established a kingdom of peace.

One day, all the people of heaven will sing together in a magnificent choir proclaiming the majesty of Jesus and the blessing of His forever reign (7:9). Until then, we live, work, pray,

and wait in hope. Lisa M. Samra

How does the return of Jesus to reign over the earth provide you with hope now? What songs encourage you with reminders of the majesty of Jesus?

Come guickly, Jesus, to establish Your reign over the earth.

To learn more about understanding the book of Revelation, visit ODBU.org/NT030

Today's Scripture: Revelation 11:15-18

¹⁵ The seventh angel sounded his trumpet, and there were loud voices in heaven, which said:

"The kingdom of the world has become the kingdom of our Lord and of his Messiah, and he will reign for ever and

ever."

16 And the twenty-four elders, who were seated on the fall on their faces and worshiped God, thrones before God, fell on their faces and worshiped God, ¹⁷

saying:

"We give thanks to you, Lord God Almighty, the One who is and who was, because you have taken your great power and have begun to reign. ¹⁸ The nations were angry, and your wrath has come. The time has come for judging the dead, and for rewarding your servants the prophets and your people who revere your name, both great and small—and for destroying those who destroy the earth."

INSIGHT

While the apostle John was exiled on Patmos, God showed him through a vision His end-time program for the world, specifically His righteous wrath being poured out on all creation in three cycles of judgement—the seven-sealed scroll (CHS. 6, 8), the seven trumpets (CHS. 8-9, 11), and the seven bowls (CH. 16). In Hebrew numerology, the number seven speaks of totality, completion, and perfection. The number seven is used more than fifty time in the book of Revelation (SEE 1:4, 12; 5:1, 6; 8:2; 15:7). The trumpet judgements, the second cycle of divine judgements (CHS. 8-9, 11), culminate in resounding praise in heaven when the seventh trumpet is sounded (11:15-18). In the Bible, the trumpet is sounded to rally God's people for worship or for war (Leviticus 23:24; Numbers 10:5-10; Joshua 6:16; Judges 3:27). Elsewhere, Paul said that the resurrection of the dead would be preceded by the blast of the trumpet (1 Corinthians 15:52; 1 Thessalonians 4:16). K. T. Sim

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HOPE IN GOD

I say to myself, "The Lord is my portion; therefore I will wait for him." Lamentations 3:24

As the holiday season approached, package shipments were delayed due to an unprecedented influx of online orders. I can remember a time when my family preferred to simply go to the store and purchase items because we knew we had very little control over the speed of mail delivery. However, when my mother signed up for an account that included expedited shipping, this expectation changed. Now with a two-day guaranteed delivery, we're accustomed to receiving things quickly, and we become frustrated by delays.

We live in a world accustomed to instant gratification, and

waiting can be difficult. But in the spiritual realm, patience is still rewarded. When the book of Lamentations was written, the Israelites were mourning the destruction of Jerusalem by the Babylonian army, and they faced a series of challenges. However, in the midst of chaos, the writer boldly affirmed that because he was confident that God would meet his needs, he would wait on Him (Lamentations 3:24). God knows we're inclined to become anxious when answers to our prayers are delayed. Scripture encourages us by reminding us to wait on God. We don't have to be consumed or worried because "his compassions never fail" (V. 22). Instead, with God's help we can "be still ... and wait patiently for him" (Psalm 37:7). May we wait on God, trusting in His love and faithfulness even as we wrestle with longings and

> How have you been waiting for God? How might you trust His timing?

unanswered prayers.

Kimya Loder

Heavenly Father, sometimes it can be difficult to wait on You. Please give me the strength to continue hoping in You.

Today's Scripture: Lamentations 3:22-26

²² Because of the Lord's great love we are not consumed, for his compassions never fail. ²³ They are new every morning; great is your faithfulness. ²⁴ I say to myself, "The Lord is my portion; therefore I will wait for him."

The Lord is good to those whose hope is in him, to the

one who seeks him; ²⁶ it is good to wait quietly for the

salvation of the Lord.

INSIGHT

The book of Lamentations (unique in biblical literature) is a collection of funeral songs or dirges (laments). The first four of the five chapters are arranged acrostically using the twenty-two letters of the Hebrew alphabet. Chapter 3, which includes sixty-six verses, is arranged acrostically in sequences of three verses each beginning with the same alphabet letter. The book's tone is heavy. God's judgment had come on Jerusalem (1:1) and nation (V. 3). Though the literary tour of the city is heart-wrenching, verses 22-25 of chapter 3 are heart-warming and hope-inspiring. Similar encouragement is expressed in verses 31-32: "For no one is cast off by the Lord forever. Though he brings grief, he will show compassion, so great is his unfailing love." Arthur Jackson

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WORDS TO LIVE BY

DISSATISFIED WITH YOUR WAY OF LIFE - SO FAR? THERE IS A BETTER WAY.

Things and people will disappoint you. Nothing in this world will really satisfy, that is because there is a void in your life that can only be filled by God, who created you.

How would you like to start all over again, with a clean slate, a clean conscience, without guilt or remorse? You <u>CAN</u> you know. God's word in the Bible tells us how...

Christ died for your sins, and all is forgiven. If you will recognize and believe that Jesus Christ the son of God, died in your place on the cross, and was resurrected the third day, and if you will completely trust him, he will change your life for the better, and give you that peace in your heart that you've been longing for.

You've tried everything else, now try doing things God's way, thru faith in Jesus Christ. You won't be disappointed. If you are willing to take the first step, God will do the rest.

Come on, try Jesus, and see what happens! God's promise is your guarantee. "For whoever shall call upon the name of the Lord shall be saved" (Romans 10:13). Here's how you do it ... Say this simple prayer, out loud, to yourself and to God.

"Lord Jesus, I believe you died on the cross for my sins, and rose again from the grave. Come into my heart, forgive my sins and save my soul. I receive you now Jesus, as my Savior and Lord of my life. Take over my life, and help me be the kind of person you want me to be. Thank you Jesus for saving my soul. Amen."

A PRAYER FOR HELP TO PERSEVERE

Heavenly Father,

You are an awesome God and I give you thanks for your unconditional love for me. I don't understand your great love, but I choose to accept it by faith. Thank you that you never leave me nor forsake me. Thank you that you persevere with me, even when I deliberately choose to go my own way. Forgive me for the times I've blamed you for my difficult circumstances that are directly the result of my poor choices, or the poor choices of others. Forgive me Lord for being so arrogant as to think that I know a better way than you, or for thinking that you don't care. Thank you for your faithfulness to forgive my sins and cleanse me from all unrighteousness. Thank you for upholding me when things are tough. I choose this evening to invite you once again to lead me in the way of righteousness for your name's sake. I surrender my arrogance and choose to follow your ways regardless of my circumstances. Help me Lord, to PERSEVERE. Amen

SPIRIT LIFTERS by Norman Vincent Peale

When You Feel "Down"

Here is a true Spirit Lifter, a strength renewer, to use when you feel "down": **He gives power to the weak, And to those who have no might He increases strength. Isaiah 40:29**

God is the source of all energy-in the sun, in plants and in people. Through the channel of spiritual thought, He will pour new energy and strength into you. You will feel it physically, emotionally and mentally.

Conceive of our Lord as touching you. Affirm that He is sending into your being His illimitable strength. Repeat this Spirit Lifter. You will feel new strength.

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 ourselves 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!

Know God and Live

A physicians told me that a large percent of patients did not need medicine; they needed God. Tolstoy said, "To know God is to live."

How do you find God? The answer is simple: **And you will seek Me and find Me, when you search for Me with all your heart. Jeremiah 29:13**

Say these words over and over until your mind deeply accepts the fact that God will come into your life when you want him with all your heart. Show me a person who really knows God, and I will show you a happy, enthusiastic and vital individual.

Afraid of Nothing

Fear haunts the minds of so many people. It is a paralyzing sickness. One verse that has helped many is this: The LORD is my light and my salvation; Whom shall I fear? The LORD is the strength of my life; of whom shall I be afraid? Psalm 27:1

Fear always lurks among shadows. It thrives in darkness. A spiritually darkened mind is a breeding ground for terrifying fears. Flood the darkness with light and fear scurry away. Fill the mind with light, and fears are driven off. Fears develop when you feel weak. But the Lord transmits strength. Result? You are afraid of nothing.

Pure Mind and Pure Joy

Depression is sometimes due to evil in thoughts and actions. This leads to restlessness and weariness.

But the wicked are like the troubled sea, When it cannot rest, Whose waters cast up mire and dirt. "There is no peace," for the wicked." Isaiah 57:20-21

Inner tumult keeps every dirty thing in a state of suspension. The waters of the soul are discolored. No one can experience inner peace until they experience inner cleansing. Our souls are restless until they find peace in God; then we know pure joy.

Defeat Temptation

We become low-spirited when we weakly give into temptation. Such defeat dulls the spirit; you lose that keen sense of happiness you enjoy when in full control.

No temptation has overtaken you except such as is common to man; but God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will also make the way of escape, that you may be able to bear it. 1 Corinthians 10:13

The way to overcome temptation is clear: sincerely want God's help. Earnestly ask for it: believe you have it; act as God wants you to act. This will make you happy and high-spirited.

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!

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!

BARBARA PERRY SPEAKS

"Begin Again"

"Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new." 2 Corinthians 5:17

Let us pray, Father, thank You for new beginnings. Help us let go of the old and start fresh without feelings of guilt and failure, its In Jesus' name, Amen.

The promise of new beginnings is abundantly clear in Scripture. The good news is not only that this promise provides benefits to new believers in Christ, but that it is available to us as often as we need it. The only requirement for its fulfillment is that we let go of failure and take hold of the new beginning God offers us. When God ask us to do something, and although we agree with Him and get started well, we seem to eventually

fail, and then we need to start over again. Our two choices are to feel guilty because of our failure or to began again. Remember no matter how we need a new beginning in some area of our life, Jesus has His arms outstretched and waiting for us to let Him help us begin again, Hallelujah, Thank You Jesus

"Your Record Is Cleared"

"Blessed is the man to whom the Lord will not impute sin." Romans 4:8

Let us pray, "Father, thank You that You are the Most High God who has cleared our record of sin and deleted our file's. Thank You that You're not counting our sins against us and that we are covered by Your mercy. Today we declare that we are free from all

guilt and condemnation, its In Jesus' Name we pray. Amen, Amen, Amen." Hallelujah, Thank You Jesus.

Today don't go through life beating yourself up, thinking about everything you've done wrong, dwelling on your mistakes and failures. When we make a mistake, go to God and ask for forgiveness, then move on. Don't keep bringing up the failures.

See we have no record of that. "When God forgave us, He deleted our files. He doesn't have a big server up

in heaven where He's keeping a backup copy just in case He changes His mind. Today's Scripture says He has cleared your record, Amen.

So don't let the accuser keep you feeling guilty and condemned? Our declaration is "no more." this is a new day. Enter into the joy of knowing that you are a child of the Most High God and your record is clear-no judgement, no condemnation. Hallelujah, Thank You Lord for clearing our record.

"How to Manage Your Emotions"

"For we walk by faith, not by sight" 2 Corinthians 5:7

Let us pray, "Father, help us to not let our feelings and emotions lead us. Today we want to follow Your Holy Spirit, not our feeling, but we need Your help to do it. We trust You to teach us how to walk by faith in You,

not our feelings so its In Jesus' name we ask. Amen, Amen, Amen.

People who live according to their feelings will never truly enjoy their lives. Feelings can sometimes be good, and they can also be bad. God wants us to be led by the Holy Spirt because our feelings will never go away; we have to deal with them. Also then our emotions seem to have a mind of their own and change without notice.

See we can have feelings, but we must not let them have us. We can do what we know is right, instead of doing what we feel doing. Emotions are the number one enemy of the child of God and because od that we will experience great difficulty in life. But if we manage our emotions with God's help we can recognize them so it doesn't devil lead us down the wrong path, Amen.

"Don't Sell Yourself Short"

"For as he thinketh in his heart, so is he: eat and drink, saith he to thee;" Proverbs 23:7

Let us pray, "Father, we are so thankful that You can take even our mistakes and turn them into something good. Today we pray that You will help us put doubt aside and

trust You completely. Thank you that in Christ we have everything we need and we never have to doubt again, Amen.

Self-doubt makes us doubleminded, and James 1:8 teaches us that a double-minded man is unstable, Amen, we cannot go forward until we decides to believe in God and trust His plan for our life.

See we will make mistakes, but

thankfully, God will allow us to learn from them and will actually work them out for our good. When doubt begins to torment our mind, start speaking the Word of God out of our mouth-I will win the battle, Amen.

I encourage you to take a big step of faith and stop doubting yourself. As the old saying goes, :Don't sell yourself short." Amen

"Control Your Tongue"

"For in many things we offend all. If Amen, Amen, Amen. any man offend not in word, the **same is a perfect man, and able also** today to say things that are positive to bridle the whole body." James 3:2

Let us pray, "Father, in Your name, we will speak in agreement with Your Word, rather than according to how we feel or what we think. We speak life to

the negative so it will turn into positive word, its In Jesus Name we pray.

Let me simply encourage you and filled with life, instead of voice to negative comments that are filled with death. When our words agree with God's Word, we will see amazingly good things happen in our live.

See Jesus used great wisdom and restraint with His words because He

fully realized the power they had. Proverbs teaches us that the power of life and death is in the tongue. We need to be reminded very often of this truth, and we should pray regularly for God to help us control the tongue, because we certainly cannot do it without His help. 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 EXPERIERENCE TO UNDERSTAND IT, TO IMAGINE HOW IT WOULD FEEL. It's like this...

WHEN YOU'RE GOING TO HSVE 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 MICHEL-ANGELO 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 LAN-GUAGE. 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 Rembrandts.

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 SIGNIFICANT 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: PROMIES FOR YOUR EVERYDAY LIFE — A DAILY DEVOTIONAL

"The Anchor of Hope"

"Which hope we have as an anchor of the soul, both sure and stedfast, and which entereth into that within the veil;" Hebrews 6:19

All of us go through difficult times in our lives, and like a ship in a storm, we need help to remain steady. A ship has an anchor to help it hold steady, and the Bible says that the anchor of our soul is hope.

When you and I base our hope firmly on God and His Word, we may feel the wind and waves, but in the end we will not be moved.

During a storm, hope gives us the ability to look at things as they are and still be confident that something better is coming. That makes hope a very powerful and important quality for you and me to have—especially in times of trouble. In fact, I believe it's the foundation that our faith must be built

No one-not even God-can promise that we will never have to deal with disappointment or trouble. But the important thing is that we never stop hoping. Maintaining a positive attitude and holding on to the hope we have in Christ puts us in a position to see God's miracle-working power.

Prayer starter: God, I put my hope in You. My expectation for the great things You're going to do in my life is my anchor in trying times.

"Perseverance Pays"

"And everyone who has given up houses or brothers or sisters or father or mother or children or property, for my sake, will receive a hundred times as much in return and will inherit eternal life." Matthew 19 29

In the early years when we were building our ministry, Dave and I went through a lot of difficult tests. I needed to work on my attitude. We needed to work on our marriage and how we handled money.

For six years I brough my socks and underwear at garage sales. We were totally broke, and I was teaching prosperity!

Not only that, it just wasn't popular for women to preach back then. We lost friends and had family members who didn't want anything to do with us. enter the victory He has for you.

It was just hard and sometimes I wanted to quit. But today I am so glad that I stuck with God because there are hard to persevere in the Christian people all over the world who have been helped because of our ministry.

Scripture tells us in Matthew 19 that we will have to leave 'important' things behind for the sake of following

Him. We didn't have everything we thought we needed back then, but the trade-off ended up being more than worth it.

Persevere in your walk with God, even when it's hard. Stay focused on Him, and it will all pay off when you

Prayer Starter: God, sometimes it's life, but I know that the perseverance will pay off. I will follow You alone, because You are all that matters.

"Receiving God's Healing in Your **Entire Being**"

"Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth. 3 John 1:2

Your entire being-spirit, soul and body-is very valuable to God and plays an important part in His plan. He has entrusted you with the responsibility of unhealthy in any way, it keeps us from maintaining each part. But there are times in our life when what we can do isn't enough, and we have to trust God

to do what only He can do.

Maybe you need a physical healing, like I did when I battled breast cancer in the late 1980's. Or maybe you need to be healed mentally or emotionally, as I did from experiencing years of abuse as a child. Whatever it is, God's Word assures us that He wants you and me to experience health in every part of our being.

When you and I are sick or doing the things God has called us to do and from enjoying the life He has given us. God has a great future

planned for you, and being healthy body, soul and spirit—is an important part of being ready to do whatever He asks of you! Pray for His healing power today.

Prayer Starter: God, I'm so glad that You care about every part of me. For any area of my life that is damaged, I receive Your wonderful healing power.

"Self-Control Applies to Every Area"

"even the Spirit of truth; whom the world cannot receive, because it seeth him not, neither knoweth him; but ye know him: for he dwelleth with you, and shall be in you." John 14:17

There are certain messages in the Bible that apply to everything-self-control is one of them. It doesn't matter what kind of problem we have in our lives, selfcontrol comes into play in every area. If we don't discipline ourselves, our

emotions will rule us and our lives will be miserable.

Exercising self-control means living in moderation. Everything in life requires quality decisions and discipline to make it the fruit of self-control. You may not happen. So many of our problems are a direct result of a lack of discipline. Financial debt happens when we can't control our spending habits, bad health follows when we can't control our eating habits, etc.

If you are in a situation that seems overwhelming to get out of, a lot of discipline and self-control may be required.

Thankfully, God has given us the Holy Spirit to live in us and help us.

If you are born again, you have the Spirit of Christ inside you-complete with have developed it, but know that it's there. You have what it takes. Make a decision to develop self-control through your relationship with the Holy Spirit.

Prayer Starter: God, I choose a spirit of discipline and self-control. By the power of Your Spirit in me, I will do what You tell me to do and not be controlled by my feelings

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 a 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 prophetical books account for almost a quarter of the Bible. They are divided into "Major Prophets" (the first five books) and, "Minor

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. Expect 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.

PHOPHECY Revelation

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



Cross Street Journal 2022 September-October 27

LEGO LESSONS

Blessed is the one who perseveres under trial

Approximately ten Lego pieces are sold for every person on earth each year—more than seventy-five billion of the little plastic bricks. But if it wasn't for the perseverance of Danish toymaker Ole Kirk Christiansen, there wouldn't be any Legos to snap together.

Christiansen toiled away in Billund, Demark, for decades before creating Leg Godt, which means "play well." His workshop was destroyed by fire twice. He endured bankruptcy and a world war that caused a shortage of materials. Finally, in the late 1940's, he landed on the idea for self-locking plastic bricks. By the time Ole Kirk died in 1958, Legos was on the verge of becoming a household word.

Persevering in the challenges of work and life can be difficult. That's also true in our spiritual life as we strive to grow to be more like Jesus. Trouble hits us, and we need God's strength to persevere. James wrote: "Blessed is the one who perseveres under trial" (James 1:12). Sometimes the trials we face are setbacks in relationships or finances or health. Sometimes they're temptations that slow us down in our goal of honoring God with our lives.

But God promises wisdom for such times (V. 5), and He asks us to trust Him as He provides what we need (V. 6). Through it all, when we allow Him to help us persevere in honoring Him with our lives, we find true blessing (V.12). Dave Branon

What trials are you facing these days? How can God help you live wholeheartedly for Him?

Dear Jesus, I know about perseverance from studying Your life. May Your example be my guide when trials come my way.

For further study, read How to Read the Bible: The General Epistles at DiscoverySeries.org/Q0930.

Today Scripture: James 1:2-12

² Consider it purer joy, my brothers and sisters, whenever you face trials of many kinds, ³ because you know that the testing of your faith produces perseverance. ⁴ Let perseverance finish its work so that you may be mature and complete, not lacking anything. ⁵ If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you. ⁶ But when you ask, you must believe and not doubt, because the one who doubts is like a wave of the sea, blown and tossed by the wind. ⁷ That person should not expect to receive anything from the Lord. ⁸ Such a person is double-minded and unstable in all they do.

⁹ Believers in humble circumstances ought to take pride in their high position. ¹⁰ But the rich should take pride in their humiliation—since they will pass away like a wild flower. ¹¹ For the sun rises with scorching heat and withers the plant: its blossom falls and its beauty is destroyed. In the same way, the rich will fade away even while they go about their business.

¹² Blessed is the one who perseveres under trial because, having stood the test, that person will receive the crown of life that the Lord has promised to those who love him.

INSIGHT

James' letter (most likely written by James the half-brother of Jesus) doesn't address a specific church but "the twelve tribes scattered among the nations" (V. 1)—suggesting its primary audience was Jewish believers in Jesus, perhaps those who left Judea fleeing persecution (See Acts 11:19).

James often calls believers in Jesus "brothers and sisters" (Greek adelphoi) in his letter (1:2, 16, 19; 2:1, 5, 14; 3:10, 12; 4:11; 5:7, 9, 10, 12, 19). Some scholars suggest that James' frequent use of the term would connect well to a Jewish audience who saw fellow Jews as brothers and sisters in their shared faith and heritage (adelphoi refer to fellow Jews in Acts 2:29 and Romans 9:3). In early Christianity, this language expanded to include all believers, including gentiles (see Romans 12:10). Monica La Rose

Ministries, Grand Rapids, Michigan, Reprinted by Permission



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

8:00 a.m. Church School (see Zoom Meeting) 10:00 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

8:00 a.m.- Contemporary Sunday School: Adults

Voice Only Call: (929) 205-6099;

Code: 140827210#

Web-link for Video Call: https://zoom.us/

i/140827210

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

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

Voice Only Call: (929) 205-6099;

Code: 233007146#

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

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/

i/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/

i/856361645

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)

Sanctuary Guidelines

There will be one service at 10:00 A.M. The doors will open at 9:45 A.M. to begin temperature check-in. As you enter the building, we request you to sanitize your hands.

If you choose to worship in the Sanctuary, there will be one entrance open, the main doors in the front of the building. The committee and I ask that you follow the guidelines for seating. The pews and floor will be marked to help you do this.

We also kindly request all persons attending to wear a mask over their mouth and nose to prevent the possible spread of illness to the most vulnerable among us. Masks are not required for those under the age of two or for persons unable to remove their masks.

I understand that there has been considerable discussion about masks. Since the scriptures are, of course, silent on the matter, I do not think we need to agree on the substance of the question. It is a matter of personal conscience. However, since some of our more vulnerable brothers and sisters would experience a great deal

of anxiety worshiping with a group of people who are not wearing masks, I ask that you consent to wear a mask for their sake (see 1 Corinthians 8-9 for singing, please keep on your mask. the principle).

Worship Outside: If you prefer to worship outdoors, there will be designated parking and an outside speaker, and you can listen on radio frequency 89:3 F.M. and watch on your phone via zoom, Facebook, or YouTube. During Communion, someone will bring the sacrament to you.

Livestream Worship: Finally, we will continue to live-stream the 10:00 A.M. service so that you can watch from your home. If you are experiencing any signs or symptoms of a new illness, including fatigue, fever, chills, difficulty breathing, cough, or nausea, please make use of the live stream and consider contacting your healthcare provider.

Other Precautions:

Since studies seem inconclusive on whether singing increases the risk for viral spread, and since we want to

exercise an abundance of caution at this point in re-opening, if you choose to join the worship and praise team in

Please refrain from shaking hands and embracing one another at this time.

I understand that some of these precautions may feel burdensome. They are temporary, and, even so, I hope you will join me in giving thanks to God for bringing us back together again and ask him to provide us with patience and kindness for each other.

Much Love to All. Faithfully Yours, Pastor Harvill

Special Note: For now, we will have service in the Sanctuary every other Sunday (First and 3rd) and 2nd and fourth in the parking lot only, along with Live streaming.

Please let us know by phone call, letter, or email what else we can do to help you become comfortable returning to in-person worship.

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

440 West Street P.O. Box 223 Middletown, CT 06457 Phone: 860-344-9527 Fax: 860-344-1740

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. Moses L. Harvill, Presiding Elder

Mrs. D. Diane Proctor Missionary Supervisor

The Right Reverend Dennis Proctor

Presiding Prelate

Ministerial Staff

Rev. Robyn Anderson 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



Pursuing New Possibilities in the Pandemic

But Jesus beheld them, and said unto them,

With men this is impossible; but with God all things are possible.

Matthew 19:26 KIV

"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 powerful, 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 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 guick, 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 ???

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