

# THE CROSS



"A CHURCH WHERE EVERYBODY  
IS SOMEBODY AND CHRIST IS  
LORD OF ALL"



November-December 2022 — Volume 26 Issue 6

## 200th Year Church Anniversary Celebration

### From The Pastor's Desk

#### The Vision Statement in four simple words:

These words are expressing the minimum expectations of members

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That's the word picture to describe locking hands and arms with others. We are called to connect together in a small group (ministry, organizations, class leader system, bible study, Sunday school, and others).

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Every member should be a regular and faithful financial giver to the church. Jesus, Himself, said it best:  
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(Matthew 6:21).



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# Memo from GOD ....

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

## 1. QUIT WORRYING

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

## 2. PUT IT ON THE LIST

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

## 3. TRUST ME

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

For My sake, put it on My list. I want to help you. All you have to do is ask.

## 4. LEAVE IT ALONE

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

## 5. TALK TO ME

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

## 6. HAVE FAITH

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

## 7. SHARE

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

## 8. BE PATIENT

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

## 9. BE KIND

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

## 10. LOVE YOURSELF

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

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

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

**God**



**GOD CAN TURN AROUND  
ANY SITUATION.**





### What Does the Bible Say About Faith?

Hebrews 11:1 tells us that faith is “being sure of what we hope for and certain of what we do not see.” Perhaps no other component of the Christian life is more important than faith. We cannot purchase it, sell it or give it to our friends. So what is faith and what role does faith play in the Christian life? The dictionary defines *faith* as “belief in, devotion to, or trust in somebody or something, especially without logical proof.” It also defines *faith* as “belief in and devotion to God.” The Bible has much more to say about faith and how important it is. In fact, it is so important that, without faith, we have no place with God, and it is impossible to please Him (Hebrews 11:6). According to the Bible, faith is belief in the one, true God without actually seeing Him.

**Where does faith come from?** Faith is not something we conjure up on our own, nor is it something we are born  
*(Bible Say on page 15)*

### "What is the definition of faith?"

Thankfully, the Bible contains a clear definition of faith in Hebrews 11:1: “Now faith is the assurance of things hoped for, the conviction of things not seen.” Simply put, the biblical definition of faith is “trusting in something you cannot explicitly prove.”

This definition of faith contains two aspects: intellectual assent and trust. Intellectual assent is believing something to be true. Trust is actually relying on the fact that the something is true. A chair is often used to help illustrate this. Intellectual assent is *recognizing* that a chair is a chair and *agreeing* that it is designed to support a person who sits on it. Trust is actually *sitting in the chair*.

Understanding these two aspects of faith is crucial. Many people believe certain facts about Jesus Christ. Many people will *intellectually* agree with the facts the  
*(Faith Is on page 18)*

### TAKE AND EAT

A long, long time ago, in a land far away on the south coastlines of West Africa; on the shorelines of the Atlantic Ocean, a story is told of a series of seasons that caused major famine in the land. It is told that after years of continuous rainfall, the local crops drowned in too much water and a general famine hit the citizens.

The worst hit was an elder farmer who was raising a number of children including his own grandchildren and the orphans of other families. His ordeal had reached far and wide. Up to a God-fearing merchant man who lived in the neighboring town. Knowing very well that he used to depend on some of the crops of that farmer for his own merchant, trading business, the rich merchant devised a plan to help the poor farmer out of his misery.

He asked his most experienced baker to make the most tasty bread and to stuff in the middle, a couple of currency notes that might help the farmer to feed his family for a long time - may be for the rest of that crummy  
*(Take and Eat on page 16)*

### Let's Talk About Faith

Psalms 30:5 says, "For his anger lasts only a moment, but his favor lasts a lifetime! Weeping may last through the night, but joy comes with the morning, Amen

What faith is and isn't — and the benefits of believing What is faith? The primary definition of faith is: “Complete trust or confidence in someone or something”.

We have faith in many things and many people. When we walk into a dark room and flip the switch, we have faith a light will come on.

When it comes to our boyfriend or husband we want something, we have faith they'll do whatever it takes to get it for us. When we ask our neighbor to pick up our mail when we're out of town, we have faith that she'll do it.

Of course, sometimes the light doesn't come on because the bulb has burned out, the switch is broken, or the power is out. Though it doesn't happen often, there  
*(About Faith on page 16)*

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# 200th Year Church Anniversary Celebration

1823-2023



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(Matthew 6:21).





**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. <sup>1</sup> Your wonderful Word also imparts faith to my heart. <sup>2</sup> thank you, Lord.

Through your grace, I will wash in the cleaning, sanctifying waters of your Word every day. <sup>3</sup> The truth of your Word sanctifies me. <sup>4</sup> 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. <sup>5</sup> I rejoice in the knowledge that you are changing me from glory to glory by your Spirit. <sup>6</sup> As I meditate upon the principles of your Word, my faith grows and I am blessed. <sup>7</sup>

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. <sup>8</sup> 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. <sup>9</sup> 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. <sup>10</sup>

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. <sup>11</sup> Therefore, I will walk by faith and not by sight. <sup>12</sup>

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. <sup>13</sup> 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. <sup>14</sup> 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

**Prayer for When Your Faith Seems Too Small**

Father of all that was and is and is to come,  
 Sometimes we only see darkness; sometimes only fog.  
 Sometimes we struggle to see beyond the cloudy present.  
 We lose sight of the good.  
 But by faith, we can trust it's there as our forefathers trusted.  
 By faith Noah built the ark.  
 By faith Abraham went out, not knowing where he was going;  
 by faith he offered up his son Isaac.  
 By faith Moses left Egypt behind;  
 by faith he led his people out of slavery.  
 And by faith we can trust that light still shines in the dark.  
 By faith we can trust that light will dispel the fog.  
 By faith we can trust there is clear sky to be found  
 behind all the clouds.  
 But in those "sometimes," Lord, our faith can seem so little.  
 Help us to know the sufficiency of Your grace.  
 Strengthen us when we grow weak and weary.  
 Open our eyes to the glory and wondrous hidden  
 in each unlikely moment.  
 Open our eyes to see your glorious redemption in all we receive.  
 For in your mercy and love we rest.  
 In Jesus' powerful name. Amen!

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*Dear Father,  
 Here I am God.  
 Renew my faith.  
 Set my heart on  
 knowing you better.  
 Build me up to be a  
 disciple you want me  
 to be. Remove any  
 unwholesome habits  
 and bless me with  
 a new spirit. Let me be  
 a voice for hope and  
 an ambassador for the  
 gospel. In Jesus name,  
 I pray. Amen.*

**Exalt the Lord our God, and worship at his holy hill; for the Lord our God is holy. Psalm 99:9**



**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)

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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. (1 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. (1 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**

**NOVEMBER**

- |              |               |                      |                        |
|--------------|---------------|----------------------|------------------------|
| 1 Luke 22-24 | 8 Acts 1-2    | 16 Acts 22-24        | 24 1 Corinthians 5-8   |
| 2 John 1-3   | 9 Acts 3-5    | 17 Acts 25-26        | 25 1 Corinthians 9-12  |
| 3 John 4-6   | 10 Acts 6-9   | 18 Acts 27-28        | 26 1 Corinthians 13-16 |
| 4 John 7 10  | 11 Acts 10-12 | 19 Romans 1-4        | 27 2 Corinthians 1-3   |
| 5 John 11-13 | 12 Acts 13-14 | 20 Romans 5-8        | 28 2 Corinthians 4-6   |
| 6 John 14-17 | 13 Acts 15-16 | 21 Romans 9-11       | 29 2 Corinthians 7-9   |
| 7 John 18-21 | 14 Acts-17-18 | 22 Romans 12-16      | 30 2 Corinthians 10-13 |
|              | 15 Acts 19-21 | 23 1 Corinthians 1-4 |                        |

**DECEMBER**

- |                       |                       |                  |                         |
|-----------------------|-----------------------|------------------|-------------------------|
| 1 Galatians 1-3       | 8 2 Thessalonians 1-3 | 16 Hebrews 8-10  | 24 1 John 3-5           |
| 2 Galatians 4-6       | 9 1 Timothy 1-3       | 17 Hebrews 11-13 | 25 2 John, 3 John, Jude |
| 3 Ephesians 1-3       | 10 1 Timothy 4-6      | 18 James 1-2     | 26 Revelation 1-3       |
| 4 Ephesians 4-6       | 11 2 Timothy 1-4      | 19 James 3-5     | 27 Revelation 4-8       |
| 5 Philippians 1-4     | 12 Titus 1-3          | 20 1 Peter 1-2   | 28 Revelation 9-12      |
| 6 Colossians 1-4      | 13 Philemon           | 21 1 Peter 3-5   | 29 Revelation 13-15     |
| 7 1 Thessalonians 1-5 | 14 Hebrews 1-4        | 22 2 Peter 1-3   | 30 Revelation 16-18     |
|                       | 15 Hebrews 5-7        | 23 1 John 1-2    | 31 Revelation 19-22     |

**JANUARY**

- |                   |                   |                  |                     |
|-------------------|-------------------|------------------|---------------------|
| 01) Genesis 1-2   | 08) Genesis 23-26 | 16) Exodus 1-4   | 24) Exodus 28-31    |
| 02) Genesis 3-5   | 09) Genesis 27-29 | 17) Exodus 5-7   | 25) Exodus 32-34    |
| 03) Genesis 6-9   | 10) Genesis 30-32 | 18) Exodus 8-10  | 26) Exodus 35-37    |
| 04) Genesis 10-11 | 11) Genesis 33-36 | 19) Exodus 11-13 | 27) Exodus 38-40    |
| 05) Genesis 12-15 | 12) Genesis 37-39 | 20) Exodus 14-17 | 28) Leviticus 1-4   |
| 06) Genesis 16-19 | 13) Genesis 40-42 | 21) Exodus 18-20 | 29) Leviticus 5-7   |
| 07) Genesis 20-22 | 14) Genesis 43-46 | 22) Exodus 21-24 | 30) Leviticus 8-10  |
|                   | 15) Genesis 47-50 | 23) Exodus 25-27 | 31) Leviticus 11-13 |

Name of God	Meaning	Application
<b>EL ELOHE YISRAEL</b>	God, the God of Israel	The God of Israel is distinct and separate from all false gods of the world.
<b>EL ELYON</b>	The God Most High	He is the Sovereign God in whom we can put our trust. El Elyon has supremacy over all false gods.
<b>ELOHIM</b>	The All-powerful One	God is the all-powerful creator of the universe. God knows all, creates all, and is everywhere at all times. The plural of "EL".
<b>EL OLAM</b>	The Eternal God The Everlasting God	He is the Beginning and the End, the One who works His purposes throughout the ages. He gives strength to the weary.
<b>EL ROI</b>	The God Who See Me	There are no circumstances in our lives that escape His fatherly awareness and care. God knows us and our troubles.
<b>EL SHADDAI</b>	The All Sufficient One, The God of the Mountains, God Almighty	God is the all-sufficient source of all of our blessings. God is all-powerful. Our problems are not too big for God to handle.
<b>IMMANUEL</b>	God With Us "I AM"	Jesus is God in our midst. In Him all the fullness of Deity dwells in bodily form.

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 ehieh ("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

### 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 eight-century 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.

### Epiphany

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

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

## LITURGICAL COLORS

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

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

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

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

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

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

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

### Other Colors

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

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



**Fasting for Health, Healing and a Heart for 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

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

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

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

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

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

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

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

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

9. Remember that hunger is purely a

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

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

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

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

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

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

# + PRAY

## COVID-19 RESPONSE

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

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

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

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

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



## 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.

*juliesanne.com*



## 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!**

**We Are God's Handiwork/God Made Us for a Purpose**

**Background Scripture:** Revelation 2:1-7; Acts 19; Ephesians 2

### EXALT!

**Declaration:** Ephesians 2:1-10

#### From Death to Life

<sup>1</sup> You were dead through the trespasses and sins <sup>2</sup> in which you once walked, following the course of this world, following the ruler of the power of the air, the spirit that is now at work among those who are disobedient. <sup>3</sup> All of us once lived among them in the passions of our flesh, doing the will of flesh and senses, and we were by nature children of wrath, like everyone else, <sup>4</sup> but God, who is rich in mercy, out of the great love with which he loved us <sup>5</sup> even when we were dead through our trespasses, made us alive together with Christ—by grace you have been saved—<sup>6</sup> and raised us up with him and seated us with him in the heavenly places in Christ Jesus, <sup>7</sup> so that in the ages to come he might show the immeasurable riches of his grace in kindness toward us in Christ Jesus. <sup>8</sup> For by grace you have been saved through faith, and this is not your own doing; it is the gift of God <sup>9</sup> not the result of works, so that no one may boast. <sup>10</sup> For we are what he has made us, created in Christ Jesus for good works, which God prepared beforehand so that we may walk in them.

**Affirmation:** We will respond to God's gifts of love, mercy, and grace with acts of service and compassion in the world.

### ENGAGE

People often look for a purpose in life. How do people find meaning and direction for their lives? Ephesians reminds us that God's creative design is embedded in each of us and through Christ we, join in the good work God prepares us to do.

Share with the group your thoughts on how we struggle with powers and events of the world as we see and experience the injustices and evil forces in our midst. What situations do we encounter from which you long for deliverance? Do we also seek ways in which we ourselves could have the power to help correct the situations and right the wrongs we see? Do you experience moments in which you long for some level of personal transformation by which you could be instrumental in bringing about good in the world?

### EDUCATE

**Ephesians 2:1-4:** Jewish descriptions of the supernatural world frequently refer to Satan as the "ruler of the power/ with the authority over the air." "2:1-3." The natural state of all human beings is a kind of spiritual death. This spiritual condition is universal. Both Gentiles (v.2) and Jews (v. 3) are 'by nature children of wrath' (v. 3; on Paul's view of 'nature' see Romans 1). Second, they are in active rebellion against God. Note the use of 'walked' in regard to Gentiles in v.2 and 'lived' in reference to Jews in v.3. Third, they are subjected to the evil rule of Satan (called in v.2 'the prince of the power of the air'; cf. Galatians 4:3; Colossians 1:13). Fourth, they are totally unable to change themselves from rebellion against God (John 3:3). Fifth, they are exposed to the just anger of God (v.3; 5:6; Romans 1:18-20)" (ESV Reformation Study Bible). "2:4 But God." Paul paints this bleak portrait of the human situation to throw into relief God's gracious and merciful response to it" (Ibid). Thus, Paul underscores his earlier theme from Ephesians 1 to describe the believers' freedom from the grasp of the world and its supernatural powers, including the cult of Artemis/Diana." Salvation" in the first century was not a spiritual concept so much as a very real, physical idea of rescue from a detrimental situation (here for Paul, subject to spiritual oppression by evil power and destined for judgement) and deliverance into peace and prosperity (here, the reconciliation with God Paul speaks of in 2:11-22).

**Ephesians 2:5-10:** God's joy in this section is unmistakable and centered entirely on the believer, without regard for whether the believer deserves either the transformation or the joy, God takes in simply being generous with his love.

*(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)*

The core of this section is the before-and-after, a complete transformation of the believer, not only in terms of allegiance but at an even deeper level deeper level, a transformation of identity that changes that person's understanding of reality, focus, response to experience, and hope. **"Because of the great love.** God loves His people of His own will. Paul excludes any consideration of merit, effort, or ability on the part of those who come to life (cf. Deuteronomy 7:7,8). The hopeless condition of sinners, apart from Christ, that Paul has described in vv. 1-3 is the basis for understanding his teaching on God's election I 1:4-6, and on His gift of life here in vv. 4-10. Note the summary in Romans 8:29, 30" (Ibid.) Ephesians 2:8-9 has been used by the church, historically, to describe how we cannot earn our salvation through what we do. We simply accept what God has done and continues to do (God made a way through Jesus and chose us to participate in it and Jesus continues to sanctify us). Our role is to trust that God's way of salvation, through Jesus, is the only true way, the way back to peace and communion with the Father (see John 14:1-7). "Only faith, not works, can bring us acceptance with God. But good works are the vital consequence and evidence of life with God (Titus 2:14; 3:8. 14; James 2:14-26). God chose us to make us holy sons and daughters (1:4,5), and He has now fashioned us to be new bearers of His image (4:24), designed for the kind of life that conforms to God's character (4:1-6:20)" (Ibid.).

#### **ELEVATE**

We celebrate God's initiative in welcoming us into Christ's body and rejoice with God at our deliverance and redemption. Break into small groups and discuss with those in your group the following issues and questions: 1) Recognizing the state of sin and trespasses that separates us from God, how do we experience God's grace, which consistently affirms God's work in our lives? 2) Do we understand that God's Spirit works among us even as we are disobedient to God? Can you give examples of how this work among us? 3) How do we reflect God's generous, self-giving love in our lives? Can you give examples?

#### **iTHINK**

1. Draw a picture of your life in Christ as depicted in

Ephesians. Give God an opportunity to speak into your heart. Add to your heart. Add to your drawing thoughts, pictures or words that the spirit impresses on you as you study today's lesson.

2. Take inventory of the gifts of God at work in you: mercy, love, life, grace, raised with Christ, faith. What difference do these gifts of God make in your life? How do you show these gifts daily?

3. Compare and contrast Paul's description of a life of trespasses and sin with a life rich in mercy and God's love. Where, in your life, do you see the consequences of a life of trespass and sin? Where do you see the effects of a life of mercy and grace? Expand your focus to the world. Where do you see the consequences of trespass and sin? Where are the effects of mercy and grace apparent? How would you attribute these to God's work or to human's work?

4. Discuss the initiative God makes for God's people. Why does God take this initiative? What is our response to God's work in our lives? In our world? Make space in your day for prayer; welcome God's transformative work in you.

5. Celebrate your place in God's family. Find a way to express your gratitude: sing a song, read a poem, meditate on a Psalm, or write a thank-you note to God.

6. As you reflect on God's generous love, consider tangible expressions of Christ's love you could authentically offer in your interactions with neighbors, coworkers, or others with whom you regularly have day-to-day contact. Pick two ways this week to actively demonstrate God's love and generosity to someone.

**KEY VERSES: For we are what he has made us, created in Christ Jesus for good works, which God prepared beforehand to be our way of life Ephesians 2:10**

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

GOD HAS A PURPOSE FOR YOU

**"FOR WE ARE GOD'S WORKMANSHIP,  
CREATED IN CHRIST JESUS TO DO  
GOOD WORKS, WHICH GOD PREPARED  
IN ADVANCE FOR US TO DO...**

**FOR IT IS GOD WHO WORKS IN  
YOU TO WILL AND ACT ACCORDING TO  
HIS GOOD PURPOSE"**

Ephesians 2:10 and Philippians 2:13

[EpicChristianity.com](http://EpicChristianity.com)

**CRUMBS OF TIME**

**Read: Daniel 6:10-23**

***Three times a day he got down on his knees and prayed, giving thanks to his God, just as he done before. Daniel 6:10***

A friend was coming to town. He is a very busy man and his schedule was tight, but after a difficult day in important meetings, he managed to see my family for half an hour for a late dinner. We enjoyed his visit, but I remember looking at my plate and thinking, "We only got

the crumbs of his time."

Then I remembered how many times God gets the crumbs of my time—sometimes just the last minutes before I fall asleep.

Daniel was a busy man. He held a high government position in the ancient kingdom of Babylon, and I'm sure he had a full schedule. However, he had developed the habit of spending time with God—praying three times a day, praising God, and thanking Him. This routine helped him develop a strong faith that did not waver when he faced persecution (Daniel 6).

God desires a relationship with us.

In the morning we can invite Him into our day, and then we can praise Him and ask Him for his help throughout the day. At other times we can treasure some time alone with Him and reflect on His faithfulness. As we spend time with God in prayer and in His Word, we grow in our relationship with Him and learn to become more and more like Him.

As time with God becomes a priority, we enjoy His company more and more. Keila Ochoa

**Prayer Tip: Get away as Jesus did (Luke 5:16).**

**WHEN GOD IS QUIET**

**Read: 1 Kings 19:1-12**

***Then [Elijah] lay down under the bush and fell asleep. All at once an angel touched him and said, "Get up and eat." 1 Kings 19:5***

I love to take pictures of sunsets at Lake Michigan. Some are subtle shades of pastel. Others are bold strokes of bright color. Sometimes the sun sinks quietly behind the lake. Others times it goes down in what looks like a fiery explosion.

In pictures and in person, I prefer the latter. But both show the handiwork of God. When it comes to God's work in the world, my preferences are the same. I would rather see dramatic answers to prayer than ordinary provisions of daily bread. But both are the work of God.

Elijah may have had similar preferences. He had grown accustomed to being the center of God's grand displays of power. When he prayed, God showed up in dramatic ways—first in a miraculous victory over the prophets of Baal and then in the end to a long and devastating drought (1 Kings 18). But Elijah felt afraid and started to run. God

sent an angel to feed him and strengthen him for his journey. After forty days he arrived in Horeb. God showed him that He was now communicating in a still small voice, not in flashy miracles (19:11-12).

If you're discouraged because God hasn't shown up in a blaze of glory, be encouraged anyway. Perhaps He's revealing himself with His quiet presence. Julie Ackerman Link

**Prayer Tip: Be honest with God (1 John 1:9).**

**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)**

**SLEDDING AND PRAYING**

**Read: Mark 14:32-42**

***One of those days Jesus went out to a mountainside to pray, and spent the night praying to God. Luke 6:12***

When the snow flies in Michigan, I like to get my grandkids, grab our plastic sleds, and go slipping and sliding down our backyard. We zoom down the hill for ten seconds and then climb back up for more.

When I travel to Alaska with a bunch of teenagers, we also ho sledding. We are hauled by bus nearly to the top of a mount. We jump on our sleds and, for next ten to twenty minutes (depending on levels of bravery), we slide at breakneck speeds down the mountain, holding on for dear life.

Ten second in my backyard or ten minutes down an Alaskan mountain. They're both called sledding, but there is clearly a difference.

I've been thinking about this in regard to prayer. Sometimes we do the "ten second in the backyard" kind of

praying—a quick, spur-of-the-moment prayer or a short thanks before eating. At other times, we're drawn to "down the mountain" praying—extended, intense times that require concentration and passion in our relationship with Him. Both have their place and are vital to our lives.

Jesus prayed often, and sometimes for a long time (Luke 6:12; Mark 14:32-42). Either way, let us bring the desires of our heart to the God of the backyards and the mountains of our lives. Dave Branon



# THE ARMOR OF GOD

## EPHESIANS 6:10-18

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

### The Shield of Faith (Eph. 6:16)

Faith is being sure that God will keep His promises. Faith in God protects you when you are tempted to doubt.



### Feet Prepared with the Gospel of Peace (Eph. 6:15)

The Gospel of Peace is being right with God and being contented in troubled times. Jesus said peacemakers were blessed. →

### The Helmet of Salvation (Eph. 6:17)

Put on the Helmet of Salvation by believing that Jesus Christ died for your sins and rose again.

### The Breastplate of Righteousness (Eph. 6:14)

Righteousness is being honest, good, humble, and fair to others. It means standing up for weaker people.

### The Belt of Truth (Eph. 6:14)

Truth keeps us from giving in to the world's beliefs. Compare your beliefs and actions to the truth of the Word of God.

### The Sword of the Spirit (Eph. 6:17)

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

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

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



(Bible Say page 3)

with, nor is faith a result of diligence in study or pursuit of the spiritual. Ephesians 2:8-9 makes it clear that faith is a gift from God, not because we deserve it, have earned it, or are worthy to have it. It is not from ourselves; it is from God. It is not obtained by our power or our free will. Faith is simply given to us by God, along with His grace and mercy, according to His holy plan and purpose, and because of that, He gets all the glory.

**Why have faith?** God designed a way to distinguish between those who belong to Him and those who don't, and it is called faith. Very simply, we need faith to please God. God tells us that it pleases Him that we believe in Him even though we cannot see Him. A key part of Hebrews 11:6 tells us that "he rewards those who earnestly seek him." This is not to say that we have faith in God just to get something from Him. However, God loves to bless those who are obedient and faithful. We see a perfect example of this in Luke 7:50. Jesus is engaged in dialog with a sinful woman when He gives us a glimpse of why faith is so rewarding. "Your faith has saved you; go in peace." The woman believed in Jesus Christ by faith, and He rewarded her for it. Finally, faith is what sustains us to the end, knowing that by faith we will be in heaven with God for all eternity. "Though you have not seen him, you love him; and even though you do not see him now, you believe in him and are filled with an inexpressible and glorious joy, for you are receiving the goal of your faith, the salvation of your souls" (1 Peter 1:8-9).

**Examples of faith.** Hebrews chapter 11 is known as the "faith chapter" because in it great deeds of faith are described. By faith Abel offered a pleasing sacrifice to the

Lord (v. 4); by faith Noah prepared the ark in a time when rain was unknown (v. 7); by faith Abraham left his home and obeyed God's command to go he knew not where, then willingly offered up his promised son (vv. 8-10, 17); by faith Moses led the children of Israel out of Egypt (vv. 23-29); by faith Rahab received the spies of Israel and saved her life (v. 31). Many more heroes of the faith are mentioned "who through faith conquered kingdoms, administered justice, and gained what was promised; who shut the mouths of lions, quenched the fury of the flames, and escaped the edge of the sword; whose weakness was turned to strength; and who became powerful in battle and routed foreign armies" (vv. 33-34). Clearly, the existence of faith is demonstrated by action.

**According to the Bible, faith is essential to Christianity.** Without demonstrating faith and trust in God, we have no place with Him. Most people have a vague, disjointed notion of who God is but lack the reverence necessary for His exalted position in their lives. These people lack the true faith needed to have an eternal relationship with the God who loves them. True faith goes beyond a simple acknowledgement of God's existence (James 2:19) to a life-changing reliance on who God is, as revealed in the Bible. Faith can falter at times, but, because it is the gift of God, given to His children, He provides times of trial and testing in order to prove that our faith is real and to sharpen and strengthen it. This is why James tells us to consider it "pure joy" when we fall into trials, because the testing of our faith produces perseverance and matures us, providing the evidence that our faith is real (James 1:2-4) [www.GotQuestions.org](http://www.GotQuestions.org)

### "Is salvation by faith alone, or by faith plus works?"

Is salvation by faith alone, or is salvation by faith plus works? This is perhaps the most important question in all of Christian theology. This question was the cause of the Reformation, the split between Protestantism and Catholicism. This question is a key difference between biblical Christianity and most of the cults. Is salvation through faith alone or through faith plus human works? Stated another way, am I saved by trusting in Jesus, or do I have to believe in Jesus and, in addition, *do* certain things?

The works in addition to faith needed for salvation differ in various religious circles. Many groups point to water baptism as a work that must be added to faith for salvation—if you're not baptized, you're not saved. Some go even further: you must be baptized by the right minister, using the right method, saying the right words.

Others suggest different rites to be observed in order to be saved, but the formula is always faith + [fill in the blank]. Salvation is through faith + *receiving Mass*, faith + *going to confession*, faith + *tithing*, etc.

Many passages of the Bible teach that salvation is through faith alone, not faith plus works. Ephesians 2:8-9, for example, is clearly worded and unequivocal: "It is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God—not by works, so that no one can boast." Of great importance is the word *grace*, which refers to God's blessings on the undeserving. The very idea of grace negates all attempts to earn salvation. Paul makes that argument when teaching on God's choosing of the remnant of Israel: "Since it is through God's kindness, then it is not by their good works. For in that case, God's grace would not be what it really is—free and undeserved" (Romans 11:6, NLT).

Other passages that clearly teach salvation through faith

alone include Acts 16:31; Romans 3:28; 4:5; 5:1; Galatians 2:16; 3:24; Ephesians 1:13; and Philippians 3:9.

There are a few Bible passages that, at first glance, seem to teach salvation through faith plus works. One such is James 2:24, which appears to say that justification is by faith plus works: "You see that a person is considered righteous by what they do and not by faith alone." This apparent problem is solved by examining the whole of James' argument in his epistle. James is refuting the idea that a person can have saving faith without producing any good works (see James 2:17-18). Genuine faith in Christ, James says, will produce a changed life and result in good works (James 2:20-26). James is not saying that justification is by faith plus works, but that a person who is truly justified by faith will have good works in his or her life. The works are an outward show of genuine faith in Christ (James 2:14, 17, 20, 26)—and it's that outward show that "justifies" the believer in the sight of other people.

Paul says those who have true faith in Jesus Christ will be "eager to do what is good" (Titus 2:14). To return to Ephesians 2, immediately after teaching that we are saved through faith, not through works (Ephesians 2:8-9), Paul says that we were created "to do good works" (Ephesians 2:10). Salvation comes by God's grace through faith, and that faith is *made manifest* in good works. The works follow the faith and are a proof of it.

If we're going to say that we are saved by works, we must qualify *whose* works. We are not saved by our own works, however meritorious they are in our own eyes. **We are saved solely by the work of Christ on our behalf. His death and His resurrection are the works that save us. We receive our Savior by faith** (John 1:12). [www.GotQuestions.org](http://www.GotQuestions.org)

*(Take and Eat from page 3)*

season. After the bread was carefully filled with the money, and baked to perfection, he ordered one of his servants to bring the bread over to the neighboring farmer with a suggestive message to the farmer to 'get and eat' this gift, in order to feed his family for a long time.

On receiving the gift of the bread, the farmer made his own decision not to waste the bread on his family, but to sell it and to use the money to get the necessary produce to be able to make some meal for his hungry family. It turned out that the best offer for the bread provided enough food for only the few days.

Word got back to the merchant benefactor, who repeated the scheme a second time. This time, he sent a different messenger with the same message to advise the farmer not to sell the bread, but to 'get and eat' this gift, in order to feed his family for a long time. This second time around, some of the family members of the farmer vehemently tried to convince him to 'trust and obey' the instructions from the merchant.

Nothing could convince the farmer to change his mind. He reasoned that the bread could feed them only for the moment, but money from its sale, was guaranteed to get a day's meal if not more. It turns out the word in their language for 'get and eat' is the same as 'believe' or 'belief' or 'trust' or 'have faith'. Standing on his own understanding and wisdom, he disregarded the advice in the message for the second time.

As expected, the merchant became aware of what had transpired this second time around.

Since he was a deeply devout and God-fearing person, he decided to try a third time. Same size of bread, more money but a different messenger. The farmer, also being God-fearing and full of gratitude, decided to 'put the concept of 'faith' and 'belief' to the test. He reasoned this time that, since his own wisdom had not extended their fortunes any more than a few days, he would put his own 'get and eat' theory to the test.

So, with all ten of his extended family around him, he carefully cut the bread only to discover a substance in the center which contained enough money to help them withstand that season until their fortunes changed with better weather the next farming season.

In his own words, the farmer declared to his family, to always put their trust into the mechanizations of the Lord and to always 'get and eat' (GYEDI - JEDI) whatever God sends their way.

PROVERBS 18:21, tells us to always put our faith to the test.

Words have creative power. They can be very helpful like electricity. Used the right way, electricity powers all kinds of good things. But electricity used the wrong way can harm or even kill you. It's the same way with our words. Whether we speak positive or negative words, we will reap what we sow. If you're always speaking words of defeat and failure, you're going to live in a pretty miserable world. Use your words to change your negative situations and fill them with life.

The Scripture clearly tells us to speak to our mountains. Maybe your mountain is a sickness, a college debt, or a floundering business, failed farming season, marital or family issues. Whatever your mountain is, speak to that obstacle. The Scripture says, "Let the weak say, 'I am strong!'" Start calling yourself healed, happy, whole, blessed, and prosperous. God is a miracle-working God. Stop talking to God about how big your mountains are and start talking to your mountains about how big your God is! He knows where your help will come from - and most of the time it is not exactly what you expected.

Father, thank You for the creative power that You give my words to change my life. Help me to give my FAITH a voice by speaking and trusting words of positive and blessing over myself and my future, daily. I TRUST and BELIEVE that You are greater than any mountain I face in Jesus' name.

Kwame6@att.net

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*(About Faith from page 3)*

are times when our boyfriend or husband isn't able to give us what we want. And sometimes our neighbor forgets about our mail.

This is human faith — a belief usually founded on experience that things will function as they are supposed to and people will act as expected. There's plenty of room in human faith for an outcome different from what we expect.

Biblical faith — a "faith in God" — is different. The Biblical definition of faith is found most clearly in Hebrews: "Now faith is confidence in what we hope for and assurance about what we do not see." (Hebrews 11:1, NIV).

Faith is an incredible unseen spiritual force that moves God to act — but it must come from the heart and it must be absolute.

*(About Faith on page 17)*

(*About Faith* from page 16)

What faith is not: Usually, when we talk about faith, we focus on what it is, but to gain a true understanding of Biblical faith, we need to know what it is not. Faith is not religion. It's not dogma or doctrine, customs, or traditions. Faith is not mental assent. It's not intellectual agreement or simply knowing in our head that something is true. Faith is not magic. It's not a way to manipulate God or anyone else into doing what we want when they would not otherwise be willing to do that. Faith is not an attitude. It's not positive thinking or willing something into being simply because we want it to be so. Faith is not mere human hope. It's not wishful thinking or desire; it's not just wanting something to be.

Though these things are generally good, they are not the faith God wants us to have in him. God doesn't want us to "hope and pray" — he wants us to pray and know.

Hope is defined as "A feeling of expectation and desire for a certain thing to happen," Hope is good for the mind and creates a condition that is conducive to faith, but it is not faith.

Faith is the means by which the things we hope for are realized. It's evidence of things not seen. It's the confidence in and the assurance of the Word of God. Have you ever heard someone say "seeing is believing," meaning that they will only believe (or have faith) in something when they can see it? That doesn't make sense.

Once something exists in our human world and we can see it, we don't need faith in it. Faith lets you know something in your heart without ever seeing it with your eyes.

### **Benefits of faith:**

What can faith do for us that we can't do for ourselves? More than we can say. For starters, faith gives us salvation and eternal life and protects us from evil. Faith also opens the door so that healing, prosperity, peace, love, and joy can come into our lives. Faith brings answers to our prayers.

Having faith does not mean a problem-free life — far from it. Faithful or not, we all live in an imperfect world and we all must deal with pain, disappointment, and challenges.

I don't know why a lot of horrible things happen. But we do know that if we have faith in God, we will find comfort and strength in that faith no matter what happens — and that may well be the biggest benefit of all, Amen.

Barbara Perry



Don't miss *God's glory*.  
It is on display all around you.

Don't miss *God's hand*.  
It is ever moving in the details of your life.

Don't miss *God's voice*.  
It is always speaking, leading, correcting,  
convicting, and re-directing.

*Don't miss God.*  
*He is here,*  
in every moment of every day,  
waiting to be discovered. -♥

*Stacy L. Sanchez*

[www.heartprintsofgod.com](http://www.heartprintsofgod.com)



(*Faith Is* from page 3)

Bible declares about Jesus. But knowing those facts to be true is not what the Bible means by "faith." The biblical definition of faith requires intellectual assent to the facts *and* trust in the facts.

Believing that Jesus is God incarnate who died on the cross to pay the penalty for our sins and was resurrected is not enough. Even the demons "believe" in God and acknowledge those facts (cf. James 2:19). We must personally and fully rely on the death of Christ as the atoning sacrifice for our sins. We must "sit in the chair" of the salvation that Jesus Christ has provided. This is saving faith. The faith God requires of us for salvation is belief in what the Bible says about who Jesus is and what He accomplished *and* fully trusting in Jesus for that salvation (Acts 16:31). Biblical faith is always accompanied by repentance (Matthew 21:32; Mark 1:15).

The biblical definition of faith does not apply only to salvation. It is equally applicable to the rest of the Christian life. We are to believe what the Bible says, and we are to obey it. We are to believe the promises of God, and we are to live accordingly. We are to agree with the truth of God's Word, and we are to allow ourselves to be transformed by it (Romans 12:2).

Why is this definition of faith so important? Why must trust accompany agreeing with facts? Because "without faith, it is impossible to please God" (Hebrews 11:6). Without faith, we cannot be saved (John 3:16). Without faith, the Christian life cannot be what God intends it to be (John 10:10). [www.GotQuestions.org](http://www.GotQuestions.org)

### "What is Faith in God?"

Faith in God is trust in Him, based on a true understanding of who He is, as revealed in the Bible. Faith in God involves an intellectual assent to the facts concerning God and a life-changing reliance on those facts. Faith in God has several components. The first is believing that He actually exists. However, simply believing that God exists is not enough. As [James 2:19](#) explains, the demons believe in God's existence as well.

After acknowledging that God exists, the second element of faith in God is commitment. Faith that does not result in action is a dead faith, not true faith ([James 2:26](#)).

However, even a faith in God that motivates us to action is not enough. For faith in God to be genuine, we must accept Him as He has revealed Himself in Scripture. We are not allowed to accept the attributes of God that we prefer and reject the ones we don't. If we do not accept God as He is, then we are putting our faith in a false god of our own making. Much "religion" does exactly this, but any religion not based on the Bible is a designer religion with a designer god. For faith in God to be genuine, it must be based on the genuine God. For example, the God of the Bible is triune, so true faith in God must accept the deity and personality of the Son and the Holy Spirit as well as the Father.

There is much confusion today over the nature of faith. It is reported that, when asked to define *faith*, a little boy in Sunday school responded, "Believing what you know isn't true." Many of the "new atheists" place faith against science and evidence. They say that Christians have faith that God exists but that atheists have empirical evidence for science. Christians have faith, but scientists have knowledge. This comparison misunderstands the nature of faith in God.

Faith in God is not a blind leap without any evidence or, even worse, contrary to the evidence. Faith is simply trust. The Christian trusts in God. The scientific atheist has faith in science. If an atheist uses the scientific method to discover a medicine and then takes that medicine, he is exercising faith. He trusts his data, and he trusts that the medicine will cure him, not poison him. Some people may take the medicine with no thought whatsoever as to how it was developed or as to who prepared it. Others may only take the medicine after thoroughly investigating every aspect of the research. One person may take it with great confidence while another person takes it tentatively. In the final analysis, anyone who takes the medicine is exercising faith in the medicine. Ultimately, it is not the strength of the faith that determines if the medicine will work, but the efficacy of the medicine. Great faith in bad medicine will not cure a person. It is the object of faith, not the strength of faith that makes the difference. Uncertainty about a good medicine will not hinder its efficacy, as long as it is taken as prescribed. Faith is not the opposite of doubt; in fact, doubt can exist even in the heart of faith (see [Mark 9:24](#)). A person can exercise faith (trust and commitment) while at the same time being unsure about the thing or person he has committed himself to. Someone once defined *doubt* as "faith seeking understanding."

Some people may simply trust God because it seems intuitive. They may have been raised in a Christian home and taught the Bible from their earliest remembrance. They have seen God work in the lives of other people, and they simply trust Him. Others may only have come to faith after a thorough examination of the evidence for God. Whether the decision to trust the God of the Bible is intuitive or deliberative, it is the mark of genuine faith.

The atheist likewise may come to his atheism by intuition or after careful deliberation. In the end, he has faith that God does not exist because he trusts either his instincts or his investigation and commits himself to live in a way that is consistent with his beliefs. Contrary to the claims of the new atheists, everyone has some kind of faith—everyone trusts something. It is impossible to live without trusting in something, even if it is only in the reliability of our five senses. The object of our faith is what makes all the difference. [www.GotQuestions.org](http://www.GotQuestions.org)

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

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

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**SELF-CONTROL IN GOD'S STRENGTH**

*His divine power has given us everything we need for a godly life.*  
**2 Peter 1:3**

A 1972 study known as the “marshmallow test” was developed to gauge children’s ability to delay gratification of their desires. The kids were each offered a single marshmallow to enjoy but were told if they could refrain from eating it for ten minutes, they’d be given a second one. About a third of the children were able to hold out for the larger reward. Another third gobbled it up within thirty seconds!

We might struggle to show self-control when offered something we desire, even if we know it would benefit us more in the future to wait. Yet Peter urged us to “add to [our] faith” many important virtues, including self-control (2 Peter 1:5-6). Having laid hold of faith in Jesus, Peter encouraged his readers, and us, to continue to grow in goodness, knowledge, self-control, perseverance, godliness affection, and love “in increasing measure” as evidence of that faith (VV.5-8).

While these virtues don’t earn us God’s favor nor secure our place in heaven, they demonstrate—to ourselves as well as to all those with whom we interact—our need to exercise self-control as God provides the wisdom and strength to do us so. And best of all, He’s “given us everything we need [to live] a godly life,” one that pleases Him, through the power of the Holy Spirit (C.3).  
 Kirsten Holmberg

**In whom do you observe Christlike qualities? How might you cultivate those qualities in your life as God provides what you need?**

Holy Spirit, please grow in me the qualities that reflect Jesus so I might reveal Your goodness to the world around me.

Today’s Scripture: **2 Peter 1:3-10**

**3 His divine power has given us everything we need for a**

godly life through our knowledge of him who called us by his own glory and goodness. **4** Through these he has given us his very great and precious promises, so that through them you may participate in the divine nature, having escaped the corruption in the world caused by evil desires.

**5** For this very reason, make every effort to add to your faith goodness; and to goodness, knowledge, **6** and to knowledge, self-control, and to self-control, perseverance; and to perseverance, godliness; **7** and to godliness, mutual affection; and to mutual affection, love. **8** For if you possess these qualities in increasing measure, they will keep you from being ineffective and unproductive in your knowledge of our Lord Jesus Christ. **9** But whoever does not have them is nearsighted and blind, forgetting that they have been cleaned from their past sins.

**10** Therefore, my brothers and sisters, make every effort to confirm your calling and election. For if you do these things you will never stumble.

**INSIGHT**

We have little explicit background on the letter of 2 Peter. In The Expositor’s Bible Commentary, J. Daryl Charles writes: “The absence of names and places renders it difficult to be conclusive about the identity of the recipients of 2 Peter and the context out of which the letter arose. While the provenance and destination of the letter elude and certainly, numerous textual indicators point to a particular social location in which the readership finds itself, making it likely that the letter is addressed to Christians in Greece or Asia Minor, where Paul’s letters has already circulated (3:15-16).” the general agreement among conservative scholars is that Peter wrote the letter from Rome prior to his death, which was anticipated in chapter 1 (V. 15). Second Peter focuses on several themes, including spiritual growth (1:4-8), false teachers (CH. 2), and the coming day of the Lord (3:3-10). Bill Crower

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**GOD IN THE DETAILS**

*She saw the basket among the reeds and...she opened it and saw the baby. Exodus 2:5-6*

It had been an awful week for Kevin and Kimberley. Kevin’s seizures had suddenly worsened, and he’d been hospitalized. Amid the pandemic, their four young children—siblings adopted from foster care—were taking cabin fever to a new extreme. On top that, Kimberley couldn’t scrounge up a decent meal from the fridge. Oddly, at that moment, she craved carrots.

An hour later, there was a knock at the door. There stood their friends Amanda and Andy with an entire meal she’d prepared for the family. Including carrots.

They say the devil is in the details? No. An amazing story in the history of the Jewish people shows God is in the details. Pharaoh had commanded, “Every Hebrew boy that is born you must throw into the Nile” (Exodus 1:22). That genocidal development turned on a remarkable detail. Moses’ mother did indeed “throw” her baby into the Nile, albeit with a strategy. And from the Nile, Pharaoh’s own daughter would rescue the baby whom God used to rescue His people. She would even pay Moses’ mother to nurse him! (2:9).

One day from this fledgling Jewish nation come a promised baby boy. His story would abound with amazing details and divine ironies. Most importantly, Jesus would provide an exodus out of our slavery to sin.

Even—especially—in the dark times, God is in the details. As Kimberley will tell you, “God brought me carrots!” Tim Gustafson

**What stories can you tell where you’ve seen God in the details? How did that help strength your faith?**

Thank You, Father, that You show up in the little things as well as the big things.

Today’s Scripture: **Exodus 2:1-10**

**1** Now a man of the tribe of Levi married a Levite woman, **2** and she became pregnant and gave birth to a son. When she saw that he was a fine child, she hid him for three months. **3** But when she could hide him no longer, she got a papyrus basket for him and coated it with tar and pitch. Then she placed the child in it and put it among the reeds along the bank of the Nile. **4** His sister stood at a distance to see what would happen to him.

**5** Then Pharaoh’s daughter went down to the Nile to bathe, and her attendants were walking along the riverbank. She saw the basket among the reeds and sent her female slave to get it. **6** She opened it and saw the baby. He was crying, and she felt sorry for him. “This is one of the Hebrew babies,” she said.

**7** Then his sister asked Pharaoh’s daughter “Shall I go and get one of the Hebrews women to nurse the baby for you?”

**8** “Yes, go,” she answered. So the girl went and got the baby’s mother. **9** Pharaoh said to her, “Take this baby and nurse him for me, and I will pay you.” So the women took the baby and nursed him. **10** When the child grew older, she took him to Pharaoh’s daughter and he became her son. She named him Moses, saying, “I drew him out of the water.”

**INSIGHT**

Names are important in the Bible, and Moses’ name is no exception. When Pharaoh’s daughter named him, it honored both his Hebrew origin and his soon-to-be Egyptian upbringing. In Egyptian, Moses may relate to the word for “son.” Yet Moses also sounds like the Hebrew word translated “to draw out,” which the author of Exodus connected to Moses coming out of the water (Exodus 2:10). Even more intriguing, however, is that Moses’ name doesn’t mean “drawn out,” but “the one who draws out.” The name Pharaoh’s daughter gave the little infant looked forward to the redemptive work God would accomplish through him when he was fully grown.

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## Prayer for When Your Faith Seems Too Small

Father of all that was and is and is to come,  
Sometimes we only see darkness; sometimes only fog.  
Sometimes we struggle to see beyond the cloudy present.

We lose sight of the good.

But by faith, we can trust it's there as our forefathers trusted.

By faith Noah built the ark.

By faith Abraham went out, not knowing where he was going;

by faith he offered up his son Isaac.

By faith Moses left Egypt behind;

by faith he led his people out of slavery.

And by faith we can trust that light still shines in the dark.

By faith we can trust that light will dispel the fog.

By faith we can trust there is clear sky to be found

behind all the clouds.

But in those "sometimes," Lord, our faith can seem so little.

Help us to know the sufficiency of Your grace.

Strengthen us when we grow weak and weary.

Open our eyes to the glory and wondrous hidden

in each unlikely moment.

Open our eyes to see your glorious redemption in all we receive.

For in your mercy and love we rest.

In Jesus' powerful name. Amen!

*juliesunne.com*

### **God Has His Eye on You**

Let the following words sink deeply into your consciousness, and the experience of God's protection will be yours.

**For He shall give His angels charge over you, to keep you in all your ways. Psalm 91:11.**

How your spirit will rise as the amazing truth grips you that nothing in this world can hurt you! God is watching over you to keep you in all your ways. His amazing kindness surrounds you always. You go through life with a high-hearted spirit, know God watches over you.

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### **Love Life and Have It Good**

For anyone who wishes to enjoy life and experience God's goodness—to be happy, respected and, in short, live a full, rich life—read slowly but reflectively and humbly the following verses: **He who would love life And see good days, Let him refrain his tongue from evil, And his lips from speaking deceit. Let him turn away from evil and do good; Let him seek peace and pursue it. 1 Peter 3:10, 11**

In these two verses are listed just a few things that put happiness in your heart.

We are told to curb our tongues from speaking evil about anyone. Simply never say anything to hurt anyone. Moreover, we are to refrain from double talk, from shrewd remarks that are designed to advance our interests at someone else's disadvantage. We are to turn our back upon evil and, in every way possible, do good. We are to help people and bring blessings into their lives. We are to seek peace on earth and in our own hearts, and so live that peacefulness may flow from us to others. We are to become an island of peace in a world of turmoil.

Do the simple, honest Christian things and life will be good—and you will love it

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### **The Cure for "Swamped Fever"**

When life become too hectic, when you feel constantly swamped, it's easy to become dispirited. For this unhappy condition, turn to this verse: **He who overcomes shall inherit all things, and I will be his God and he shall be My son. Revelation 21:7**

The secret is simply to practice the idea that you are a child of God. As such, God will be your guide; He will lend you His strength to augment your own weakness. You can overcome rather than be overcome. Instead of things flowing away from you, they will flow toward you. You shall indeed "inherit all things." Life will come your way. You will get a great lift of spirit.

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### **No More Doubt—Only Confidence**

**But my God shall supply all your need according to his riches in glory by Christ Jesus. Philippians 4:19**

If we do our part—live right and have faith—God will see that all of your real needs are supplied. God has infinite riches, enough for all of us. We can receive these through God's law of boundless supply. Live according to His principles, and you will never look in vain for any necessity. How the spirit rises when you develop confidence and know that you will be cared for, that all will be well, that the future is bright with promise.

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### **Victory in the Battle of Life**

**Above all, taking the shield of faith with which you will be able to quench all the fiery darts of the wicked one. And take the helmet of salvation, and the sword of the Spirit, which is the word of God. Ephesian 6:16, 17.**

The shield was used to protect the heart; the helmet was to protect the head. So must we protect our hearts and minds against negativism, pessimism, evil thoughts, hate. The mind must be kept clean. Take the sword of God's word and put to flight those enemies of the good life: wrong thinking and wrongdoing. Thus armed, you can win the battle of life.

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### **Nothing Can Defeat You**

Spirit goes out of you when you feel overwhelmed and defeated. Get firmly rooted in spiritual understanding; fill your life with faith and goodness. Then nothing can defeat you.

**Therefore whoever hears these sayings of Mine, and does them, I will liken him to a wise man who built his house on the rock. Matthew 7:24**

Live by the saying of Jesus Christ and become like that wise man who built his house upon rock—an unshakable house against which the storms beat in vain. You can have an inner serenity, strength and courage that defy all the storms of life. Christ makes you strong. You can be undefeatable!

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“

*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!*



**God's Calling**

**“Let the women learn in silence with all subjection. But I suffer not a woman to teach, nor to usurp authority over the man, but to be in silence.” 1 Timothy 2:11-12**

Let us pray, “Lord, we want to be used by You in whatever You have called us and gifted us to do. Show us where You want us to be, who we can help, and lead us wherever You want us to go in

Jesus name we ask and pray, Amen, Amen, Amen.”

After reading the Scripture all I know is that God has always used—and still does use—women as leaders and teachers, preachers, ministers, missionaries, authors, evangelists, prophets, and so on. But don't ever let anyone tell you that God cannot or will not use you, just because you are a woman. See as a woman, we are creative, comforting, sensitive, and we're able to be a tremendous blessing. We

can bear a lot of good fruit in our life. We don't have to merely pass through life unnoticed, always in the background. If God has called us to leadership, we should lead. If He has called us into ministry, we should minister. If He has called us to be a missionary, then we should do missions. If He has called us to business or as a homemaker, we should boldly be all that He has called us to be. Amen, Hallelujah, Thank You Jesus.

**It's Time To Grow Up**

**“And why call ye me, Lord, Lord, and do not the things which I say?” Luke 6:46**

Let us pray, “Father, help us always do what we know to do and keep growing in You, its in Jesus name we pray, Amen, Amen, Amen.”

God's Word make it plain in serval places that we are not to be hearers. It's very dangerous for us to think that we

are spiritually mature by just attend church, reading Christian books, and reading the Bible regularly. No, the proof of our true spiritual maturity is seen in our fruit. We all know the saying; Actions speak louder than word! Well, we don't want to be hypocritical, but its exactly what we are when we tell others to do what we aren't doing ourselves. You probably can recall a time when you had a problem you prayed ask God, “What do You want me to do, Lord? And He replied, “Do what you would tell

someone else to do if they were in the same situation you were when you asked Me for advice!” Amen.

See, life would be much simpler if we would follow our own advice, so take this opportunity to ask ourselves what we know to do that we aren't doing, and then correct it by taking faith-filled action by practicing what we preach, Amen.

Remember God is ready to help us if we are willing to take the step of faith to be obedient. Amen

**Pursue Your Purpose**

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

Let us pray, “Father, help me pursue my purpose in life as I seek You first, Amen.”

How do you pursue your purpose? By getting up each day and putting God first. There are many other things that are material possessions, and so on. But too often when we attain these things our life is just as empty and unfulfilled as when we started. See God knows what we need and is well aware of our heart's desires, and He will grant them if we will just pursue our purpose by seeking Him

first. Have you ever thought, “What is my purpose in life?” each of us wants to feel we have a purpose...that we're making a meaningful difference in the world. But God has a purpose for each of us, and that is to do right and glorify God.

**Forgiveness Is Essential**

**“And when ye stand praying, forgive, if ye have ought against any: that your Father also which is in heaven may forgive you your Trespases.” Mark 11:25**

Forgiveness is essential today to understand this Word for today to cleanse our heart. It's important that you read this Scripture Mark 11:25 which will help you learn to forgive and have a clean heart when we approach God. It's long one but its worth it. I tried all morning trying to shortened it but God said send it.

Let us pray, “Thank You, Father, for helping us to forgive anyone who has hurt or offended us. We can't do it on our own, but we want a clean heart. So we need Your help with forgiveness, its In Jesus' name we ask and pray. Amen, Amen, Amen, Hallelujah, Thank You Jesus.

If we want to hear from God, we simply must have clean hearts when we approach Him. We have forgiven everyone who has hurt or offended us that what it means to have a clean heart. Most of us know the story about Peter, he forgave his brother 7 times. And Jesus essentially told Peter, “How about 7 times 77 (Matthew 18:22)?”

See the number “7” represents completion or perfection. When we forgive, we are being Christlike; we are acting as God acts—because He is a forgiving God. Forgiveness is manifested mercy; it is love in action—not love based on feeling, but love based on a decision, an intentional choice to obey God. In fact, I believe forgiveness is the highest form of love. Forgiveness and love go hand in hand and expressing them honors and glorifies God, puts us in agreement with Him, and causes us to obey His Word—which helps us hear His voice. Amen, Hallelujah! Remember don't place any limits on forgiveness, just keep on doing it.

**Prayer To Submit To God And Resist The Enemy**

**“Submit yourself therefore to God. Resist the devil, and he will flee from you.” James 4:7**

Let's pray, Lord Thank You for giving us the power to command that the enemy flee from us anytime we recognize the need to. Thank You for Your promises that we don't have to be a slave to sin and all the issues the enemy tries to entangle us in and keep us trapped in. Through submitting them to You, and resisting the enemy, he is commanded to leave. Today we ask for the Holy Spirit to slow us down and remind us every time we are battling something, that it's not the problem or person itself we are battling, but rather the enemy behind it. Remind us that You are bigger than any problem. Remind us to hand everything over to You as we take everything back from the enemy by resisting him. Thank You for the secret weapon of victory to submit and resist. We also submit to You this day, and every day, are so grateful for Your power and victory that has already been won. This power to overcome the defeated foe and all of the enemy's tactics. We love You Lord and are grateful for Your mighty power. It's in Jesus' Name we pray. Amen, Amen, Amen.



## THE BEAUTY OF HOLLAND

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

**WHEN YOU'RE GOING TO HAVE A BABY, IT'S LIKE PLANNING A FABULOUS TRIP TO ITALY. YOU BUY A BUNCH OF GUIDEBOOKS AND MAKE YOUR WONDERFUL PLANS. THE COLISEUM, THE MICHEL-ANGELO DAVID. THE GONDOLAS IN VENICE. YOU LEARN SOME HANDY PHRASES IN ITALIAN. IT'S ALL VERY, VERY EXCITING!**

**AFTER MONTHS OF EAGER ANTICIPATION, THE DAY FINALLY ARRIVES. YOU PACK YOUR BAGS AND OFF YOU GO. SEVERAL 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 SUPPOSED TO BE IN ITALY! ALL MY LIFE I'VE DREAMED OF GOING TO ITALY."**

**BUT THERE'S A CHANGE 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 PLACE.**

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

**IT'S JUST A DIFFERENT PLACE. IT'S SLOWER-PACED THAN ITALY, 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 ITALY, 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 MOURNING 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**

**Eating The “Solid Food” Of The Word”**

**“But strong meat belongeth to them that are of full age, even those who by reason of use have their senses exercised to discern both good and evil.”**  
Hebrews 5:14

I remember feeding my babies and as long as I was giving them bananas and peaches, everything was great. But when I'd slip in a spoonful of peas, they'd go "Phftt!" So I'd scrape the peas off their chin and shove it back in their mouth again. It took me awhile, but sooner or later, they were eating peas.

It's the same with baby Christians. When we start consuming god's Word, we start growing up spiritually. We stop

walking in the flesh and start doing what He wants us to do.

Proverbs 4:18 tells us the path of righteousness shines brighter and clearer every day as we continue in God's Word. The key word here is continue. We've got to love the Word, study the Word, listen to the Word so it can transform us.

Have you ever run a yellow light? Maybe you're in a hurry and think, I can make it through this. If you do that over and over, you're bound to end up in a wreck. Well, it's the same with God's Word.

If we go ahead and do what we know we shouldn't be doing and just try to sneak by, we can end up getting hurt. God's Word is here to protect us.

Hebrews 5:14 says, "Solid food is for those who are mature, who through

training have the skill to recognize the difference between right and wrong" (NLT).

The "solid food" of the Word will convict you, and that's a positive thing. It's the Holy Spirit letting you know in your heart that your attitude stinks or that you're on the wrong path.

Getting in the Word is the key to living life in the right direction. So don't be a baby...take in the solid food of the Word!

**Prayer starter: God, I know that Your Word is the only path to maturity. Don't let me be a baby! Guide me and help me to grow as I take in the solid food of Your Word.**

**Receiving The Holy Spirit**

**“But ye shall receive power, after that the Holy Ghost is come upon you: and ye shall be witnesses unto me both in Jerusalem, and in all Judaea, and in Samaria, and unto the uttermost part of the earth.”**

Acts 1:8

In Acts 1:8 Jesus promises that the Holy Spirit will also come upon us, giving us power (ability, efficiency and might) to be Christ's witnesses to the ends of the earth.

Many Christians follow all the "right" rules, but wonder: "Is this all there is? As a young Christian, I experienced that same emptiness.

Doing the right things brough temporary happiness but not deep, satisfying joy.

I cried out: "God, something is missing!" To my surprise, I heard the audible voice of God and I knew He was about to move in my life.

Only a few hours later Jesus filled me with the presence of the Holy Spirit in a way that I had never before experienced, and everything changed. I felt His power in my life in a new way.

When you spend time with God daily and receive His Holy Spirit, you're not signing up for a scary, weird experience. You are simply receiving His power to be more like Jesus and His wisdom to walk through ordinary events.

Don't be afraid of new things, just make sure they are biblical. I believe that God desires to take you to new heights in Him through the power of daily interaction with His Holy Spirit. He is knocking at the door of your heart. Will you open it wide and welcome Him?

**Prayer Starter: God, I want to live as a Christian who is filled with the power of Your Holy Spirit. Show me how to live in the deep, satisfying joy that comes from the Holy Spirit. I thank You for the power and the wisdom to walk through every day and every situation.**

**The Evidence Of The Holy Spirit**

**“And when they had prayed, the place was shaken where they were assembled together; and they were all filled with the Holy Ghost, and they spake the word of God with boldness.”** Acts 4:31

There are too many unhappy born-again, Spirit-filled believer who don't know what it's like to remain full of the Spirit of God by acknowledging Him and pursuing His ways daily. The Holy

Spirit is in them, but they don't let the evidence of it show up in their normal, day-to-day life.

It is possible to fill a glass with water without filling it to full capacity. Likewise, when we are born again we have the Holy Spirit in us, but we may not yet be totally filled and have the evidence of His power in our lives.

Acts 4:31 reports that when people were filled with the Holy Spirit, they spoke the Word of God "with freedom and boldness and courage."

It does not please God when

people leave Him out of their daily lives and then follow religious formulas to try to appease Him. Instead, He wants us to live the Spirit-filled life of freedom, boldness and courage.

I urge you to let God work freely in every area of your life through the power of the Holy Spirit.

**Prayer Starter: God, I want to be filled with the Holy Spirit every day. Help me to live with the freedom, boldness and courage You give in my daily life**

**Let God Be Your Tour Guide**

**For this God is our God for ever and ever: He will be our guide even unto death.** Psalm 48:14

When He walked on this earth, Jesus always knew the right thing to do because He did only what He saw His Father do. As our Lord, we can trust Him to lead us down the right path every day.

Psalm 48:14 says that god will be our

guide even unto death! How wonderful to know that we have a guide to get us from one destination in life to the next.

When my husband, Dave, and I visit a new place, we often hire a guide. Once we decided to explore by ourselves, but we quickly discovered that this was a complete waste of time. We spent most of the day lost, desperately trying to find our way back.

Sometimes I think we treat life the same way Dave and I treated that trip. It's always easier to follow an

experienced guide than to wander aimlessly on your own. Instead of going your own way, do what you see your Father do, and let Him guide you. God is committed to guiding us, so it's clearly important that we follow.

**Prayer Starter: God, I don't want to live like a tourist without a guide, aimlessly going mu own way. Only You can show me what to do and how to live, so I choose to follow Your guidance every day**



**Old Testament**

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

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

**LAW**

**Genesis, Exodus, Leviticus, Numbers, Deuteronomy.**

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

**HISTORY**

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

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

**POETRY**

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

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

**PROPHECY**

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

The 17 prophetic books account for almost a quarter of the Bible. They are divided into "Major Prophets" (the first five books) and, "Minor

**New Testament**

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

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

**HISTORY**

**Matthew, Mark, Luke, John, Acts**

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

**LETTERS**

**PAUL'S LETTERS**

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

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

**OTHER LETTERS**

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

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

**PHOPHECY**

**Revelation**

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



## HOPES AND LONGINGS

Today Scripture: **Proverbs 13:12-19**

***Hope deferred makes the heart sick, but a longing fulfilled is a tree of life. Proverbs 13:12***

When I moved to England, the American holiday of Thanksgiving became just another Thursday in November. Although I created a feast the weekend after, I longed to be with family and friends on the day. Yet I understood that my longings weren't unique to me. We all yearn to be with people dear to us on special occasions and holidays. And even when we're celebrating, we may miss someone who's not with us or we may pray for our fractured family to be at peace.

During these times, praying and pondering the wisdom of the Bible has helped me, including one of King Solomon's proverbs: "Hope deferred makes the heart sick, but a longing fulfilled is a tree of life" (Proverbs 13:12). In this proverb, one of the pithy sayings through which Solomon shared wisdom, he notes the effect that "hope deferred" can have: the delay of something much longed for can result in angst and pain. But when the desire is fulfilled, it's like a tree of life—something that allows us to feel refreshed and renewed.

Some of our hopes and desires might not be fulfilled right away, and some might only be met through God after we die. Whatever our longing, we can trust in Him, knowing He loves us unceasingly. And, one day, we'll be reunited with loved ones as we feast with Him and give thanks to Him (See Revelation 19:6-9). Amy Boucher Pye

**When have you felt sick because of an unfulfilled longing? How did God meet you in your time of need?**

God our Creator, You fulfill my deepest longings. I give You my hopes and my desires, asking You to grant them according to Your wisdom and love.

<sup>12</sup> Hope deferred makes the heart sick, but a longing fulfilled is a tree of life. <sup>13</sup> Whoever scorns instruction will pay for it, but whoever respects a command is rewarded. <sup>14</sup> The teaching of the wise is a foundation of life, turning a person from the snares of death. <sup>15</sup> Good judgement wins favor, but the way of the unfaithful leads to their destruction. <sup>16</sup> All who are prudent act with knowledge, but fools expose their folly. <sup>17</sup> A wicked messenger falls into trouble, but a trustworthy envoy brings healing. <sup>18</sup> Whoever disregards discipline comes to poverty and shame, but whoever heeds correction is honored. <sup>19</sup> A longing fulfilled is sweet to the soul, but fools detest turning from evil

### INSIGHT

Proverbs 13:12-19 includes two metaphors that concern life: "a longing fulfilled is a tree" (v. 12) and "the teaching of the wise is a fountain of life" (v. 14). The first mention of the "tree of life" in Scripture is in Genesis 2:9, a reference to a God-given resource for immortality. After the disobedience of our first parents, access to this life-source was denied (3:23-24). Revelation speaks of a time when access will be restored (22:2, 14). Proverbs uses the tree of life language metaphorically as a symbol of health and long life, success, and happiness (See Proverbs 3:18; 11:30; 13:12; 15:4). Similarly, the "fountain of life" (10:11; 13:14; 14:27; 16:22) refers to a resource from which something healthy and life-sustaining springs forth. Reverence for God is one of the blessed fountains from which we may drink (14:27). Arthur Jackson

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

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

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

**PLEASE** dial the "Hope Line". All information will be confidential.

**CROSS STREET MINISTRY OF RECOVERY**

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

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

For more information contact:

Church office 860-344-9527.or

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

## WEEKLY ACTIVITIES

### Sunday

8:00 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/j/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#

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

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

Voice Only Call: (929) 205-6099;  
Code: 614890401#  
Web-link for Video Call: <https://zoom.us/j/614890401>

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

Voice Only Call: (929) 205-6099;  
Code: 856361645#  
Web-link for Video Call: <https://zoom.us/j/856361645>

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

- Online: [crosstreetamezion.org](https://crosstreetamezion.org)  
1. Realm, (Realm: <https://onrealm.org/TheCross/-/give/TJXKDEVIXE>)  
2. Text 73256 (Thecross)  
3. PayPal,  
4. CASHAPP: \$TheCross440  
5. Mail: P.O. Box 223 Middletown, Ct

- 06457,  
6. Drop off on Sunday 11:00 A.M. – 1:00 P.M.  
7. Call the office for someone to pick up  
8. Church outside Lockbox

(Note: you can find links on the website: <http://www.crosstreetamezion.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 worshipping 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 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 singing, please keep on your mask.

#### 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: [crosstreetamezion.org](https://crosstreetamezion.org) & in the front lobby. If you would like a PDF copy sent to you, Email your request to: [ken462012@gmail.com](mailto:ken462012@gmail.com). 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 2<sup>nd</sup> Sunday of each Month. **You may submit your information in the following ways:** place the information on a CD (Window format) and leave it in the Cross Street office, E-mail Ken Simmons ([ken462012@gmail.com](mailto:ken462012@gmail.com)), 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



## The Vision Statement in Four Simple Word: Members are to **GATHER, CONNECT, GO, GIVE**

### "I am a Christian"

By Maya Angelou

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

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

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

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

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

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

### The Lord's Prayer

Matthew 6:9-13 (KJV)

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



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

### The Jabez Prayer

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

### "God's Word

*For the word of God is quick, and power-  
ful, and sharper than any two-edged  
sword, piercing even to the dividing  
asunder of soul and spirit, and of the  
joints and marrow, and is a 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 heav-  
ens, O Lord. all of your promises are  
yes in Christ, unto your glory, O God.  
You have spoken through your Word  
since ancient times, in order to give  
light to those who sit in darkness, and  
you guide my feet in the way of peace.  
Your Word is quick, alive, and power-  
ful, 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 dis-  
cerner 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