

July-August 2023 — Volume 27 Issue 4

200th Year Church Anniversary Celebration

From The Pastor's Desk



Dear Church Family & Friends,

Greetings in the Name of our Lord and Savior, Jesus Christ!

1823 From Beman to Harvill 1993 to 2023

The First Lady and I are in awe of how you made the 70/30 a grand celebration. The Banquet was picturesque with glitter, streaming bling, colorful balloons, gorgeous people, good food, and a glorious time in the Lord. We were blessed to have family from Alabama, New York, Georgia, Michigan, North Carolina, and other places. Our Spiritual son, Rev. Dr. Anthony Freeman, brought a chartered bus filled with members from Clinton Tabernacle AME Zion Church Hickory, North Carolina. We had joyful Music, singing, and proclamations from the State, City, Pastors, and sons and daughters of the ministry. My brother, Otis Harvill of Detroit, Michigan, brought the message of love and faith. My Brother Otis and Sister Catherine from Birmingham gave me a beloved picture of our parents. Otis indicated our parents are our guardian angels watching over us. It was a Who's Who List of attendees from the city and surrounding towns, the New England Conference, and city leaders. Presiding Elder Jackie King presided, sharing stories of her days at Cross Street Church under our administration. Mayor Ben Florsheim declared Sunday, June 25, 2023, Presiding Elder Moses L. Harvill Day in Middletown. It was a time of enjoyment for all. It's an evening that I and First Lady Eledia will remember for years. It was only the beginning of 3 spectacular events.

It was as if, on Sunday morning, the windows of heaven opened and showered down blessings. We experienced worship that led us closer to God and one another. The Music was superb, with Cross Street Combined Choir, Children Choir, and Clinton Tabernacle Choir. It was standing, clapping, hallelujah time in the Lord. Our Spiritual son, Rev. Dr. Anthony Freeman, delivered an inspiring message reminding us to remember the bridge that brought us across life's challenging times. The Pastor and First Lady were overwhelmed by the presence of so many and the outpouring of love. You do the work God called you to do and never really know the many lives you have touched. The people present made it known that we made a big difference in their lives.

Sunday afternoon worship took us over the top.

The Cross Street Combined Choir blessed us with Music. The children rocked the house with dance and song. It was high praise in the house. We are so proud of the children of Cross Street Church. They went beyond to show their love.

The Metropolitan AME Zion Church Hartford, where it all started for the Pastor & First Lady in Ministry, joined us for worship. The Music and singing inspired us to give praise and thanks. And to make this day memorable, our Bishop Dennis V. Proctor and Missionary Supervisor made an extraordinary sacrifice to attend. Bishop Proctor brought a

(70/30 Celebration on page 12)



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WWW.crossstreetamezion.org

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!

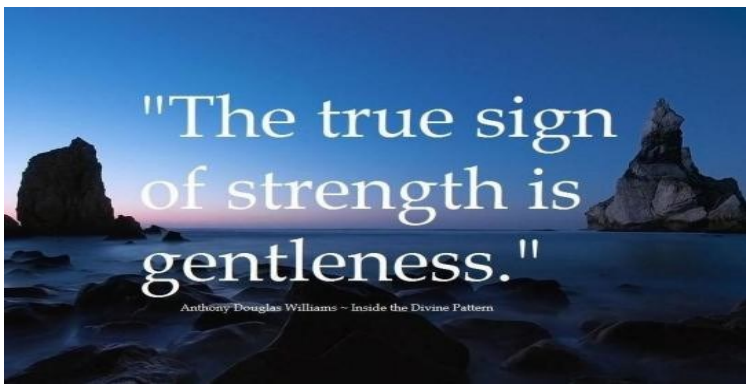
Created by **I AM**, a God. It makes My wrong, **You**.

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

God



**GOD CAN TURN AROUND
ANY SITUATION.**



The Fruit of the Holy Spirit - What is gentleness

Galatians 5:22-23 says that the Holy Spirit works in us to be more like Christ (Ephesians 4:14-16), and part of the fruit, or results, of that work is gentleness. Gentleness, also translated “meekness,” does not mean weakness. Rather, it involves humility and thankfulness toward God, and polite, restrained behavior toward others. The opposites of gentleness are anger, a desire for revenge, and self-aggrandizement.

It takes a strong person to be truly gentle. Henry Wadsworth Longfellow gives us a wonderful illustration of gentleness in “The Village Blacksmith.” In the poem, the main character is described thus:

“The smith, a mighty man is he,
With large and sinewy hands;
And the muscles of his brawny arms
Are strong as iron bands.”

(What is Gentleness on page 16)

What are some Bible verses about gentleness?

Titus 3:2: To speak evil of no one, to avoid quarreling, to be gentle, and to show perfect courtesy toward all people.

1 Peter 3:15: But in your hearts honor Christ the Lord as holy, always being prepared to make a defense to anyone who asks you for a reason for the hope that is in you; yet do it with gentleness and respect,

Proverbs 15:1: A soft answer turns away wrath, but a harsh word stirs up anger.

Psalms 18:35: You have given me the shield of your salvation, and your right hand supported me, and your gentleness made me great.

2 Timothy 2:24-26: And the Lord's servant must not be quarrelsome but kind to everyone, able to teach, patiently enduring evil, correcting his opponents with gentleness. God may perhaps grant them repentance leading to a knowledge of the truth, and they may come to their senses and escape from the snare of the devil, after being captured by him to do his will.

(Bible about Gentleness on page 16)

What does the Bible say about freedom?

Freedom is a multi-faceted concept in the Bible. The story of man begins with freedom gone awry. In His generosity, God tells Adam in the Garden of Eden, “You are free to eat from any tree in the garden”; there was one restriction: “But you must not eat from the tree of the knowledge of good and evil, for when you eat from it you will certainly die” (Genesis 2:16-17). However, even with all that freedom and all those blessings, mankind misused freedom, rebelled against God, and brought death into the world.

God desires that His people be free. Seven times in the book of Exodus, God’s direct message to Pharaoh through Moses was, “Let My people go” (Exodus 5:1; 7:16; 8:1, 20; 9:1, 13; 10:3, NKJV). God redeemed His people out of Egypt and out of slavery “with a mighty hand and outstretched arm” (Psalm 136:12). The national freedom God granted

(Freedom on page 17)

What is Christian freedom?

The Bible states emphatically in Galatians 5:1 that believers are free in Christ: “It is for freedom that Christ has set us free” (Galatians 5:1). Before Jesus died on a cross, God’s people lived under a detailed system of laws that served as a moral compass to guide their lives. The Law, while powerless to grant salvation or produce true freedom, nevertheless pointed the way to Jesus Christ (Galatians 3:19-24). Through His sacrificial death, Jesus Christ fulfilled the Law, setting believers free from the law of sin and death. God’s laws are now written in our hearts through the Spirit of God, and we are free to follow and serve Christ in ways that please and glorify Him (Romans 8:2-8). In a nutshell, this is the definition of Christian freedom.

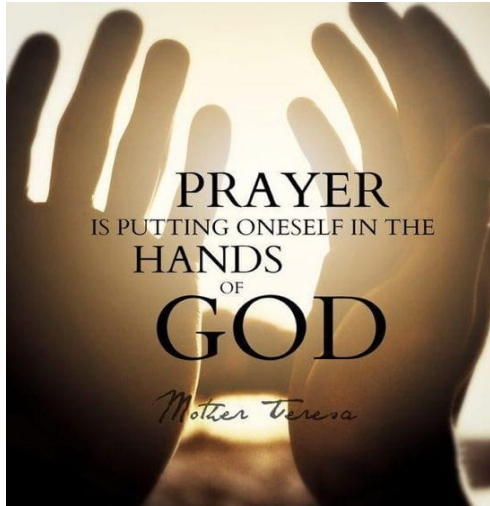
An important aspect of Christian freedom is our responsibility not to return to living under the Law. The apostle Paul compared this to slavery: “Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery” (Galatians 5:1). Continuing to live under the Law

(Christian Freedom on page 18)

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PRAYERS



Walking in Gentleness

Key Scripture: *“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).

Key Thought: God’s Spirit produces the fruit of gentleness in my life.

Prayer: God, you are gentle, 1 kind, 2 and plenteous in mercy. 3 Thank you for giving me gentleness as a fruit of your Spirit. 4

As your servant, Lord, I will endeavor to walk in the fruit of gentleness toward all others. With your help, I will exhibit the qualities of gentleness, through patience, meekness, and kindness at all times. 5

Show me how, Father, to be clothed with tender mercy, kindness, humility, meekness, patience, and forgiveness, so that I will walk in gentleness faithfully. 6 As I learn to walk in gentleness, O God, I will put on love which is the bond of perfection,

and I will let your peace rule in my heart, and be thankful. 7 Your fruit of love is the source and foundation of all gentleness in my life. 8

Therefore, I will let your Word dwell richly within me in all wisdom, gentleness, and truth. 9 With your help, Lord, I will do everything in the name of the Lord Jesus, giving thanks to you through Him. 10

References: (1) 2 Samuel 22:36; (2) 2 Samuel 2:6; (3) Psalms 86:5; (4) Galatians 5:22; (5) 2 Timothy 2:24-25; (6) Colossians 3:12-13; (7) Colossians 3:14-15; (8) Galatians 5:22; (9) Colossians 3:16; (10) Colossians 3:17.

Bible Prayers for all your needs
Victory House Publishers

Healing Prayer

Dear God,
Your words are **HEALTH**.
I ask for physical healing.
I speak to my body
... your energy
... your abundance
... your comfort
... your clarity.
NOTHING IS IMPOSSIBLE to you.
You are God of an abundant life.
I claim that life now.
I think of an activity which is a stretch for me.
I hold a vision of myself carrying out this activity with **EASE**.
I see myself _____.
I celebrate this health improvement.
Thank you God.
Amen

(c) www.HealingCFSME.com

PRAYER FOR STRENGTH AND HEALING

Almighty Lord,
I look up to you for strength and healing
Shine your face on me and fill me with your life-giving powers. Calm my fears and bring comfort and peace to my body.
I trust and know that Jesus carried my sickness and my sins on the cross. So by the power of the blood, I decree and declare that any sickness in my body be gone. I rebuke and cast out any diseases and infections in my body. I lose myself from every infirmity and weakened immune system.
Let your divine healing flow into every cell of my body. Let it flow through my veins and my blood.
Lord, I believe in your healing power and I believe that by touching the hem of your garment, I've received my healing through the blood of Jesus Christ,
Amen

THE GRACEFUL CHAPTER

Prayer For Mental And Physical Healing

Dear Lord,
I come to you today for mental and physical healing. I am overwhelmed by the recent changes in my life and it's draining me physically, mentally, and emotionally.
I pray for your strength and healing, Lord. Help me overcome the blocks that have put me in this state.
Rekindle my spirit and make me whole again. Awaken me from dormancy. Let your holy spirit fill my heart with strength and confidence to face the future with hope in Jesus's mighty name, I pray,
Amen

THE GRACEFUL CHAPTER

The Miracle Prayer

*I open my heart wide to receive the love of God.
As I receive God's love as universal supply,
all my affairs are healed.
I realize and accept the healing power of the Universe as love, and I allow the healing power that is love to penetrate my life.
I readily accept the healing power of love in my life and I know that as love,
God is my limitless and abundant supply made manifest.
I feel the outpouring of God's love in my body and mind.
I feel God's love in my affairs,
and I know all is well.*

Merciful God,

I offer prayers for those who are wanting. Those with broken hearts and broken lives. Bless them with healing. Change their circumstances. Cause peace and prosperity to come in abundance. I, who have plenty, pray to share the richness of my soul, even as I share my resources.
Amen

www.prayables.com

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)

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

The fruit of LOVE when properly motivated "is pure, far reaching, forgiving. There is no limit to the good that LOVE does. God is LOVE. (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**; F A I T H F U L N E S S, *half-heartedness*, **infidelity**;
MEEKNESS, *false modesty*, **self-seeking**; SELF-CONTROL, *choosing lesser goals*, **lack of control**
(The Fruit of the Spirit, John W. Sanderson)

READ THE BIBLE IN ONE YEAR

JULY

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

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

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

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

AUGUST

1. Isaiah 16-18
2. Isaiah 19-21
3. Isaiah 22-24
4. Isaiah 25-27
5. Isaiah 28-30
6. Isaiah 31-33
7. Isaiah 34-36

8. Isaiah 37-39
9. Isaiah 40-42
10. Isaiah 43-45
11. Isaiah 46-48
12. Isaiah 49-51
13. Isaiah 52-54
14. Isaiah 55-57
15. Isaiah 58-60

16. Isaiah 61-63
17. Isaiah 64-66
18. Jeremiah 1-2
19. Jeremiah 3-5
20. Jeremiah 6-8
21. Jeremiah 9-12
22. Jeremiah 13-16
23. Jeremiah 17-20

24. Jeremiah 21-23
25. Jeremiah 24-26
26. Jeremiah 27-29
27. Jeremiah 30-32
28. Jeremiah 33-36
29. Jeremiah 37-39
30. Jeremiah 40-42
31. Jeremiah 43-46

SEPTEMBER

1. Jeremiah 47-49
2. Jeremiah 50-52
3. Lamentations 1-5
4. Ezekiel 1-3
5. Ezekiel 4-7
6. Ezekiel 8-11
7. Ezekiel 12-14

8. Ezekiel 15-18
9. Ezekiel 19-21
10. Ezekiel 22-24
11. Ezekiel 25-27
12. Ezekiel 28-30
13. Ezekiel 31-33
14. Ezekiel 34-36
15. Ezekiel 37-39

16. Ezekiel 40-42
17. Ezekiel 43-45
18. Ezekiel 46-48
19. Daniel 1-3
20. Daniel 4-6
21. Daniel 7-9
22. Daniel 10-12
23. Hosea 1-4

24. Hosea 5-7
25. Hosea 8-10
26. Hosea 11-14
27. Joel 1-3
28. Amos 1-3
29. Amos 4-6
30. Amos 7-9

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

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

CHRISTIAN SEASONS



The Season After Pentecost covers 10-14 Sundays. The liturgical color is red for the Season After Pentecost.

Trinity Sunday is the first Sunday after the day of Pentecost. This Sunday emphasizes the three-fold manifestation of the Godhead (God the Father, God the Son, and God the Holy Spirit/Ghost): three and yet one. White is the appropriate color.

Color: Red is symbolic of loyalty, power, witness, Christian zeal, blood, fire, the work and ministry of the Church, and the Holy Spirit.

SEASON OF KINGDOMTIDE

Kingdomtide

Kingdomtide was initiated in 1937 by the Federal Council of Churches (now the National Council of Churches). The emphasis includes evangelism, world missions, and the work for peace and justice in all relationships. Kingdomtide Begins on the last Sunday in August and continues until the beginning of Advent.

Color: Green is the liturgical color for Kingdomtide. Green is symbolic of the freshness of nature, hope, life, and growth. It is used during The Season After Epiphany and Kingdomtide.

LITURGICAL COLORS

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

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

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

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

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

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

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

Other Colors

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

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

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.

juliesunne.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!

Joyful Worship Restored

Bible Background — Ezra 1:1-3:7

Printed Text — Ezra 3:1-7 / Devotional Reading — Matthew 23:29-39

Aim For Change

By the end of the lesson, we will: KNOW that we should celebrate and express thanks to God for His goodness; DESIRE to praise God for His goodness; and PRAISE God for His goodness.

In Focus

Andre was a faithful church member who led the praise and worship portion of services. He met a woman that he liked and began to spend more time with her than in church. He sought God's approval of the relationship, though, he felt in his heart that God was not pleased.

Andre came home after work one evening to find two police officers waiting for him with a search warrant. Andre had been under surveillance because of the woman he'd been dating. She'd been identified as a co-conspirator in intricately planned robberies. The warning of the Lord came back to Andre's mind. Ashamed, Andre stopped going to church completely and shied away from praising and worshiping God.

Weeks later, while remembering the praise and worship services, Andre began to sing to the Lord. In tears, he called his pastor and the minister of music, and both readily accepted him back. Andre gladly worshiped the Lord to prepare for the next Sunday's services. There, Andre experienced an anointing in worship like none he'd ever seen before.

Today's lesson is about how we as believers should ask God to help us maintain joyful worship of God, who is worthy to be praised.

Keep in Mind

"They kept also the feast of tabernacles, as it is written, and offered the daily burnt offerings by number, according to the custom, as the duty of every day required" (Ezra 3:4, KJV).

Focal Verses — KJV

Ezra 3:1 And when the seventh month was come, and the children of Israel were in the cities, the people gathered themselves together as one man to Jerusalem. 2 Then stood up Jeshua the son of Jozadak, and his brethren the priests, and Zerubbabel the son of Shealtiel, and his brethren, and builded the altar of the God of Israel, to offer burnt offerings thereon, as it is written in the law of Moses the man of God.

3 And they set the altar upon his bases; for fear was upon them because of the people of those countries: and they offered burnt offerings thereon unto the LORD, even burnt offerings morning and evening.

4 They kept also the feast of tabernacles, as it is written, and offered the daily burnt offerings by number, according to the custom, as the duty of every day required;

5 And afterward offered the continual burnt offering both of the new moons, and of all the set feasts of the LORD that were consecrated, and of every one that willingly offered a freewill offering unto the LORD.

6 From the first day of the seventh month began they to offer burnt offerings unto the LORD. But the foundation of the temple of the LORD was not yet laid.

7 They gave money also unto the masons, and to the carpenters; and meat, and drink, and oil, unto them of Zidon, and to them of Tyre, to bring cedar trees from Lebanon to the sea of Joppa, according to the grant that they had of Cyrus king of Persia.

(Pentecost on page 11)

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.

The People, Places, and Times

The Feast of Booths (or the Feast of Tabernacles or Sukkot). This celebration is a harvest that lasts for one week. Jeshua is a descendant of Jozadak, who had been the high priest at the time Judah went into exile. Zerubbabel was appointed governor of Judah either by Darius or his predecessor, Cambyses, about 525 B.C. The altar described was built on old foundation, underscoring the continuity with the first Temple. The text notes that the reinstatement of sacrifices was not accompanied by the laying of the Temple's foundations. Fear of reaction by neighboring people accounted for this delay.

Background

Throughout the history of the Children of Israel, we see a pattern where one ruler obeyed God and his successor would disobey and lead the nation into a path of unrighteousness. In the historical era prior to our lesson, King Josiah sought to cleanse and restore true worship among the people of Israel. He rebuilt the Temple and led the people in obeying the Law of Moses to follow all the required feasts and sacrifices and the Passover.

After his death, his brother Jehiahah was placed over the Children of Israel, and he did evil in the sight of the Lord. The people disobeyed God, and the chief priest defiled the Temple. The Lord sent prophets to warn them, but the people mocked and misused them. God's wrath against them became unquenched. The king of Chaldees came and slew them unmercifully: young, old, men, and women alike. The King took everything of value in the land and removed everything from the Temple before he burned it and destroyed the wall of Jerusalem. Those who remained were taken into captivity for 70 years, the time God appointed.

At A Glance

1. Worship Restored (Ezra 3:1-5)
2. The Temple Restored (vv. 6-7)

In Depth

1. Worship Restored (Ezra 3:1-3)

The children of Israel gathered in Jerusalem after their release from Babylon to find their city and Temple in ruins. Jeshua and the other priests worked to restore the altar to observe the customary feasts with the people. Over time, the morale of the Children of Israel suffered after their bondage, and their spirits were in ruins like their precious Jerusalem: broken and, in many ways, desolate.

The Feast of Tabernacles, which they celebrated, is similar to our Thanksgiving. It commemorates the 40 years they worshiped in tents while in the wilderness. As with all required feasts and observances, it came with a promise and restoration of God's covenant with His people. Worshiping God is the best way to re-establish joy after emerging from a difficult time.

2. The Temple Restored (vv. 6-7)

The Temple of God represents a special place, and the things inside had a special meaning. The Children of Israel endured many transitions while serving their God. They carried the Ark of the Covenant, they served Him in a tent, and they built a beautiful Temple—all so His presence could continually dwell among them.

The people were moved as they watched Jeshua and the other priests rebuild the Temple to its original order. The skilled tradesmen gave their time and skill to restore the Temple. King Cyrus of Persia preserved the pieces that belonged in the Temple and returned them when the Children of Israel returned to Jerusalem. He also gave a grant to help with its completion.

More important than the dedication of the people to rebuild the physical Temple was their renewed spirit, the true Temple, figuratively speaking. What good is a temple if no one comes to make sacrifices to God? The Children of Israel in the past had failed to see the significance in observing the required sacrifices and didn't for quite some time before going into captivity. After deliverance from their captors, the Children of Israel longed for those old traditions; their significance, no doubt, brought new meaning to their hearts.

It is important that we too, recognize the significance of God and the Temple where His presence dwells.

Search the Scriptures

1. What was significant in the observance of the Feast of Tabernacles among the Children of Israel (Ezra 3:4)?
2. Who granted permission to the Children of Israel to rebuild the Temple (v. 7)?

Discuss the Meaning

What observances or sacrifices do we need to reinstate to restore and rebuild our relationship with God? As you ponder this question, think of your own relationship with the holy God.

Liberating Lesson

Unbroken fellowship with God is so vital to our existence and peace of mind in today's perilous world. Our praise and worship bring us into God's presence and protection. Our continual disobedience only stirs the wrath of God and places us in a position to lose our greatest possession: our relationship with God—the source of our praise, worship, and more importantly, our joy.

Say It Correctly

Pentateuch. **PEN**-tuh-took. Zerubbabel. zuh-**RUB**-uh-buhl, (zuh-**RUHB**-uh-buhl).

(70/30 Celebration from page 1)

message sharing the 30 years of pastoring with integrity and trustworthiness.

Presiding Elders Jacqueline King, Laticia Goddette, Alfred Carson, Kenneth I. Lewis, Pastors, other ministers and laity of the Boston and Hartford Districts, Community Pastors, and many more added to the blessings.

Bishop Proctor appealed for generous giving, and the people responded with abundant giving. We never doubted love, but the 70/30 celebration demonstrated how much people cared for us.

Thank you so much for all you have done to make the 30 years enriching and rewarding. We are better because of our years in ministry at the Cross Street AME Zion Church. We pass the mantle to our new Pastor, Rev. Robyn Anderson.

Much love to all! We still believe the best is yet to come.

Faithfully Yours,

Presiding Elder Moses L. Harvill and First Lady Eledia Harvill

To Presiding Elder Moses L. Harvill and First Lady Eledia Harvill

Thank You Pastor

The work you have done for this congregation has truly been a blessing. I am praising God to be so blessed as to have a shepherd who loves his flock this much.



Thank You Pastor

I PRAY THAT IN THIS SEASON THAT GOD WOULD BE YOUR CONSTANT COMPANION. WE THANK YOU FOR YOUR ENDURANCE AS OUR SPIRITUAL LEADER!



THANK YOU

FOR YOU LEADERSHIP,
YOUR FAITHFULNESS,
AND YOUR HEART

MAY GOD BLESS YOU!

Pastor and Wife Appreciation Message



To Your Beloved Pastor

You have served the Lord, tirelessly, faithfully and with great compassion for His flock. In wisdom you have instructed us and in gentleness, you have led us. You have shared our deepest joys and stood with us, in our darkest hours. You have held us close to your heart, strengthening our hands, cheering our souls and assuring our hearts.



To Your Pastor's Wife

You shine forth in our midst, a radiant reflection of God's love, continually holding forth the Word of Truth. You have taught us what it means to commit wholeheartedly, to serve zealously, and to love sacrificially and unconditionally. In purity and passion, you have set our hearts ablaze with love for our Savior.

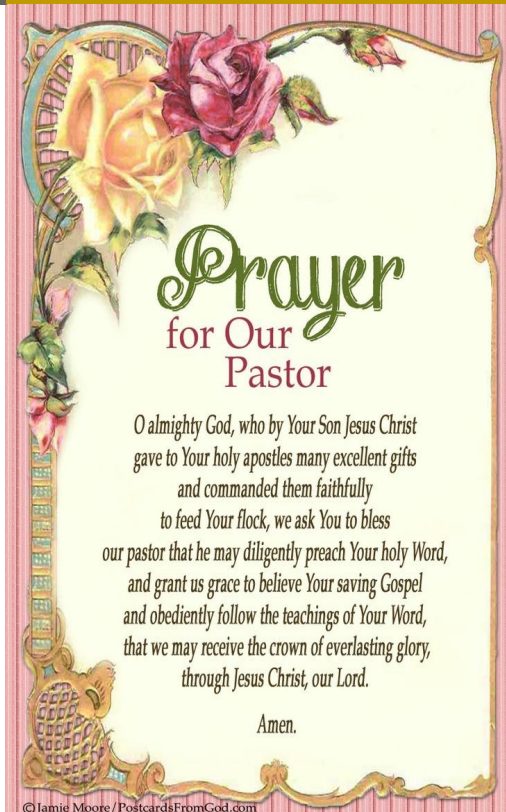
Dear Pastor, The Lord
BLESS YOU & KEEP YOU;
the Lord make his face to
SHINE UPON YOU
and be gracious to you;
the Lord lift up his
countenance upon you and
GIVE YOU PEACE.



Welcome
Rev. Robyn Anderson
to
Cross Street A. M. E. Zion
Church.

Our New Pastor

*“Tend the flock of God
that is in your charge...
And when the chief
shepard appears,
you will win
the crown of glory
that never fades away.”*
1 Peter 5:2,4



ATTENDING TO OUR WORDS

Read: Psalm 66:10-20

But God has surely listened and has heard my prayer. Psalm 66:19

A week after C. S. Lewis died in 1963, colleagues and friends gathered in the chapel of Magdalen College, Oxford, England, to pay tribute to the man whose writings had fanned the flames of faith and imagination in children and scholars alike.

During the memorial service, Lewis's close friend Austin Farrer noted that Lewis always sent a handwritten personal reply to every letter he received from readers all over the world. "His characteristic attitude to people in general was one of consideration and respect," Farrer said. "He paid you the compliment of attending to your words."

In that way, Lewis mirrored God's remarkable attention to what we say to Him in prayer. During a time of great difficulty, the writer of Psalm 66 cried out to God (vv. 10-14). Later, he praised the

Lord for help, saying, "God has surely listened and has heard my prayer" (v. 19).

When we pray, the Lord hears our words and knows our hearts. Truly we can say with the psalmist, "Praise be to God, who has not rejected my prayer or withheld his love from me!" (v. 20). Our prayers become the avenue to a deeper relationship with Him. At all times, even in our hour of deepest need, He attends to our words. David McCasland

Prayer Tips: Take a walk through your neighborhood and pray for your

WAIT ON THE LORD

Read: Psalm 27

I waited patiently for the Lord; he turned to me and heard my cry. Psalm 40:1

With so many instantaneous forms of communication today, our impatience with hearing a reply from others is sometimes laughable. Someone I know sent an e-mail to his wife and then called her by cell phone because he couldn't wait for a reply!

Sometimes we feel that God has let

us down because He does not provide an immediate answer to a prayer. Often our attitude becomes, "Answer me quickly, Lord; my spirit fails" (Psalm 143:7).

But waiting for the Lord can transform us into a people of growing faith. King David spent many years waiting to be crowned king and fleeing from Saul's wrath. David wrote, "Wait for the Lord; be strong and take heart and wait for the Lord" (Psalm 27:14). And in another psalm he encourages us with these words, "I waited patiently for the Lord; he turned to me and heard my cry. He . . . set my feet on a rock and gave me

a firm place to stand" (40:1-2). David grew into "a man after [God's] own heart" by waiting on the Lord (Acts 13:22; see 1 Samuel 13:14).

When we become frustrated with God's apparent delay in answering our prayer, it is good to remember that He is interested in developing faith and perseverance in our character (James 1:2-4). Wait on the Lord. Dennis Fisher

Prayer Tip: List your government representatives-mayor, senators, congressmen, governor, president-and then pray for them.

PERSISTENT PRAYER

Read: Luke 18:1-8

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

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

badgered a heartless judge for help and finally got it.

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

George Miller (1805-1898), pastor and orphanage director, was known for his faith and persistent prayer. Many times when he prayed for specific needs for his orphanage, God sent exactly what was required. Yet for more than 40 years he also prayed for the conversion of a

friend and his friend's son. When Muller died, these men were still unconverted. God answered those prayers, however, in His own time. The friend was converted while attending Muller's funeral, and the son a week later!

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

Prayer Tip: When you see troubling news or posts on Facebook, bow your head and pray for those involved.

CRYING OUT TO GOD

Read: Psalm 142

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your request to God. Philippians 4:6

After all these years, I still don't fully understand prayer. It's something of a mystery to me. But one thing I know: When we're in desperate need, prayer springs naturally from our lips and from the deepest level of our hearts.

When we're frightened out of our wits, when we're pushed beyond our

limits, when we're pulled out of our comfort zones, when our well-being is challenged and endangered, we reflexively and involuntarily resort to prayer. "Help, Lord!" is our natural cry.

Author Eugene Peterson wrote, "The language of prayer is forged in the crucible of trouble. When we can't help ourselves and call for help, when we don't like where we are and want out, when we don't like who we are and want a change, we use primal language, and this language becomes the root language of prayer."

Prayer begins in trouble, and it continues because we're always in trouble at some level. It requires no special preparation, no precise

vocabulary, no appropriate posture. It springs from us in the face of necessity and, in time, becomes our habitual response to every issue—good and bad—we face in this life (Philippians 4:6). What a privilege it is to carry everything to God in prayer! David Roper

Prayer Tips: "Husbands, . . . Be considerate as you live with your wives, and treat them with respect . . . so that nothing will hinder your prayers" (1 Peter 3:7).

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)

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

(What is Gentleness from page 3)

However, in church, as he hears his daughter singing a hymn, the smith is overcome with emotion, "And with his hard, rough hand he wipes / A tear out of his eyes." This is gentleness. Might restrained. Humility and grace.

God wants us to give Him control of our lives. Relying on our own logic, we have no impetus to submit to God's leadership. With the wisdom given to us by the Holy Spirit, however, we begin to see why we should completely submit to God as Lord of our lives. Human power under human control is a half-broken weapon in the hands of a child. But gentleness places our strength under God's guidance; it is a powerful tool for God's kingdom.

Every person is powerful. We can speak words that influence others; we can act in ways that help or hurt; and we can choose what influences will inform our words and actions. Gentleness constrains and channels that power. To be gentle is to recognize that God's ways and thoughts are high above our own (Isaiah 55:9). It is to humbly realize that our worldviews are shaped by exposure to sin and the misinterpretation of experience. It is to accept God's worldview, reflecting truth about the spiritual and the material worlds.

It is to our advantage to have a gentle attitude toward God because He is omniscient and we are not. "Where were you when I laid the foundation of the earth?" God challenges Job. "Tell Me, if you have understanding" (Job 38:4). God knows everything of the past, present, and future (1 John 3:20); we can't even get the weather forecast right. Like a petulant teenager to his parents, we may cry out, "You just don't understand!" but God does understand, more than we could possibly know (Psalm 44:21).

When we are filled with the Spirit's fruit of gentleness, we will correct others with easiness instead of arguing in

resentment and anger, knowing that their salvation is far more important than our pride (2 Timothy 2:24-25). We will forgive readily, because any offense toward us is nothing compared to our offenses against God—offenses He's already forgiven (Matthew 18:23-35). Competition and sectarianism will disappear, as the goal becomes less about ourselves and more about preaching the gospel (Philippians 1:15-18). John the Baptist was a fiery preacher, yet he evinced true gentleness when he said, "[Jesus] must become greater; I must become less" (John 3:30).

Gentleness also means giving up the right to judge what is best for ourselves and others. God is not as concerned with our comfort as He is concerned with our spiritual growth, and He knows how to grow us far better than we do. Gentleness means that we accept that the rain falls on the evil and the just and that God may use methods we don't like to reach our hearts and the hearts of others.

Finally, to live in a spirit of gentleness toward God is to accept His judgment on people and issues. We tend to think it is gentle to go easy on people and try to justify actions that God has called sin. Or to let someone continue in sin without speaking the truth. But Paul says, "If anyone is caught in a trespass, you who are spiritual restore such a one in a spirit of gentleness" (Galatians 6:1). This doesn't mean to be so soft that the sinner doesn't realize he's sinned. It means to confront the brother in a manner that is in line with Scripture—to be mild, loving, encouraging, and clear about the holiness that God calls us to.

Jesus gave us the perfect picture of gentleness: "See, your king comes to you, gentle and riding on a donkey" (Matthew 21:5), and now He offers us His gentleness as a gift. If we allow the Holy Spirit to lead us, we will be filled with fruit of gentleness.

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(Bible about Gentleness from page 3)

James 3:17: But the wisdom from above is first pure, then peaceable, gentle, open to reason, full of mercy and good fruits, impartial and sincere.

Galatians 5:22-23: But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.

Galatians 6:1: Brothers, if anyone is caught in any transgression, you who are spiritual should restore him in a spirit of gentleness. Keep watch on yourself, lest you too be tempted.

Matthew 11:29: Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls.

Ephesians 4:2: With all humility and gentleness, with patience, bearing with one another in love,

James 1:19-20: Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger; for the anger of man does not produce the righteousness of God.

1 Corinthians 13:4-5: Love is patient and kind; love does not envy or boast; it is not arrogant or rude. It does not insist on its own way; it is not irritable or resentful;

Philippians 4:5: Let your reasonableness be known to everyone. The Lord is at hand;

Isaiah 40:11: He will tend his flock like a shepherd; he will gather the lambs in his arms; he will carry them in his bosom, and gently lead those that are with young.

2 Corinthians 10:1: I, Paul, myself entreat you, by the meekness and gentleness of Christ—I who am humble when face to face with you, but bold toward you when I am away!—

2 Samuel 22:36: You have given me the shield of your salvation, and your gentleness made me great.

Colossians 3:12: Put on then, as God's chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience,

1 Thessalonians 2:7: But we were gentle among you, like a nursing mother taking care of her own children.

1 Timothy 6:11: But as for you, O man of God, flee these things. Pursue righteousness, godliness, faith, love, steadfastness, gentleness.

Proverbs 15:4: A gentle tongue is a tree of life, but perverseness in it breaks the spirit.

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(Freedom from page 3)

Israel becomes a fitting picture of the spiritual freedom God grants us in Christ, who is “worthy of greater honor than Moses” (Hebrews 3:3).

Freedom from Eternal Punishment

Man’s ultimate problem has always been sin. God, in His benevolence, offers us the free gift of salvation through Jesus Christ based on Christ’s atoning death on the cross (John 3:16). Those who are in Christ have been freed from the punishment of their sin (see 1 Thessalonians 5:9 and Revelation 20:6).

Isaiah foretold the mission of Christ and the freedom He would bring: “The Spirit of the Sovereign Lord is on me, because the Lord has anointed me to proclaim good news to the poor. He has sent me to bind up the brokenhearted, to proclaim freedom for the captives and release from darkness for the prisoners” (Isaiah 61:1). Those whom Jesus sets free are free indeed (John 8:36). They will never be condemned by God (Romans 8:1).

This idea of freedom from the penalty of sin must have been music to the ears of those who tried unsuccessfully to meet the demands of the Mosaic Law. Paul, speaking to those gathered in an Antioch synagogue, said about Jesus, “Through him everyone who believes is set free from every sin, a justification you were not able to obtain under the law of Moses” (Acts 13:39).

Freedom from Sin

The regenerate, forgiven sinner not only enjoys the promise of eternal life in Christ, but he also has the power to live free from sin. Sin’s dominion has been broken. “Thanks be to God, who delivers me through Jesus Christ our Lord!” (Romans 7:25). Paul uses the struggle between slavery and freedom to illustrate the believer’s transformation: “For we know that our old self was crucified with him so that the body ruled by sin may be done away with, that we should no longer be slaves to sin—because anyone who has died has been set free from sin” (Romans 6:6–7). Our sin was imputed to Christ, and Christ’s righteousness was imputed to us (2 Corinthians 5:21). In this way, we have freedom from the power of sin.

Freedom from the Law’s Burden

One of Jesus’ condemnations of the religious leaders of His day was, “You load people down with burdens they can hardly carry” (Luke 11:46). In contrast, Jesus promised “rest

for your souls” (Matthew 11:29), and He said, “My yoke is easy and my burden is light” (Matthew 11:30).

“The law brings wrath” (Romans 4:15), because no one can keep the law. Before Christ came, “we were held in custody under the law, locked up until the faith that was to come would be revealed” (Galatians 3:23). Paul likened our responsibility under the law to a child’s responsibility to a guardian: “So the law was our guardian until Christ came that we might be justified by faith. Now that this faith has come, we are no longer under a guardian” (Galatians 3:24–25). And Paul warns us not to return to that bondage: “It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery” (Galatians 5:1).

A Caution About Freedom

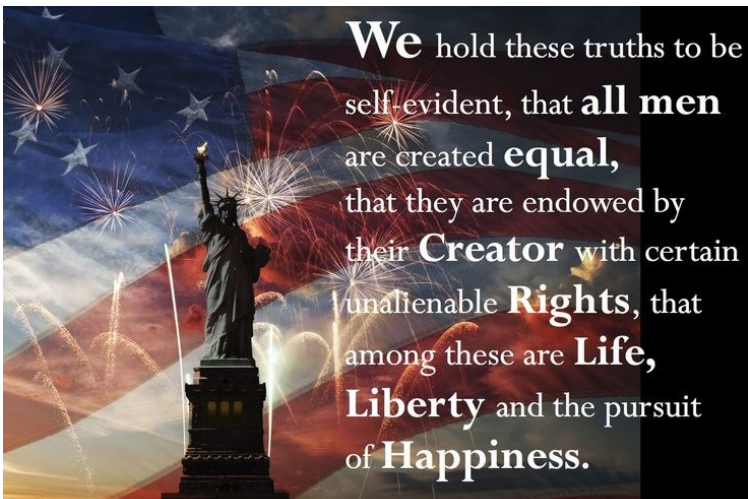
We have a propensity to go to extremes, and the Bible cautions us about our freedom: “You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh; rather, serve one another humbly in love” (Galatians 5:13). So our freedom from the rule of law is tempered by our service to and love of others. We must also exercise self-control (1 Corinthians 6:12). And our freedom in Christ never provides an excuse for sin: “Live as free people, but do not use your freedom as a cover-up for evil; live as God’s slaves” (1 Peter 2:16).

We have a responsibility to use the freedom Christ gives to choose what is right. “Clothe yourselves with the Lord Jesus Christ, and do not think about how to gratify the desires of the flesh” (Romans 13:14). When Jesus forgave the woman taken in adultery, He told her, “Go and sin no more” (John 8:11, NLT). *Go* is freedom; *sin no more* is responsibility.

Conclusion

Clearly, God wants His children to experience the joy of freedom. The believer is free from the power and penalty of sin and is promised eternity with Him. That fact should stir immense joy in the heart of the believer. This freedom of the redeemed in Christ will also be shared by the natural world: “The creation itself will be liberated from its bondage to decay and brought into the freedom and glory of the children of God” (Romans 8:21).

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(Christian Freedom from page 3)

after salvation is merely a legalistic form of religion. We cannot earn righteousness through the Law; rather, the Law's purpose was to define our sin and show our need of a Savior. Christian freedom involves living not under the burdensome obligations of the Law but under God's grace: "For sin shall no longer be your master, because you are not under the law, but under grace" (Romans 6:14).

In Christ, we are free from the Law's oppressive system, we are free from the penalty of sin, and we are free from the power of sin. Christian freedom is *not* a license to sin. We are free in Christ but not free to live however we want, indulging the flesh: "For you have been called to live in freedom, my brothers and sisters. But don't use your freedom to satisfy your sinful nature. Instead, use your freedom to serve one another in love" (Galatians 5:13, NLT). Believers aren't free to sin, but free to live holy lives in Christ.

Christian freedom is one of the many paradoxes of the Christian faith. True freedom means willingly becoming a slave to Christ, and this happens through relationship with Him (Colossians 2:16–17). In Romans 6, Paul explains that, when a believer accepts Christ, he or she is baptized with the Spirit into Christ's death, burial, and resurrection. At that moment, the believer ceases to be a slave to sin and becomes a servant of righteousness: "But thanks be to God, that you who were once slaves of sin have become obedient from the heart to the standard of teaching to which you were committed, and, having been set free from sin, have become slaves of righteousness" (Romans 6:17–18, ESV).

Only Christians know true freedom: "If the Son sets you free, you will be free indeed" (John 8:36). But what does Christian freedom look like in a practical sense? What are we free to do and not do? What can we watch on TV? What can we eat and drink? What can we wear to the beach? What about smoking and drinking? Are there limits to Christian freedom?

In 1 Corinthians 10, the apostle Paul gives a practical illustration of Christian freedom: "Everything is permissible—but not everything is beneficial. 'Everything is permissible—but not everything is constructive. Nobody should seek his own good, but the good of others" (1 Corinthians 10:23–24, NIV84).

In writing to the church in Corinth, Paul mentions members who were attending meals in pagan temples, just as they had done before receiving Christ. They felt free to continue participating because they thought these festivals were merely a normal part of the social culture. They didn't see their actions as pagan worship.

Paul laid out several warnings, reminding the Corinthians of Israel's dangerous flirtation with idolatry in the Old Testament. Then he handled the practical concern of eating meat that had been sacrificed to idols.

"Everything is permissible," the Corinthians were saying. True, Paul says; Christians have a great deal of freedom in Christ. However, not everything is beneficial or constructive. Our freedom in Christ must be balanced by a

desire to build up and benefit others. When deciding how to exercise our Christian freedom, we ought to seek the good of others before our own good.

In Judaism, restrictions were placed on purchasing meats in the market. Jews could only buy and eat kosher meats. Paul said believers were free in Christ to buy and eat any meat (1 Corinthians 10:25–26). However, if the issue of meat sacrificed to idols came up, believers were to follow a higher law. Love is what limits Christian freedom.

A little later in the chapter, Paul wrote about eating meat as a guest in someone's home. Christians are free to eat whatever they are served without questions of conscience (1 Corinthians 10:27). But, if someone brings up that the meat has been offered to an idol, it is better not to eat it for the sake of the person who raised the issue of conscience (verse 28). While believers have freedom to eat the meat, they are compelled to consider what's best for those who are observing their behavior.

Romans 14:1–13 raises a key determiner in understanding the limits of Christian freedom. In the passage, Paul again brings up the issue of eating meat sacrificed to idols and also observing certain holy days. Some of the believers felt freedom in Christ in these areas while others did not. Their differing perspectives were causing quarrels and disunity. Paul emphasized that unity and love in the body of Christ are more important than anyone's personal convictions or Christian liberty: "Therefore let us stop passing judgment on one another. Instead, make up your mind not to put any stumbling block or obstacle in the way of a brother or sister" (Romans 14:13).

Essentially, Paul's message to the New Testament believers and to us today is this: even if we believe we are right and have Christian freedom in an area, if our actions will cause another brother or sister to stumble in his or her faith, we are to refrain out of love.

Paul spoke again of the matter in 1 Corinthians 8:7–9: "Some people are still so accustomed to idols that when they eat sacrificial food they think of it as having been sacrificed to a god, and since their conscience is weak, it is defiled. But food does not bring us near to God; we are no worse if we do not eat, and no better if we do. Be careful, however, that the exercise of your rights does not become a stumbling block to the weak."

The issue in New Testament times was eating meat offered to idols; today there are other "gray areas" that arise in our Christian walk. Romans 14:1 calls these "disputable matters," areas where the Bible does not give clear-cut guidelines on whether a behavior is sin. When we are faced with gray areas, we can rely on two guiding principles to regulate our Christian freedom: let love for others compel us not to cause anyone to stumble, and let our desire to glorify God be our all-encompassing motive (1 Corinthians 10:31).

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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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LIVE IN FREEDOM

It is for freedom that Christ has set us free. Galatians 5:1

In Texas, where I grew up, there were festive parades and picnics in Black communities every June 19. It wasn't until I was a teenager that I learned the heartbreaking significance of Juneteenth (a word combining "June" and "nineteenth") celebrations. Juneteenth commemorates the day in 1865 when enslaved people in Texas learned that President Abraham Lincoln had signed the Emancipation Proclamation giving them their freedom—two-and-a-half years earlier. Enslaved people in Texas kept living in slavery because they didn't know they'd been freed.

It's possible to be free and yet live as slaves. In Galatians, Paul wrote about another kind of slavery: living life under the crushing demands of religious rules. In this pivotal verse, Paul encouraged his readers that "it is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery" (Galatians 5:1). Believers in Jesus had been set free from external regulations, including what to eat and who to befriend. Many, however, still lived as if they were enslaved.

Unfortunately, we can do the same thing today. But the reality is that Jesus set us free from living in fear of man-made religious standards the moment we trusted in Him. Freedom has been proclaimed. Let's live it out in His power. Lisa M. Samra

**How have you been trapped by religious rules?
How have you experienced freedom in Christ?**

Jesus thank You for setting me free
from the burden of oppressive rules.

To learn more about finding your God-given calling,
Visit ODBU.org/courses/SF010

Today's Scripture: **Galatians 5:1-7, 13-15**

¹ It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.

² Mark my words! I, Paul, tell you that if you let yourself be circumcised, Christ will be of no value to you at all. ³ Again I declare to every man who lets himself be circumcised that he is obligated to obey the whole law. ⁴ You who are trying to be justified by the law have been alienated from Christ; you have fallen away from grace. ⁵ For through the Spirit we eagerly await by faith the righteousness for which we hope. ⁶ For in Christ Jesus neither circumcision nor uncircumcision has any value. The only thing that counts is faith expressing itself through love.

⁷ You were running a good race. Who cut in on you to keep you from obeying the truth?

¹³ You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh; rather, serve one another humbly in love. ¹⁴ For the entire law is fulfilled in keeping this one command: "Love your neighbor as yourself." ¹⁵ If you bite and devour each other, watch out or you will be destroyed by each other.

INSIGHT

The book of Galatians addresses one of the toughest issues the early communities of believers in Jesus faced: how to understand and relate to the requirements of Mosaic Law, especially for gentile believers. Should gentile believers be circumcised and to follow other aspects of Mosaic Law? Some were teaching this very thing. Paul's encounter with the risen Jesus, however, convinced him that the law should be interpreted differently—as leading to and finding fulfillment in Christ (Galatians 2:19-21). To require believers to follow the law when Christ had already made them right with God and won their freedom (5:1, 4-6) would be "a different gospel . . . No gospel at all" (1:6-7). Monica La Rose

STRENGTHENED THROUGH TRAILS

We know that suffering produces perseverance; perseverance, character; and character, hope.

The memories flooded back when I rustled through some envelopes and glimpsed a sticker that said, "I've had an eye test." In my mind I saw my four-year-old son proudly wearing the sticker after enduring stinging eyedrops. Because of weak eye muscles, he had to wear a patch for hours each day over his strong eye—thereby forcing the weaker eye to develop. He also needed surgery. He met these challenges one by one, looking to us as his parents for comfort and depending on God with childlike faith. Through these challenges he developed resilience.

People who endure trials and suffering are often changed by the experience. But the apostle Paul went further and said to "glory in our sufferings" because through them we develop perseverance. With perseverance comes character; and with character, hope (Romans 5:3-4). Paul certainly knew trials—not only shipwrecks but imprisonment for his faith. Yet he wrote to the believers in Rome that "hope does not put us to shame, because God's love has been poured out into our hearts through the Holy Spirit" (v. 5). The apostle recognized that God's Spirit keeps our hope in Jesus alive when we put our trust in Him.

Whatever hardships you face, know that God will pour out His grace and mercy on you. He loves you. Amy Boucher Pye

How have trials and challenges actually helped you trust God more? How could you commit yourself to His care in what you currently face?

Ever-loving God, You promise that You'll never leave me. Help me

to hold on to Your promises even when I'm struggling.

For further study, read *A Better Way to Live* at DiscoverySeries.org

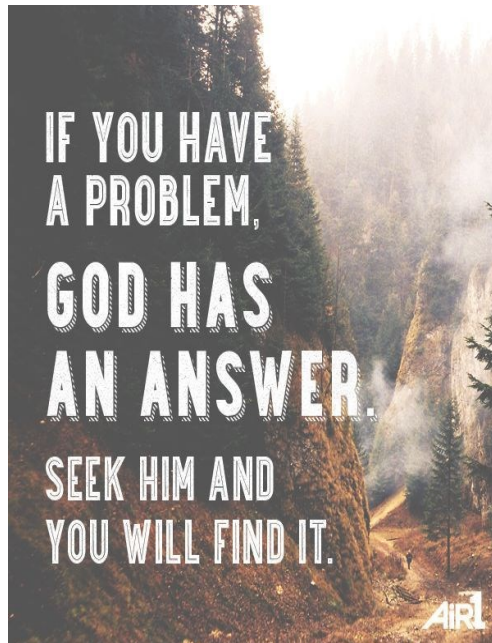
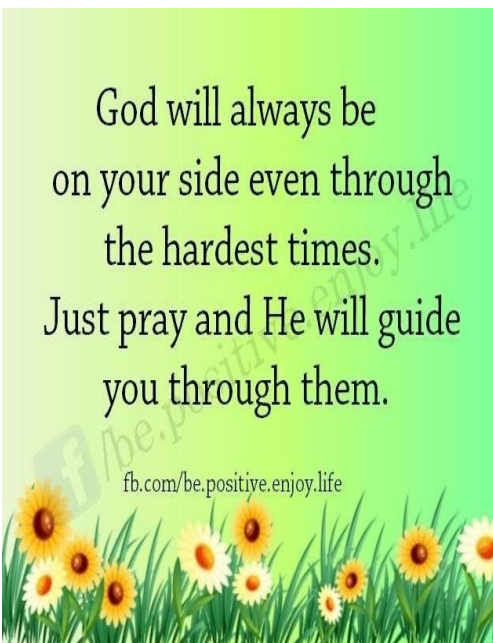
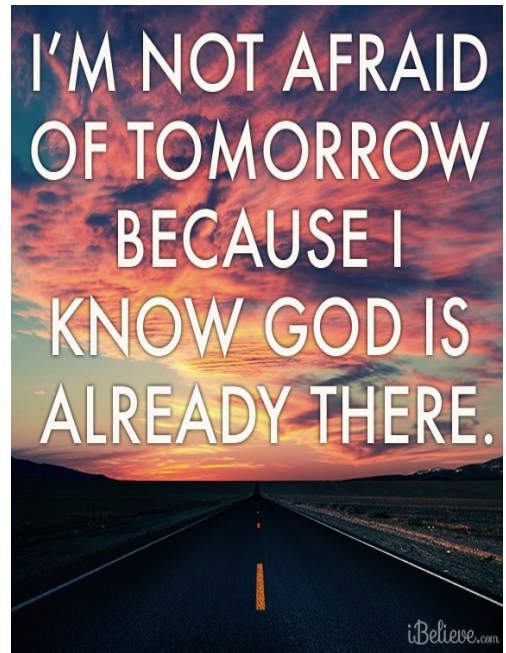
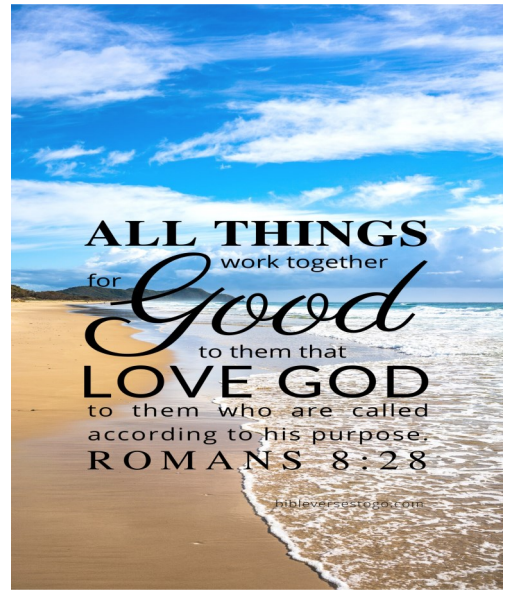
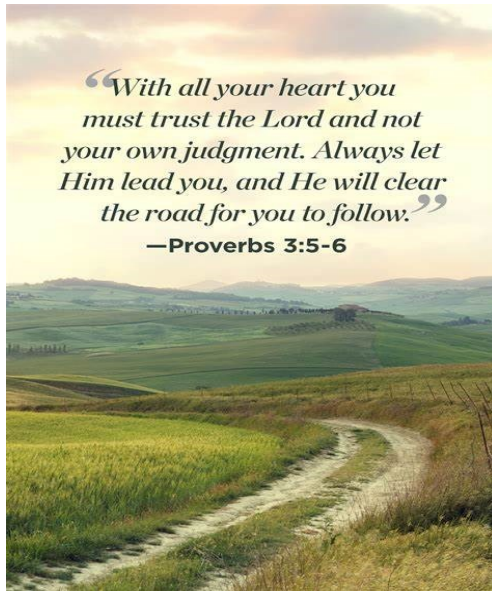
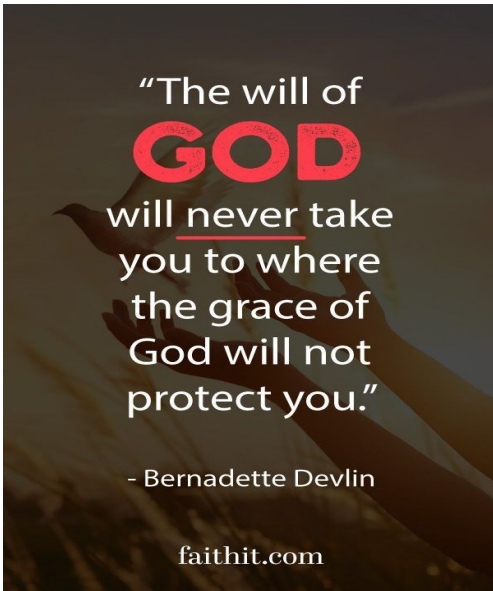
Today's Scripture: **Romans 5:1-5**

¹ Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ, ² through whom we have gained access by faith into this grace in which we now stand. And we boast in the hope of the glory of God. ³ Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; ⁴ perseverance, character; and character, hope. ⁵ And hope does not put us to shame, because God's love has been poured out into our hearts through the Holy Spirit, who has been given to us.

INSIGHT

The New Testament reveals much about the Holy Spirit. When we repent and receive Jesus as our Savior, God gifts us with the Spirit. Through Him, God pours His love into our hearts (Acts 2:38; Romans 5:5). In this way, our bodies become the Holy Spirit's temple and He lives in us (1 Corinthians 6:19). The Spirit gives us love, joy, peace (Galatians 5:22), encouragement (Acts 9:31), and hope (Romans 15:13). He also teaches us and guides us. Jesus told His disciples, "The Advocate, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you" (John 14:26; See 15:26). The Spirit enables us, like Peter, to speak boldly about Christ (Acts 4:8). He also warns us (20:23) and gives us spiritual gifts (Hebrews 2:4). The Spirit of truth, our Advocate, is with us forever (John 14:16-17). Alyson Kieda

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Know God and Live

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

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

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

Afraid of nothing

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

Fear always lurks among shadows. It thrives in darkness. A spiritually darkened mind is a breeding ground for terrifying fears. Flood the darkness with light and fear scurry away. Fill the mind with light, and fears are driven off.

Fears develop when you feel weak. But the Lord transmits strength. Result? You are afraid of nothing.

Pure Mind and Pure Joy

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

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

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

Defeat Temptation

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

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

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

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.

He Makes You Whole

Depression of spirit is often caused by a haunting sense of incompleteness and by unresolved conflicts. Jesus Christ, the skillful Physician, heals the personality as surely as he heals the body and soul. This described in a wonderful passage: **Wherever He entered, into villages, cities, or the country, they laid the sick in the marketplaces, and begged Him that they might touch the hem of His garment. And as many as touched Him were made well. Mark 6:56**

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

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

“

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!

FAITH

TELLS ME THAT NO
MATTER WHAT LIES
AHEAD OF ME,

GOD

IS ALREADY THERE.



**GOD HAS A
REASON FOR ALLOWING
THINGS TO HAPPEN.
WE MAY NEVER UNDERSTAND
HIS WISDOM, BUT WE
MUST SIMPLY
TRUST HIS WILL.**

PSALM 37:5

B

**PROVERBS 30:5
GOD KEEPS EVERY
PROMISE HE MAKES. HE
IS LIKE A SHIELD FOR ALL
WHO SEEK HIS
PROTECTION.**

For 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.

Ephesians 2:8-9 NIV

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WAY THAT THOSE
WHO KNOW YOU
BUT
DON'T KNOW GOD
WILL COME
TO KNOW GOD
BECAUSE
THEY KNOW YOU.**

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**Every word of God
is pure:
he is a shield unto
them that put their
trust in him.**

Proverbs 30:5



Let God's
promises
shine on your
problems.
Corrie Ten Boom



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

A Great Trade

Cast thy burden upon the LORD, and he shall sustain thee: He shall never suffer the righteous to be moved. Psalm 55:22

Did you know that God wants to make a trade with you? He has a standing offer every minute of every day, and it's amazing how few of us actually take Him up on it. He wants you to give Him all your cares, problems and failures. In return He'll give you His peace and joy. God really does want to take care of us, but in order to let Him, we've got to stop trying to take care of ourselves and worrying about every little thing we can't control. Many

people would like for God to take care of them, but they insist on worrying or trying to figure out an answer on their own, instead of waiting for God's direction. God will give us peace, but we must first give Him our worries. What a great trade! We give God our worry, and He gives us His peace. We give Him all our cares and concerns, and He gives us His protection, stability and joy. That's the amazing blessing and privilege of being cared for by Him.

Prayer Starter: You have offered me an amazing trade. You are so much more capable than I am, so I give You all of my cares and receive all of the peace and joy that You offer me!

Does God Prefer Polyester or Denim?

But the LORD said unto Samuel, Look not on his countenance, or on the height of his stature; because I have refused him: for the LORD seeth not as man seeth; for man looketh on the outward appearance, but the LORD looketh on the heart. 1 Samuel 16:7

I used to be so judgmental about the way some people dressed. Not long ago, I thought that I couldn't wear jeans while I was teaching at a conference, but my son said to me, "Do you really think that God anoints polyester more than denim?" It took some things like that to shock me into the realization that I was just holding on to a religious attitude when God wanted me to freshen up my look in order to reach more people. Sure, it's good to dress nicely when we go to church. But the bottom line is, we shouldn't be so focused on our appearance that we lose sight of our

main goal: developing a close, personal relationship with God. God simply wants us to fellowship with Him, which means communicating with Him throughout our day just like we do with someone who's our close friend or family member. He doesn't care about the outward appearance, only real relationship. Spend time with Him, being grateful for what He's done and is doing in your life. Have a real relationship with Him.

Prayer starter: God, help me to have Your attitude about outward appearance. Help me not to judge others who don't dress the way I think they should, and help me to develop a strong inner relationship with You.

Identify the Battlefield

(for the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds;) 2 Corinthians 10:4

Did you know that we are in a war every day? Looking around at all the suffering, we may think the battles are just taking place externally, but in reality, we're losing the advanced and more important conflict, the battle in our minds. When we fail to identify the battlefield, we also fail to correctly identify our foe. We tend to believe people, money, religion or "the system" are our problems. Unless we renew our mind, we risk continuing to believe those lies and making important decisions based on deception. Each

day our minds are bombarded with a constant stream of nagging thoughts, suspicions, doubts and fears. While any one of these can cause defeat and devastation, grabbing on to God's truth can bring victory and joy. You may have some major strongholds in your life that need to be torn down. Let me encourage you by saying, "God is on your side." there is a war going on, and your mind is the battlefield. But the good news is that God is fighting on your side!

Prayer Starter: I don't want to be deceived, ignoring the real battle that's happening in my mind. Keep me on guard so that I can fight the good fight. With You on my side, I can't lose!

Four Steps for Studying the Word

My son, attend to my words; Incline thine ear unto my sayings. Proverbs 4:20

Many people have asked me how to study God's word. Here are four helpful tips: 1. Purposely set aside time. I make an appointment with God in the morning, but if that doesn't work for you, find a time that does, even if it's not every day. Just start somewhere and you'll see the positive fruit that this time brings to your life! 2. Make preparation for your Bible study. Choose a place that you enjoy being, a room in your house where you can be alone. 3 Have all your materials available. You'll want your Bible, of course,

but also get a good Bible dictionary, concordance, pen and paper. That way, you don't have to stop every few minutes to reference something or write something down. 4. Prepare your heart. Talk to God about things you may need to confess, and enter your study time peacefully and without anything that may block you from receiving revelation during your study. Take time to study the Word because there is power in it to change your life and become the person God wants you to be.

Prayer Starter: Lord, I purpose in my heart to set aside time to really study Your Word. Teach me how to understand, consent and submit to Your truth in my life 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.



UNCHANGING GOD

God blesses those who patiently endure testing and temptation. James 1:12 NLT

An iconic photo shows the tread of a boot against a gray background. It's astronaut Buzz Aldrin's footprint, which he left on the moon in 1969. Scientist say that footprint is likely still there, unchanged after all these years. Without wind or water, nothing on the moon gets eroded, so what happens on the lunar landscape stay there.

It's even more awesome to reflect on the constant presence of God Himself. James writes, "Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows" (James 1:17). The apostle puts this in the context of our own struggles: "When troubles of any kind come your way, consider it an opportunity for great joy" (v. 2 NLT). Why? Because we're loved by a great and unchanging God!

In times of trouble, we need to remember God's constant provision. Perhaps we might recall the words of the great hymn "Great is Thy Faithfulness": "There is no shadow of turning with thee;/ thou changest not, thy compassion, they fail not;/as thou hast been thou forever wilt be." Yes, our God has left His permanent footprint on our world. He will always be there for us. Great is His faithfulness. Kenneth Petersen

What kind of troubles are you facing today? How does understanding God's unchanging presence help you in your struggles?

God, I'm discouraged because of these hardships of late. I worry about how things will turn out. Yet I know You're there and will provide. Help me rest in that assurance.

Today Scripture: **James 1:2-8, 12-18**

² Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, ³ because you

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

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

¹³ When tempted, no one should say, "God is tempting me." For God cannot be tempted by evil, nor does he tempt anyone; ¹⁴ but each person is tempted when they are dragged away by their own evil desire and enticed. ¹⁵ Then, after desire has conceived, it gives birth to sin; and sin, when it is full-grown, gives birth to death.

¹⁶ Don't be deceived, my dear brothers and sisters. ¹⁷ Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows. ¹⁸ He chose to give us birth through the word of truth, that we might be a kind of first-fruits of all he created.

INSIGHT

The letter of James is written to "the twelve tribes scattered among the nations" (James 1:1). "Twelve tribes" alerts the reader that the recipients are Jewish. Everything we know about ancient Israelite culture, society, and identity applies to the readers. "Scattered among the nations," identifies them as immigrants who were dispersed because of persecution. Perhaps forced, perhaps not. They were living in a place and among a people that were not their own. They were the minority group, culturally and religiously. Phrases like "Trials of many kinds" (v. 2) take on new significance when we think about the kinds of trials an ethnic and religious minority might face. J. R. Hudberg

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

Hello Readers,

In this issue of the Cross Street Journal, I decided to once again do two themes in this newsletter. The two themes are Gentleness and Freedom.

Sitting back and thinking about what these themes means to me, I realize that God is GOOD.

I was born in New Haven, Ct. on July 14, 1952. I had a father from South Carolina and a mother from North Carolina. I would always say I was northern born and southern raised.

I grew up in the church. This is where I got my gentleness and freedom from. Through some people may have called us poor, there was a lot of love in the house.

My father died when I was 12 years old leaving me without a role model. That when I gave my life to God. Jesus came into my life. He became my role model. I also had a praying mother and a church family to support me.

Growing up in the church allow me to grow strong in gentleness. Sunday School and church taught me about freedom. Although life may not be always fair, Jesus taught me to always look to Him, the author and creator of my faith.

Growing up in the 60's, I witness a lot of wrong in this society. Every morning in school, you had to stand up, place your right hand over your heart and repeat the Pledge of Allegiance; **I pledge allegiance to the Flag of the United States of America, and to the Republic for which it stands, one Nation under God, indivisible, with Liberty and Justice for all.** I learned that freedom was not for everyone especially for Black people as well as people of color.

After graduating high school in 1970, I enlisted in the United States Air Force during the Vietnam War. After I received my Honorable Discharge in 1974, I went to Hartford State Technical College, where I received my Associates degree in Electronics.

After college, life continue to show me that being a black man I could not go where I wanted to go, I could not do what I wanted to do or could I live where I wanted to live.

I thank God for giving me the power of the Holy Spirit that worked through the gentleness that help me get through all the wrong doings that comes my way. I thank God for Jesus who is my role model. For guiding my footstep, even when I fall or wrong comes my He is still with me.

I thank God for a loving, caring, praying mother (that I miss so much) that helps me see pass all the wrongs that came my way. I also thank God for my family, friends and church family.

In closing, I thank God for Jesus , who died for a sinner like me. Who gave me the spirit of gentleness and the freedom to live a Godly life. How He made me the man I am today. I am not perfect, I still make mistakes, but I am so glad that He looks beyond my faults and see all my needs. I am grateful for all You have done for me, my family, and church family. How You have kept us all from hurt, harm and danger. Thank You Jesus.

God bless you all,

Ken

The goal of human freedom is not in freedom itself, nor it is in man, but in God. By giving man freedom, God has yielded to man a piece of His Divine authority, but with the intention that man himself would voluntarily bring it as a sacrifice to God, a most perfect offering.

Theophan the Recluse

www.idlehearts.com

SCRIPTURE

Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience.

Colossians 3:12 NIV

200th Year Church Anniversary Celebration 1823-2023

The Vision Statement in four simple words:

These words are expressing the minimum expectations of members

Members are to **GATHER**

Every member should attend faithfully a worship service every week. Christians are commanded to worship the Lord together. Read Acts 2:42-47. not only are we called to worship the Lord, but we are also to encourage one another when we gather together.

Members are to **CONNECT**

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).

Members are to **GO**

The members should be involved in at least one ministry in the church each year. Many should be involved in ministries that got them involved outside the walls of the church. The Great Commission should be at the heart of what we do as part of the process of discipleship (Matthew 28:19-20).

Members are to **GIVE**

Every member should be a regular and faithful financial giver to the church. Jesus, Himself, said it best: *"wherever your treasure is, there the desires of your heart will also be"* (Matthew 6:21).

CROSS STREET PASTORS: 1823 TO PRESENT

JEHIEL E. BEAMON
WILLIAM JONES
H.W. HUTCHINGS
MOSES MONZINGO
G.H.S. BELL
WILLIAM J. SMITH
I.T. BATTLE
SAMUEL ROBERSON
J.C. LODGE
J.B. SMALL

S.W. WELLER
E. HORTON BROWN
E. GEORGE BIDDLE
GEORGE F. GREEN
MARSHALL M. SMITH
REV. COLEMAN
THOMAS RIDDICK
WILLIAM DAVAGE
DAVID FOGG
GEORGE C. BATTLE

HEZEKIAH WILLIAMS
N. ROOSEVELT SCOTT
DOUGLAS LAWRENCE
MOSES L. HARVILL



2007-Now

In May of 1993, the Rt. Reverend George W.C. Walker, Sr., appointed the Reverend Moses L. Harvill as the Pastor of the Cross Street Church. Under his leadership the Church continues to grow spiritually, numerically, and financially. The Church and parsonage mortgages have been liquidated

On December 23, 2007, we rejoice in the miracle on West and Wadsworth Street by opening the doors to the New Cross Street A.M.E. Zion Church.

On April 20, 2008, Cross Street celebrated the 185th Church Anniversary and the dedication Celebration of the New Cross Street A.M.E. Zion Church.

The Right Reverend George E. Battle, Presiding Bishop and Mrs. Iris Miller Battle, Missionary Supervisor was so very thankful that God has afforded us the opportunity to share and participate in this auspicious occasion. Look at what God has entrusted to the members of this Church; to the community in the City of Middletown; to the State of Connecticut; and especially to the African Methodist Episcopal Zion Church. My heart and I pray that your hearts cannot fully express the gratitude we feel for how God has provided and for how He has worked through all of us to meet the needs of those we now serve and the many who will come that we will assuredly serve in the future.



1829-1929

The original church was built in 1829. The members purchased land from a Mr. Henry Paddock and the church was constructed on Cross Street, which at this time faced Mt Vernon Street currently the site of the Science Center of Wesleyan University

1929-2007

In 1929, the church was moved to its present site due to the realignment of Cross Street. It was during this move that the church was named Cross Street. Under the leadership of 12 ministers, many renovations were accomplished. However in 1978, the 1867 church structure was torn down and a new building constructed on the same site under the leadership of Reverend Douglas Lawrence.



WEEKLY ACTIVITIES

Sunday

8:00 a.m. **Church School**
(see Sunday Church School)
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 Church School

8:00 a.m. – 08:45 a.m.
Adults

Call-in only: 727-731-4561
Sister Sylvia Pina / Brother Ken
Simmons

10:00 a.m. – 10:45 am

Children: ages 3-12:
In person, Fellowship Hall
Ms. Carolyn Smith / Rev. Grant.

3:00 pm—3:34 pm

Children: ages 9-12

Call-in: 929-205-6099, Code:
614890401#.

or

Zoom: <https://zoom.us/j/614890401#>
Rev. Grant teacher

Any questions call: 860-490-3199
Gloria Malloy, Church School
Superintendent.

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

- Online: 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 & in the front lobby. If you would like a PDF copy sent to you, Email your request to: 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 2nd Sunday of each Month. **You may submit your information in the following ways:** place the information on a CD (Window format) and leave it in the Cross Street office, E-mail Ken Simmons (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 — See Page 31

Worship Service — 10:00 a.m.

Rev. Robyn Anderson

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