

May-June 2023 — Volume 27 Issue 3

## 200th Year Church Anniversary Celebration—Pentecost

### From The Pastor's Desk



Dear Cross Street Church Family,

Greetings in Christ!

I was honored to hold the 30th Annual Budget Meeting for Cross Street Church. It has been a faithful journey of love and giving thanks. Time moves, and we must continue to do all we can to keep the Church going strong.

John 4:35 (NKJV) 35 Do you not say, 'There are still four months and then comes the harvest'? Behold, I say to you, lift up your eyes and look at the fields, for they are already white for harvest!

It is our season to reap a new harvest. I want you to know that whatever you do to advance the Kingdom of God has eternal value.

It is a joy to give and serve Christ Church. I have been blessed over these 30 years to lead a loving, caring, sharing, giving, spirit-filled community of faith. You have given out of the depths of your heart.

We continue to do the work of the Church by winning souls for Christ, helping the needy, and demonstrating our Love for Christ and His people.

On behalf of the leadership here at Cross Street AME Zion Church, I would like to express our most profound appreciation for your faithful giving to this ministry. The Lord loves a cheerful giver 2 Corinthians 9.7.

The Pastor and First Lady Eledia extend our sincere love for the honor of serving for 30 years the most remarkable people on the planet. We love you all!

May God continue to bless you beyond measure.

Faithfully Yours,

Presiding Elder Rev. Moses L. Harvill, Pastor



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Facebook page

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[WWW.crossstreetamezion.org](http://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!

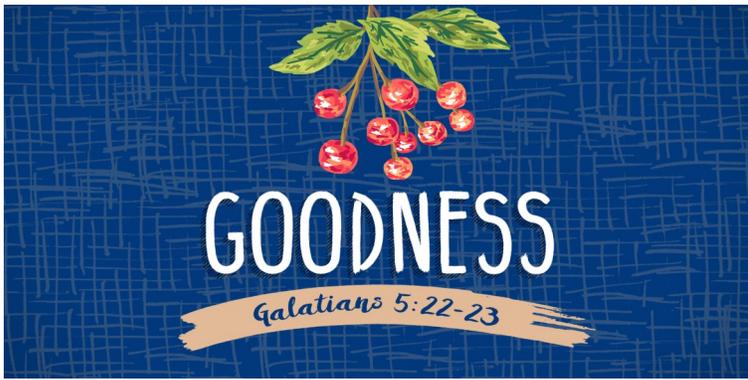
Created by **I AM**, a God. It makes My wrong, **You**.

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

**God**



**GOD CAN TURN AROUND  
ANY SITUATION.**



**The Fruit of the Holy Spirit - What is goodness?**

In Galatians 5:22-23, Paul lists the "fruit of the Spirit." "Fruit," here, means "beneficial results," the good things that come from the Spirit's indwelling. As the Holy Spirit works in our lives, our character changes. Where we had harbored selfishness, cruelty, rebelliousness, and spite, we now possess love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. Everything in the list reflects the character of God, and goodness is one that relates directly to morality.

Goodness is virtue and holiness in action. It results in a life characterized by deeds motivated by righteousness and a desire to be a blessing. It's a moral characteristic of a Spirit-filled person. The Greek word translated "goodness," *agathosune*, is defined as "uprightness of heart and life." *Agathosune* is goodness for the benefit of others, not goodness simply for the sake of being virtuous.

*(What is Goodness on page 16)*

**How can I believe in the goodness of God when there is so much evil in the world?**

The evil in the world did not come from God. Adam and Eve were tempted by the devil and sinned. Immediately after that, Adam and Eve were just not on the same page with God anymore. God cannot tolerate sin and has no sin within Himself, so mankind hid from God in guilt and fear. One could perhaps blame Adam and Eve for the evil in the world, as they blamed each other and the serpent; however, "all have sinned and fall short of the glory of God" (Romans 3:23). It is safe to say that, had we been in the garden instead of Adam and Eve, we would have sinned in the same way.

God is good in that He has a plan to redeem fallen mankind. The salvation Jesus provides attests to His goodness and love (Romans 5:8). The effect of the Fall is universal, but so also is the offer of divine grace (John 3:16). The Bible clearly indicates the devastating effects of

*(How can I on page 16)*



**What is the day of Pentecost?**

Pentecost is significant in both the Old and New Testaments. "Pentecost" is actually the Greek name for a festival known in the Old Testament as the Feast of Weeks (Leviticus 23:15; Deuteronomy 16:9). The Greek word means "fifty" and refers to the fifty days that have elapsed since the wave offering of Passover. The Feast of Weeks celebrated the end of the grain harvest. Most interesting, however, is its use in Joel and Acts. Looking back to Joel's prophecy (Joel 2:28-32) and forward to the promise of the Holy Spirit in Christ's last words on earth before His ascension into heaven (Acts 1:8), Pentecost signals the beginning of the church age.

The only biblical reference to the actual events of Pentecost is Acts 2:1-3. Pentecost is reminiscent of the Last Supper; in both instances the disciples are together in a house for what proves to be an important event. At the

*(Pentecost on page 17)*

**What is the outpouring of the Holy Spirit?**

The outpouring of the Holy Spirit—the pouring out of God's Spirit to fill and indwell people—was prophesied in the Old Testament and fulfilled at Pentecost (Acts 2). This event was predicted in the Old Testament: in Isaiah 44:3 God said to Israel, "I will pour water on the thirsty land, and streams on the dry ground; I will pour out my Spirit on your offspring, and my blessing on your descendants." The Holy Spirit is pictured as the "water of life" that saves and blesses a dying people. On the day of Pentecost, Peter quoted another prophecy as being fulfilled: "I will pour out my Spirit on all people. Your sons and daughters will prophesy, your old men will dream dreams, your young men will see visions. Even on my servants, both men and women, I will pour out my Spirit in those days. . . . And everyone who calls on the name of the Lord will be saved" (Joel 2:28-29, 32).

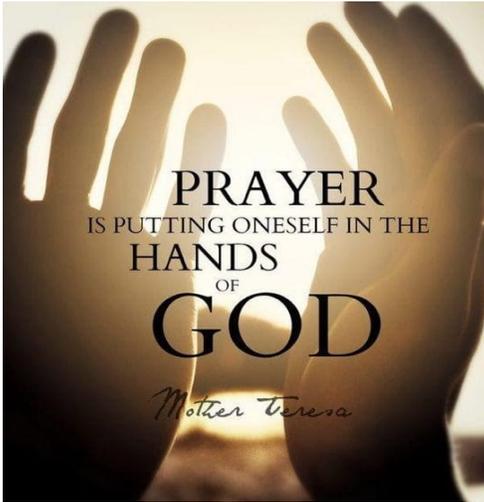
The outpouring of the Holy Spirit ushered in a new era, the church age. In the Old Testament, the Holy Spirit was a rare gift that was only given to a few people, and usually

*(Holy Spirit on page 18)*

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## PRAYERS



### Walking in Goodness

**Key Scripture:** *“For ye were sometimes darkness, but now are ye light in the Lord: walk as children of*

**light: For the fruit of the Spirit is in all goodness and righteousness and truth” (Ephesians 5:8-9).**

**Key Thought:** Goodness is a fruit of the Spirit.

**Prayer:** Thank you, O God, for the precious faith I have obtained through your righteousness. You are multiplying your grace and peace unto me through my knowledge of you and Jesus, my Lord, for your divine power has given me all things that pertain to life and godliness.<sup>1</sup>

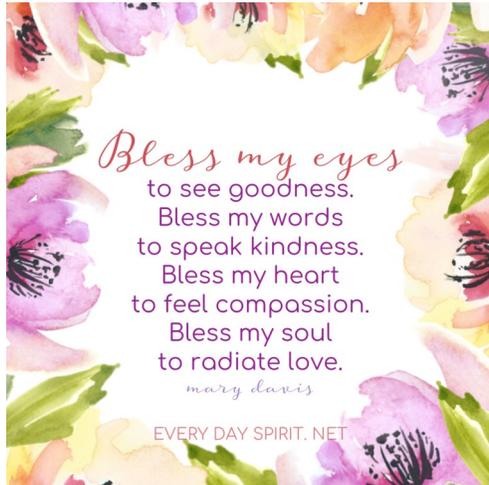
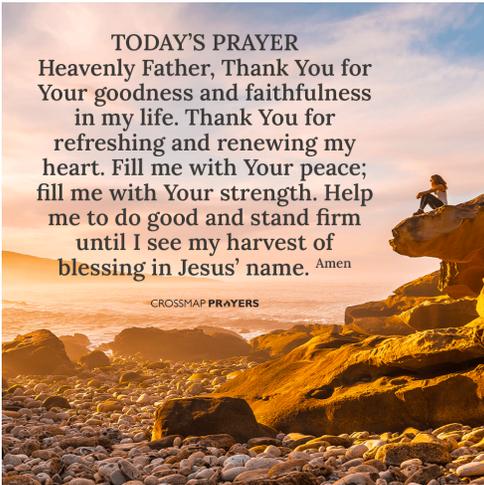
You have given me the great and precious promises of your Word so that by them I might be a partaker of your divine nature, and thereby escape the corruption that is in the world.<sup>2</sup> This makes me so very thankful, Father.

As a partaker of your divine nature,

through the indwelling of your Holy Spirit,<sup>3</sup> I am able to walk in the fruit of goodness.<sup>4</sup> Therefore, giving all diligence, I will add virtue to my faith, and knowledge to my virtue. To my knowledge, I will add self-control, I will add patience. To my patience, I will add godliness, and to my godliness, I will add kindness. To my kindness, I will add love.<sup>5</sup> As I let these qualities develop in my life, I will be able to walk in goodness at all times.

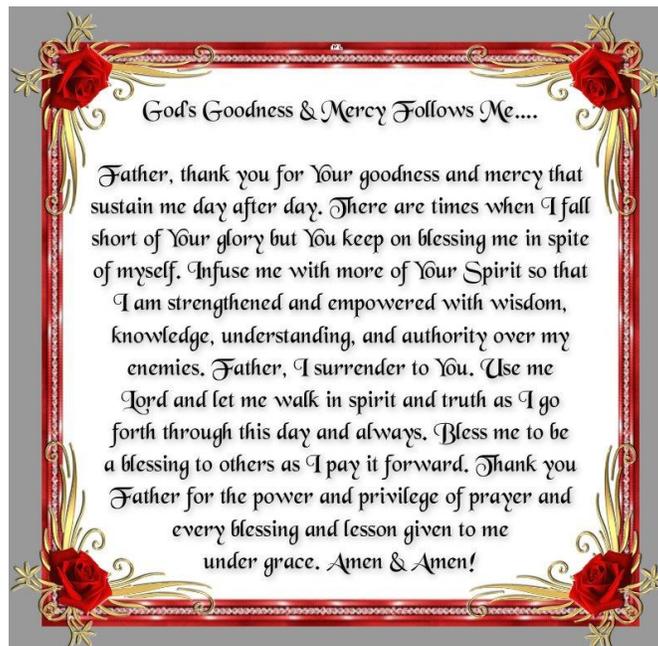
Thank you, O Lord, for your promise that these qualities will make me fruitful in the knowledge of Jesus Christ, my Savior and Lord.<sup>6</sup>

**References:** (1) 2 Peter 1:1-3; (2) 2 Peter 1:4; (3) John 14:17; (4) Galatians 5:22; (5) 2 Peter 1:5-7; (6) 2 Peter 1:8. Bible Prayers for all your needs Victory House Publishers



### Prayer for Goodness (based on Psalm 1)

**H**eavenly Father, who has given us the gift of your law, so that we might know our sin, and your Son, that we might be forgiven where we fall short: Give me the grace to remember your holy Word, when my surroundings tempt me to confusion and weakness, that I might more nearly approach true obedience to your will. Help me to resist the arguments of the ungodly; let me not be deceived by false beauty; and let me never replace the truth which you have put into my heart with the clever words of men. Through Christ I pray,  
*Amen.*



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



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

## FRUIT OF THE SPIRIT

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

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The fruit of LOVE when properly motivated "is pure, far reaching, forgiving. There is no limit to the good that LOVE does. God is LOVE. (1 John 4:7)

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

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

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

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

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

MEEKNESS disarms the stormy, tempestuous person. The qualities of mildness and gentleness in dealing with others. It is not weak. It is a high quality of spiritual strength. (1 Timothy 6:11)

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

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

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

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

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

**READ THE BIBLE IN ONE YEAR**

**MAY**

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

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

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

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

**JUNE**

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

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

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

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

**July**

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

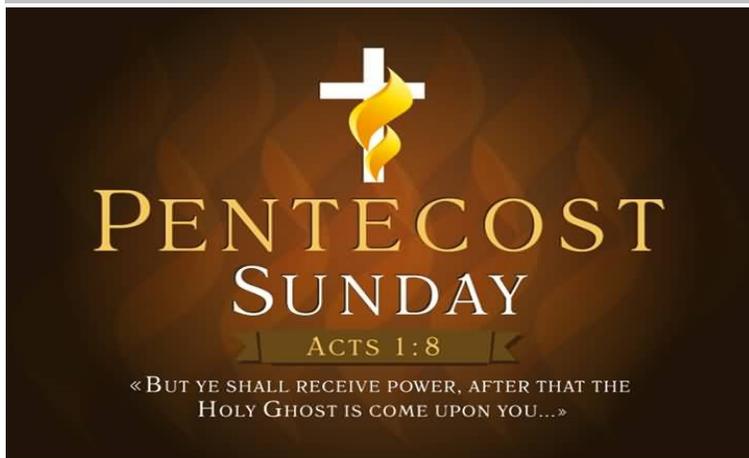
- 8. Psalms 137-139
- 9. Psalms 140-144
- 10. Psalms 145-147
- 11. Psalms 148-150
- 12. Proverbs 1-3
- 13. Proverbs 4-7
- 14. Proverbs 8-11
- 15. Proverbs 12-14

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

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

Name of God	Meaning	Application
<b>JEHOVAH -SHALOM</b>	The Lord is Peace	God defeats our enemies to bring us peace. Jesus is our Prince of Peace. God brings inner peace and harmony.
<b>JEHOVAH - SHAMMAH</b>	The Lord is There The Lord My Companion	God's presence is not limited or contained in the Tabernacle or Temple, but is accessible to all who love and obey Him.
<b>JEHOVAH - TSIDKENU</b>	The Lord Our Righteousness	Jesus is the King who would come from David's line, and is the one who imparts His righteousness to us.
<b>YAH, ORJAH</b>	"I AM<" The One Who Is The Self-Existent	God never changes. His promises never fail. When we are faithless, He is faithful. God promises His continuing presence.
<b>YHWH</b>	"I AM<" The One Who Is The Self-Existent One	God never changes. His promises never fail. When we are faithless, He is faithful.
<b>ADONAI</b>	The Lord My Great Lord	God is the Master and majestic Lord. God is our total authority.
<b>EL</b>	The Strong One	He is more powerful than any false god. God will overcome all obstacles. We can depend on God.

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




**Pentecost People**

Come, Holy Spirit, and make us Pentecost people.  
 Let your wisdom and right judgment guide our decisions and temper our impulses.  
 Let knowledge and understanding increase our capacity for empathy and compassion.  
 Let reverence and awe fill us with gratitude and respect for all of creation.  
 Give us the courage to witness boldly to our faith in word and deed.  
 Through and with and in Jesus Christ, we pray.  
 Amen.

**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.

### 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.

*juliesanne.com*



## Sunday School is a Family Affair

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

**Come Grow with US!**

### Day of Pentecost The Birth of the Church/Fear and Trust

**Background Scripture:** Acts 2:1-42

#### EXALT!

**Declaration:** Acts 2:1-8, 14-24, 37-39

#### The Coming of the Holy Spirit

<sup>1</sup> When the day of Pentecost had come, they were all together in one place. <sup>2</sup> And suddenly from heaven there came a sound like the rush of a violent wind, and it filled the entire house where they were sitting. <sup>3</sup> Divided tongues, as of fire, appeared among them, and a tongue rested on each of them. <sup>4</sup> All of them were filled with the Holy Spirit and began to speak in other languages, as the Spirit gave them ability. <sup>5</sup> Now there were devout Jews from every nation under heaven living in Jerusalem. <sup>6</sup> And at this sound the crowd gathered and was bewildered, because each one heard them speaking in the native language of each. <sup>7</sup> Amazed and astonished, they asked, 'Are not all these who are speaking Galileans?' <sup>8</sup> And how is it that we hear, each of us, in our own native language?

#### Peter Addresses the Crowd

<sup>14</sup> But Peter, standing with the eleven, raised his voice and addressed them: 'Men of Judea and all who live in Jerusalem, let this be known to you, and listen to what I say. <sup>15</sup> Indeed, these are not drunk, as you suppose, for it is only nine o'clock in the morning. <sup>16</sup> No, this is what was spoken through the prophet Joel: <sup>17</sup> "In the last days it will be, God declares, that I will pour out my Spirit upon all flesh, and your sons and your daughters shall prophesy, and your young men shall see visions, and your old men shall dream dreams. <sup>18</sup> Even upon my slaves, both men and women, in those days I will pour out my Spirit; and they shall prophesy. <sup>19</sup> And I will show portents in the heaven above and signs on the earth below, blood, and fire, and smoky mist. <sup>20</sup> The sun shall be turned to darkness and the moon to blood, before the coming of the Lord's great and glorious day. <sup>21</sup> Then everyone who calls on the name of the Lord shall be saved." <sup>22</sup> You that are Israelites, listen to what I have to say: Jesus of Nazareth, a man attested to you by God with deeds of power, wonders, and signs that God did through him among you, as you yourselves know— <sup>23</sup> this man, handed over to you according to the definite plan and foreknowledge of God, you crucified and killed by the hands of those outside the law. <sup>24</sup> But God raised him up, having freed him from death, because it was impossible for him to be held in its power.

#### The First Converts

<sup>37</sup> Now when they heard this, they were cut to the heart and said to Peter and to the other apostles, 'Brothers, what should we do?' <sup>38</sup> Peter said to them, 'Repent, and be baptized every one of you in the name of Jesus Christ so that your sins may be forgiven; and you will receive the gift of the Holy Spirit. <sup>39</sup> For the promise is for you, for your children, and for all who are far away, everyone whom the Lord our God calls to him.'

**Affirmation:** We cannot fear and trust at the same time. One must make room for the other.

#### ENGAGE

The scene is set for the dramatic fulfillment of Jesus' prophecy in the previous chapter: "John baptized with water, but you will be baptized with the Holy Spirit not many days from now" (1:5). The presence of tongues of fire recalls John the Baptist's prophecy of the Coming One baptizing with the Holy Spirit and fire (Luke 3:16).

Jewish tradition taught that Pentecost marked the day when the Law was given to Israel. The Jews sometimes called Pentecost "the season of the giving of the law." A few weeks after leaving Egypt, the Israelites landed at Mount Sinai (see Exodus 16:1; 31:18). It was there that they entered a covenant with God. They agreed to be God's people and God promised to be their God. For many centuries after establishing this covenant, these Old Testament people celebrated

*(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.**

*(Pentecost from page 10)*

their deliverance on Passover and followed it 50 days later by celebrating God's giving of the law.

Pentecost was one of the three great pilgrimage festivals of that day (Deuteronomy 16:9, 16). This celebration was also known as the "Festival of Harvest," "Festival of Weeks," and the "day of firstfruits" (Exodus 23:16a; 34:22a; Numbers 28:26). In the Jewish rituals of that time, the first sheaf reaped from the barley harvest was presented to God at Passover. But at Pentecost, the firstfruits of the wheat harvest were presented to God; hence, Pentecost being referred to as the day of the firstfruits (Numbers 28:26). This celebration was the best-attended of the great feasts because traveling conditions were at their best. It is said that there was never a more cosmopolitan gathering in Jerusalem than this one. It was also believed that Jerusalem, of that day, had a tourist economy; and the height of the tourist season was the period from Passover to Pentecost. Many visitors would stay in Jerusalem for the entire 50 days between those two observances. Pentecost occurs seven weeks and one day after the Passover Sabbath, which adds up to 50 days. On the old Testament Day of Pentecost, Israel received the law; and on the New Testament Day of Pentecost, the Church received the Holy Spirit.

Break into small groups and discuss the following: 1. Believers participate with the church in annually celebrating its founding on the Day of Pentecost. How is your church service different on the Day of Pentecost than at other times? 2. Like the Israelites who gathered for the celebration of Passover and Pentecost, adults gather for celebrations of traditional holidays. How does your family celebrate traditional holidays?

Break into small groups and think about and discuss the following questions:

1. The disciples' ability to speak in other languages understood by travelers from diverse regions is to be differentiated from the practice of "speaking in tongues" (1 Corinthians 14:6-19), a practice that requires one have the gift of interpreting tongues. Read 1 Corinthians 14:6-19 and discuss the difference between the printed text and the passage in 1 Corinthians.
2. When the Holy Spirit fills the house and the disciples speak in these other languages, the people around do not understand, therefore, Peter returns to the Scriptures to explain this event, citing Joel 2:28-32. read the Joel passage and discuss why Peter uses it to clarify the phenomenon which has occurred.

## EDUCATE

**The Disciples are filled with the Holy Spirit (Acts 2:1-4a):** A celebration of the first fruits of the wheat harvest, Pentecost, was a Jewish feast held 50 days after Passover. But now, it was 10 days after the time Jesus ascended to heaven (Acts 1:3), and the same amount of time since Jesus commanded the disciples to wait for the coming of the Holy Spirit. They were gathered together sharing the same heart, the same love for God, the same trust in His promise, and the same physical space. The association of the sound of a rushing mighty wind filling the whole house with the outpouring of the Holy Spirit is unusual. But, it probably has connection with the fact that in both the Hebrew and Greek languages, the word for spirit (as in Holy Spirit) is the same word for breath or wind (this also happens to be true in Latin). Here, the sound from heaven was the sound of the Holy Spirit being poured out on the disciples. These divided tongues, as of fire, appearing over each one, were also unusual. It probably should be connected with John the Baptist's prophecy that Jesus would baptize you with the Holy Spirit and fire (**Matthew 3:11**). Essentially, the sound like the rush of a violent wind and tongues, as of fire, were only unusual, temporary phenomenon, which accompanied the true gift-being filled with the Holy Spirit. We must understand that the text indicates these occurrences were figurative-sound like the rush of a violent wind and divided tongues, as of fire. Therefore, just as the sound of the wind had on moving air, the flames did not burn-they were both supernatural occurrences from God.

**The Miracle of Speaking in Other Tongues (Acts 2:4b-8):** In response to the filling of the Holy Spirit, those present (not only the twelve apostles) began to speak with other tongues. These were languages that they were never taught, and they spoke these languages, speaking as the Spirit gave them ability. The multitude from many nations gathered in Jerusalem because of the Feast of Pentecost. Many of these were the same people who gathered in Jerusalem at the last feast, Passover. A crowd quickly gathered, being attracted by this sound-the sound like the rush of a violent wind or the sound of speaking in other tongues. When the crowd came, they heard the Christians speaking in their own foreign languages. Apparently, the Christians could be heard from the windows of the upper room, or maybe they went out unto some kind of balcony or into the temple courts. From this remarkable event, all were amazed and perplexed; but some used it as a means of honest inquiry and asked, "How is it that we hear, each of us, in our native language?"

**Peter Begins His Sermon (Acts 2:14-24):** Peter stood and preached to the crowd as a representative of the whole group of apostles. There was a remarkable change in Peter. He had courage and boldness that was a complete contrast to his denials of Jesus before being filled with the Holy Spirit. Peter deflected the mocking criticism that the disciples were drunk. In that day, it was unthinkable that people would be so drunk so early in the day (about 9:00 in the morning). In the midst of this great outpouring of the Holy Spirit, among signs and wonders and speaking in tongues, what did Peter do? Essentially, he said, "Let's have a Bible study. Let's look at what the prophets Joel wrote." this quotation from Joel 2:28-32 focuses on God's promise to pour out His Spirit on all flesh. What happened on the day of Pentecost was a near fulfillment of that promise, with the final fulfillment coming in the last days (which Peter had good reason to believe he was in).

The idea of the last days is that they are the times of the Messiah, encompassing both His humble coming and His return in glory. Because Jesus had already come in humility, they were aware that His return in glory could be any time. Peter also used this passage from Joel to an evangelistic purpose. This outpouring of the Holy Spirit meant that God now

*(Pentecost on page 12)*

*(Pentecost from page 11)*

offered salvation in a way previously unknown to whoever calls on the name of the LORD, whether Jew or Gentile.

Many people would think it to be enough for Peter to stop after the question from Joel considering all we have in it. Peter wanted to stop after the quotation from Joel, considering all we have in it. Peter wanted people to pay attention, and he spoke as if he had something important to say. Peter referred to what these people already knew about Jesus. They already knew of His life and miraculous works. Peter knew that Jesus' death was in God's plan. At the same time, those who rejected Him and called for His execution were responsible for the actions of their lawless hands. Peter knew that Jesus could not remain bound by death. It was not possible that Jesus should remain a victim of the sin and hatred of man. Jesus would certainly triumph over death.

**Response to Peter's Sermon (Acts 2:37-39):** This was obviously a significant work of the Holy Spirit. The great crowd listening to Peter was deeply moved by Peter's bold proclamation of the truth. They asked Peter how they should respond. This is a good way of describing the conviction of the Holy Spirit. They now knew they were responsible for the death of Jesus; and they had to do something in response to this responsibility. When God is working on someone's heart and that person really has a desire to come to God; the person will act to come to God. This was in response to the question, "What shall we do?" Peter must have been pleasantly amazed to see what God had done in this situation. Instead of people wanting to crucify him because of Jesus, thousands of people wanted to trust in Jesus as Lord and Messiah. Responding to the question, "What shall we do?" Peter gave them something to do. This means that we must do something to be saved. We must do something to follow Jesus—it doesn't just "happen."

The first thing Peter told the people to do is repent. To repent does not mean to feel sorry, but it means to change one's mind or direction. They had thought a certain way about Jesus before, considering Him worthy of crucifixion. Now they must turn their thinking around, embracing Jesus as Lord and Messiah. Be baptized. This was the second thing Peter said they must do. For them to be baptized in the name of Jesus Christ was an expression of their belief and complete trust in Him. As they repented and demonstrated faith and obedience by baptism, the gift of the Holy Spirit would be given to them as it was given to the original group of disciples. Peter also specifically promised that the promise of the Holy Spirit would be given to those who believe in all future generations (all who are far away). It is important to note that Peter did not say that the unbelieving, unaware children of his listeners should be baptized. He simply said that the promise of the remission of sins and the gift of the Holy Spirit were for all who would repent and believe with active faith, even to coming generations and all who are far away, everyone whom the Lord our God call to Him.

### **ELEVATE**

Discuss the following questions as an entire group:

1. Have someone read the passage aloud. Ask class participants to circle all the "emotion words" as the text is read. Discuss the role of emotion in making a commitment to Christ.
2. Reflect on God's use of many languages from Jewish and Gentile nations, along with Peter's words in Acts 2:39. What message does this begin to communicate about who God welcomes into the Kingdom?
3. What happened on the day of Pentecost was nothing short of a miracle. Have you ever witnessed a miracle? Share with the class.

### **ITHINK**

1. Identify on a map the regions listed in Acts 2:9-11 to understand the diversity of persons present on the Day of Pentecost. If you were traveling in a foreign country, how would you feel if you suddenly heard your own language in the middle of the street? What would you say or do?
2. Compare and contrast Peter's statement that the promise was "for all" in Acts 2:39 with his surprise in Acts 10:34-35 that Gentiles could be saved. Debate the proposal: Resolved—Peter was speaking "better than he knew" in Acts 2:39 given his surprise in Acts 10.
3. Write the seven areas of inquiry (who, what, where, when, why, how, and by whom) as headings of seven columns. Then write Scripture references regarding baptism down the left side of the board, creating seven rows: Matthew 28:19-20; Acts 2:38-41; Romans 6:1-6; Galatians 3:26-27; Colossians 2:12; Titus 3:5; and 1 Peter 3:21. Have class participants work in small groups to fill in the columns. What conclusion can you draw about the meaning of baptism? What implications arise from your conclusions?

**KEY VERSES: "For the promise is for you, for your children, and for all who are far away, everyone whom the Lord our God calls to him." Acts 2:39**

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

# Let's Celebrate!



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Rev. Moses L. & Mrs. Eledia S. Harvill

**A POWERFUL LESSON**

**Read: Ephesians 1:15-21**

***Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable . . . Think about such things. Philippians 4:8***

In 1892, John Hyde boarded a ship in New York Harbor and set out for India. His goal was to proclaim the gospel to people who had not heard about Jesus. During the next 20 years he earned the nickname "Praying Hyde" because he

often spent hours and even many days in prayer for the salvation of nonbeliever and the revival of Christ followers.

On one occasion, Hyde was upset about the spiritual coldness of a pastor, so he began to pray, "O Father, you know how cold . . ." But it was as if a finger stopped his lips from uttering the man's name.

Hyde was horrified when he realized that he had judged the man harshly. He confessed his critical spirit and then determined not to focus on the shortcomings of others but to see them as individuals God loves. Hyde asked the Lord to show him things that were "of

good report" (Philippians 4:8 NKJV) in the pastor's life, and he praised God for the man's virtues. Hyde learned later that during this exact time the pastor's spiritual life was revitalized.

Let's not be faultfinders—even in prayer. We can follow Paul's example of focusing on what God has done and what He can do in the lives of others (Ephesians 1:17-21). Instead of praying against people, let's pray for them. Joanie Yoder

**Prayer Tips: Pray for your local fire and police departments.**

**A HEART FOR PRAYER**

**Read: Psalm 27:7-14**

***My heart says of you "Seek his face!" Your face, Lord, I will seek. Psalm 27:8***

While traveling on an airplane with her four- and two-year-old daughter, a young mom worked at keeping them busy so they wouldn't disturb others. When the pilot's voice came over the intercom for an announcement, Catherine, the younger girl, paused from her head down. When the pilot finished,

she whispered, "Amen." perhaps because there had been a recent natural disaster, she thought the pilot was praying.

Like that little girl, I want a heart that turns my thoughts toward prayer quickly. I think it would be fair to say that the psalmist David had that kind of heart. We get hints of that in Psalm 27 as he speaks of facing difficult foes (v. 2). He said, "Your face, Lord, I will seek" (v. 8). Some say that David was remembering the time he was fleeing from Saul (1 Samuel 21:10) or from his son Absalom (2 Samuel 15:13-14) when he wrote this

psalm. Prayer and dependence on God were in the forefront of David's thinking, and he found Him to be his sanctuary (Psalm 27:4-5).

We need a sanctuary as well. Perhaps reading or praying this psalm and others could help us to develop that closeness to our Father-God. As God becomes our sanctuary, we'll more readily turn our hearts toward Him in prayer. Anne Cetas

**Prayer Tip: Meditate on a passage of Scripture before praying.**

**CONFIDENT ACCESS**

**Read: Hebrews 4:14-16**

***Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need. Hebrews 4:16***

Mont Saint-Michel is a tidal island located about a half-mile off the coast of Normandy, France. For centuries it has been the site of the abbey and a monastery that have attracted religious pilgrims. Until the construction of a causeway, it was notorious for its

dangerous access that resulted in the death of some pilgrims. At low tide it is encompassed by sand banks, and at high tide it is surrounded by water. Accessing the island was a cause for fear.

Access to God for Old testament Jews was also a cause for fear. When God thundered on Mount Sinai, the people feared approaching Him (Exodus 19:10-16). And when access to God was granted through the high priest, specific instructions had to be followed (Leviticus 16:1-34). Accidentally touching the ark of the covenant, which represented the holy presence of God, would result in death (see 2 Samuel 6:7-8).

But because of Jesus's death and resurrection, we can now approach God without fear. God's penalty for sin has been satisfied, and we are invited into God's presence: "Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace" (Hebrews 4:16).

Because of Jesus, we can come to God through prayer anywhere, anytime. Dennis Fisher

**Prayer Tip: Don't forget to use prayer as an avenue of confession to God.**

**EFFECTIVE PRAYING**

**Read: Matthew 7:7-11**

***For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened. Matthew 7:8***

A 12-year-old Cambodian boy named Len Cheong began to question his family's religious beliefs. He had been taught that a person seeking guidance should go to a temple and shake a container of numbered bamboo silvers until one fell out. The priest then interpreted the meaning of the number.

But this practice didn't satisfy Cheong's longing for clear answers, nor did it fill the void in his heart that only God could fill.

According to Harold Sala in his book *Touching God*, Cheong asked his uncle, a priest, if he had ever had a prayer answered. The man was shocked by the brashness of his nephew's question, but he admitted that he couldn't remember a single time one of his prayers had been answered.

Later Cheong asked a Christian if God had ever answered his prayers. The man recounted several instances. Cheong was so impressed that he accepted Jesus

as his Savior that day. After that, prayer became a vital part of his life.

Jesus said, "Ask and it will be given to you; seek and you will find; knock and the door will be opened to you" (Matthew 7:7). Christian prayer is effective because God is the living and true God who hears and answers according to His will. And His will is always good. Vernon Grounds

**Prayer Tips: Leave time in your prayer sessions to be quiet before the Lord and listen for His guidance.**

# THE ARMOR OF GOD

## EPHESIANS 6:10-18

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

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

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



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

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

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

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

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

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

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

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

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

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

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

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

(What is Goodness from page 3)

Someone with *agathosune* will selflessly act on behalf of others. Confronting someone about a sin demonstrates goodness. So do giving to the poor, providing for one's children, visiting the sick, volunteering to clean up after a storm, and praying for an enemy. Expressions of goodness are as varied as the Spirit is creative.

Goodness is not a quality we can manufacture on our own. James 1:17 says, "Every good thing given and every perfect gift is from above, coming down from the Father of lights." This certainly includes a life characterized by goodness. In letting the Holy Spirit control us, we are blessed with the fruit of goodness. As others see our good works, they will praise our Father in heaven (Matthew 5:16).

(How can I from page 3)

sin upon man and the hopelessness of man in solving his own sin problem. The proper understanding of the doctrine of sin is essential to understanding God's remedy for it.

God is good in that He has sent His Son "to destroy the works of the devil" (1 John 3:8). Jesus called Satan "the ruler of this world" (John 12:31), which means Satan has been allowed a certain amount of authority over this earth. The blame for the evil in this world should be placed squarely upon Satan. Much is written about the devil—he comes only to kill, steal, and destroy (John 10:10). He is a fierce enemy (1 Peter 5:8). He is a liar and a murderer (John 8:44). By contrast, Jesus is the Good Shepherd who gives His life for the sheep (John 10:11). He is the Lamb of God, sacrificed for us (Revelation 5:6). He is the truth and the life (John 14:6). Jesus is the "seed of the woman" to crush the serpent's head (Genesis 3:15). Jesus is Goodness incarnate.

God is good in that He is implementing a plan to rid the universe of evil once and for all. He is the God of justice, and He will one day make all things right (Psalm 89:14; Revelation 21:5). Sin and evil will be dealt with in perfect judgment (Revelation 20:13). Because of Christ, we have the promise of Romans 16:20, "The God of peace will soon crush Satan under your feet."

God is good in that He provides for His children (Matthew 6:33). He gives life to all and upholds all things by His wisdom and power (Hebrews 1:3). He is patient with sinners, desiring them to come to repentance and find eternal life (2 Peter 3:9). God gives us eternal life and abundant life now, free from the death penalty of sin (Romans 6:23). He is "rich in mercy" because of "His great love for us" (Ephesians 2:4).

Just picture the Sinless One who created everything, willfully hanging on a cross and spilling His blood for the sin of those who put their faith in Him. Who can charge Him with injustice (Romans 9:14)? Jesus proves God's love. "Love comes from God. Everyone who loves has been born of God and knows God. Whoever does not love does not know God, because God is love" (1 John 4:7-8).

### What does it mean that God is good?

Jesus declared, "No one is good—except God alone" (Luke 18:19). First John 1:5 tells us that "God is light; in Him there is no darkness at all." To say that God is good means that God always acts in accordance to what is right, true, and good. Goodness is part of God's nature, and He cannot contradict His nature. Holiness and righteousness are part of God's nature; He cannot do anything that is unholy or unrighteous. God is the standard of all that is good.

The fact that God is good means that He has no evil in Him, His intentions and motivations are always good, He always does what is right, and the outcome of His plan is always good (see Genesis 50:20). There is nothing unpleasant, evil, or dark in Him. The Bible teaches that God's goodness extends from His nature to everything that He does (Psalm 119:68). "The LORD is good and His love endures forever; His faithfulness continues through all generations" (Psalm 100:5).

Everything that God made was originally good: "God saw all that He had made, and it was very good" (Genesis 1:31; cf. 1 Timothy 4:4). God's goodness is showcased in the Law He gave to Israel; the Law is holy, righteous, and good (Romans 7:12). "Every good and perfect gift is from above" (James 1:17). God can create only what is good, because He is fully good.

God did not create evil (Habakkuk 1:13; 1 John 1:5). Rather, evil is the *absence* of goodness; it is whatever God is not.

Because of His goodness, God abhors sin and will judge it some day (Romans 2:5). It is never the will of our good God for us to sin: "God cannot be tempted by evil, nor does he tempt anyone" (James 1:13).

God's goodness should lead to thankfulness on our part: "Give thanks to the LORD, for He is good; His love endures forever" (Psalm 107:1; cf. 1 Chronicles 16:34; Psalm 118:1; 136). However, people do not naturally want to follow or thank God. Instead, "people loved darkness instead of light because their deeds were evil" (John 3:19). In the Old Testament, the Israelites repeatedly rejected God's good Law, forgot His goodness toward them, and were unfaithful to Him: "They forgot what he had done, the wonders he had shown them" (Psalm 78:11).

Ultimately, God's goodness is seen in His plan to redeem us from sin. The gospel is "good news." In His goodness, God sent His Son to become the perfect and blameless sacrifice so we could be forgiven of our sins. God does not want "anyone to perish but everyone to come to repentance" (2 Peter 3:9), and it is "the goodness of God [that] leadeth thee to repentance" (Romans 2:4, KJV).

There is only One who is fully and truly good—God. This good God invites us to seek him and to "taste and see that the LORD is good; blessed is the one who takes refuge in Him" (Psalm 34:8).

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*(Pentecost from page 3)*

Last Supper the disciples witness the end of the Messiah's earthly ministry as He asks them to remember Him after His death until He returns. At Pentecost, the disciples witness the birth of the New Testament church in the coming of the Holy Spirit to indwell all believers. Thus the scene of the disciples in a room at Pentecost links the commencement of the Holy Spirit's work in the church with the conclusion of Christ's earthly ministry in the upper room before the crucifixion.

The description of fire and wind mentioned in the Pentecost account resounds throughout the Old and the New Testament. The sound of the wind at Pentecost was "rushing" and "mighty." Scriptural references to the power of wind (always understood to be under God's control) abound. Exodus 10:13; Psalm 18:42 and Isaiah 11:15 in the Old Testament and Matthew 14:23-32 in the New Testament are only a few examples. More significant than wind as power is wind as life in the Old Testament (Job 12:10) and as spirit in the New (John 3:8). Just as the first Adam received the breath of physical life (Genesis 2:7), so the last Adam, Jesus, brings the breath of spiritual life. The idea of spiritual life as generated by the Holy Spirit is certainly implicit in the sound of the wind at Pentecost.

Fire is often associated in the Old Testament with the presence of God (Exodus 3:2; 13:21-22; 24:17; Isaiah 10:17) and with His holiness (Psalm 97:3; Malachi 3:2). Likewise, in the New Testament, fire is associated with the presence of God (Hebrews 12:29) and the purification He can bring about in human life (Revelation 3:18). God's presence and holiness are implied in the Pentecostal tongues of fire. Indeed, fire is identified with Christ Himself (Revelation 1:14; 19:12); this association naturally underlies the Pentecost gift of the Holy Spirit, who would teach the disciples the things of Christ (John 16:14).

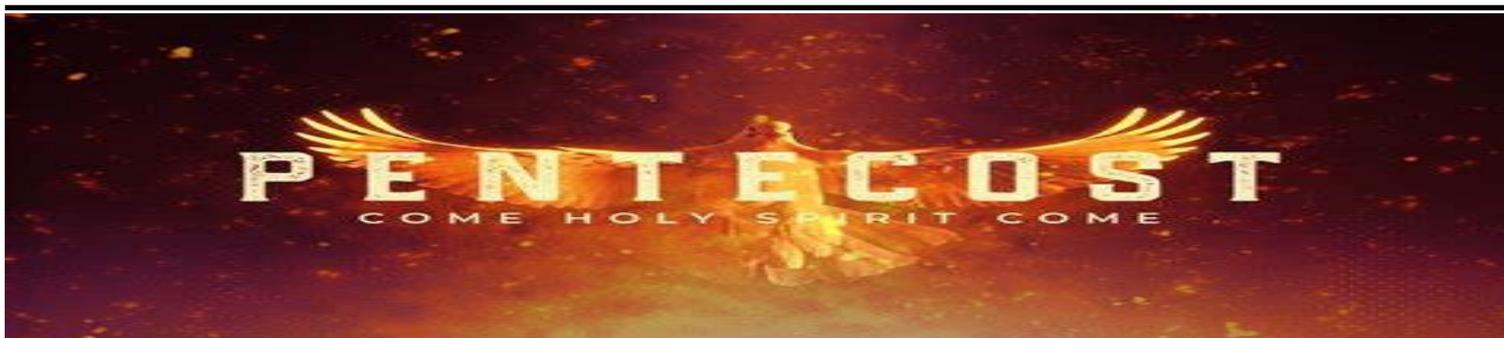
Another aspect of the Day of Pentecost is the miraculous speaking in foreign tongues which enabled people from various language groups to understand the message of the apostles. In addition is the bold and incisive preaching of Peter to a Jewish audience. The effect of the sermon was powerful, as listeners were "cut to the heart" (Acts 2:37) and instructed by Peter to "repent, and be baptized" (Acts 2:38). The narrative concludes with three thousand souls being added to the fellowship, the breaking of bread and prayers, apostolic signs and wonders, and a community in which everyone's needs were met.

### What is Pentecost Sunday?

Pentecost Sunday is a commemoration and celebration of the receiving of the Holy Spirit by the early church. John the Baptist prophesied of the first Pentecost when Jesus would baptize with the Holy Spirit and with fire (Matthew 3:11). Jesus confirmed this prophecy with the promise of the Holy Spirit to the disciples in John 14:26. He showed Himself to these men after His death on the cross and His resurrection, giving convincing proofs that He was alive. Jesus told the disciples to wait in Jerusalem for the Father's gift of the Holy Spirit, from whom they would receive power to be His witnesses to the ends of the earth (Acts 1:3-8). After Jesus' ascension to heaven, the men returned to Jerusalem and joined together in prayer in an upper room. On the Day of Pentecost, just as promised, the sound of a violent wind filled the house and tongues of fire came to rest on each of them and all were filled with the Holy Spirit. They were given the power of communication, which Peter used to begin the ministry for which Jesus had prepared him. After the coming of the Holy Spirit, the disciples did not stay in the room basking in God's glory but burst out to tell the world. This was the beginning of the church as we know it.

Today, in many Christian churches, Pentecost Sunday is celebrated to recognize the gift of the Holy Spirit, realizing that God's very life, breath and energy live in believers. During this service, John 20:19-23 may be the core of the message about our risen Savior supernaturally appearing to the fear-laden disciples. Their fear gave way to joy when the Lord showed them His hands and side. He assured them peace and repeated the command given in Matthew 28:19-20, saying, "As the Father has sent me, I am sending you." Then He breathed on them, and they received the Holy Spirit (John 20:21-23).

The celebration of Pentecost Sunday reminds us of the reality that we all have the unifying Spirit that was poured out upon the first-century church in Acts 2:1-4. It is a reminder that we are co-heirs with Christ, to suffer with Him that we may also be glorified with Him; that the manifestation of the Spirit is given for the common good (1 Corinthians 12:7); that we are all baptized by one Spirit into one body (1 Corinthians 12:13); and that the Spirit which raised Jesus from the dead lives inside believers (Romans 8:9-11). This gift of the Holy Spirit that was promised and given to all believers on the first Pentecost is promised for you and your children and for all who are far off whom the Lord our God will call (Acts 2:39).



*(Holy Spirit from page 3)*

for only short periods of time. When Saul was anointed king of Israel, the Holy Spirit came upon him (1 Samuel 10:10), but when God removed His blessing on Saul, the Holy Spirit left him (1 Samuel 16:14). The Holy Spirit came for specific moments or seasons in the lives of Othniel (Judges 3:10), Gideon (Judges 6:34), and Samson (Judges 13:25; 14:6) as well, to enable them to do His will and serve Israel. At Pentecost, the Holy Spirit was poured out on *all* believers in Christ, and He came to stay. This marked a major change in the Holy Spirit's work.

Before His arrest, Jesus had promised to send His disciples the Holy Spirit (John 14:15-17). The Spirit "lives with you and will be in you," Jesus said (John 14:17). This was a prophecy of the indwelling of the Spirit, another distinctive of the church age. The outpouring of the Holy Spirit in Acts 2 marked the fulfillment of Jesus' words, too, as the Holy Spirit came upon all believers in a powerful, visible (and audible) way. Luke records the event: "Suddenly a sound like the blowing of a violent wind came from heaven and filled the whole house where they were sitting. They saw what seemed to be tongues of fire that separated and came to rest on each of them. All of them were filled with the Holy Spirit and began to speak in other tongues as the Spirit enabled them" (Acts 2:2-4). Immediately, the Spirit-filled believers went into the streets of Jerusalem and preached Christ. Three thousand people were saved and baptized that day; the church had begun (verse 41).

The outpouring of the Holy Spirit upon humanity was the inauguration of the New Covenant, which had been ratified by Jesus' blood (Luke 22:20). According to the terms of the New Covenant, every believer is given the Holy Spirit (Ephesians 1:13). Ever since Pentecost, the Holy Spirit has baptized every believer into Christ at the moment of salvation (1 Corinthians 12:13), as He comes to permanently indwell God's children.

In the book of Acts, there are three "outpourings" of the Holy Spirit, to three different people groups at three different times. The first was to Jews and proselytes in Jerusalem (Acts 2). The second was to a group of believing Samaritans (Acts 8). The third was to a group of believing Gentiles (Acts 10). Significantly, Peter was present at all three outpourings. Three times, God sent the Holy Spirit with demonstrable signs, as the Great Commission was being fulfilled. The same Holy Spirit coming upon Jews, Samaritans, and Gentiles in the same manner in the presence of the same apostle kept the early church unified. There was not a "Jewish" church, a "Samaritan" church, and a "Roman" church—there was one church, "one Lord, one faith, one baptism" (Ephesians 4:5).

The outpouring of the Spirit is different from the filling of the Spirit. The outpouring was a unique coming of the Holy Spirit to earth; the filling happens whenever we are surrendered to God's control of our lives. We are commanded to be filled with the Spirit (Ephesians 5:18). In this regard it is possible for the believer either to be "filled with the Spirit" or to "quench" the Spirit (1 Thessalonians 5:19). In either case, the Holy Spirit remains with the believer (as opposed to the Old Testament era, when the Holy Spirit would come and go). The filling of the Spirit comes as a direct result of submission to God's will, and the quenching is a direct result of rebelling against God's will.

Some still look for an "outpouring" of the Holy Spirit on a specific group of people in a specific place or time, but there is no biblical support for the repeat of such a Pentecost-style event. The church has already begun; the apostles have already laid that foundation (Ephesians 2:20). Sometimes we sing songs that ask the Holy Spirit to "come"; the reality is that He has already come to us—at the moment of salvation—and, once He comes, He doesn't leave. The outpouring of the Spirit is a completed prophecy that ushered in the church age and the New Covenant in which all believers are given the Holy Spirit.



### 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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**STRENGTH IN WEAKNESS**

*The Lord said to Gideon, "You have too many men." Judges 7:2*

When my son was nearly three, I needed an operation that would require a month or more of recovery. Prior to the procedure, I imagined myself in bed while stacks of dirty dishes accumulated in the sink. I wasn't sure how I'd take care of an active toddler and couldn't picture myself standing in front of the stove to cook our meals. I dreaded the impact my weakness would have on the rhythm of our lives.

God intentionally weakened Gideon's forces before his troops confronted the Midianites. First, those who were afraid were allowed to leave—twenty-two thousand men went home (Judges 7:3). Then, of the ten thousand who remained, only those who scooped water into their hands to drink could stay. Just three hundred men were left, but this disadvantage prevented the Israelites from relying on themselves (VV. 5-6). They couldn't say, "My own strength has saved me" (V.2).

Many of us experience times when we feel drained and powerless. When this happened to me, I realized how much I needed God. He encouraged me inwardly through His Spirit and outwardly through the helpfulness of friends and family. I had to let go of my independence for a while, but this taught me how to lean more fully on God. Because "[His] power is made perfect in weakness" (2 Corinthians 12:9), we can have hope when we can't meet our needs on our own. Jennifer Benson Schuldt

**How have you experienced God's power made perfect in your weakness? How could you help someone who's experiencing weakness?**

God, I want my life to display Your power, even in weakness. Help me to depend more on You each day, and to feel Your strength when I struggle.

Today's Scripture: **Judges 7:1-9**

<sup>1</sup> Early in the morning, Jerub-Baal (that is, Gideon) and all his men camped at the spring of Harod....<sup>2</sup> The Lord said to Gideon, "You have too many men. I cannot deliver Midian into their hands, or Israel would boast against me, 'My own strength has saved me.' <sup>3</sup> Now announce to the army, 'Anyone who trembles with fear may turn back and leave Mount Gilead.'" So twenty-two thousand men left, while ten thousand remained.

<sup>4</sup> But the Lord said to Gideon, "There are still too many men. Take them down to the water, and I will thin them out for you there. If I say, 'This one shall go with you,' he shall go, but if I say, 'This one shall not go with you,' he shall not go."

<sup>5</sup> So Gideon took the men down to the water. There the Lord told him, "Separate those who lap the water with their tongues as a dog laps from those who kneel down to drink." <sup>6</sup> Three hundred of them drank from cupped hands, lapping like dogs. All the rest got down on their knees to drink.

<sup>7</sup> The Lord said to Gideon, "With the three hundred men that lapped I will save you and give the Midianites into your hands. Let all the others go home." <sup>8</sup> So Gideon sent the rest of the Israelites home but kept the three hundred, who took over the provisions and trumpets of the other....

<sup>9</sup> During that night the Lord said to Gideon, "Get up, go down against the camp, because I am going to give it into your hands."

**INSIGHT**

Some scholars suggest that the reason God chose the three hundred soldiers who lapped water from their hands like dogs to defeat the Midianites (Judges 7) is because they were the ones who kept their eyes up. Those who knelt to drink had to put their faces directly into the water and thus couldn't see around them. However, it was God who gave the victory. The way they drank water wasn't necessarily import; it was the number of men that was significant (V. 2). If it had been the smaller number who had stuck their faces in the water to drink rather than lapping, God would likely have used them instead. J.R. Hudberg

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**FINDING STRENGTH IN GOD**

*I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me. 2 Corinthians 12:9*

Soccer player Christian Pulisic faced several injuries that influenced his career. After learning he wouldn't be in the starting lineup of the Champions League semifinals game, he was disappointed but he described how God had revealed Himself to him. "As always, I reach out to God, and He gives me strength," he said. "I feel like I always have Someone who's with me. I don't know how I would do any of this without that feeling." Pulisic ultimately made a momentous impact when he was substituted later in the game. He initiated a clever play that led to the game-winning shot and secured their spot in the championship. These experiences taught him a valuable lesson: we can always view our weaknesses as opportunities for God to reveal His immeasurable power.

The world teaches us to rely on our strength when encountering problems. However, biblical wisdom teaches us that God's grace and power give us strength in the most trying circumstances (2 Corinthians 12:9). Therefore, we can move in confidence, recognizing that we never face trials alone. Our "weaknesses" become opportunities for God to reveal His power, strengthening and supporting us (VV> 9-10). We can then use our struggles to offer praise to God, giving thanks for His goodness and sharing these encounters with others so that they can come to experience His love. Kimya Loder

**When have you tried to overcome a struggle on your own? How can you look to God for strength?**

Dear heavenly Father, thank You for being the source of my

strength and guiding me each day

For further reading, check out [sportspectrum.com/sport/soccer/2021/05/11/Christian-Pulisic-god-strength-chelsea-fa-cup-championship-league/](https://sportspectrum.com/sport/soccer/2021/05/11/Christian-Pulisic-god-strength-chelsea-fa-cup-championship-league/).

Today's Scripture: **2 Corinthians 12:9-10**

<sup>9</sup> But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me. <sup>10</sup> That is why, for Christ's sake, I delight in weakness, in insults, in hardship, in persecution, in difficulties. For when I am weak, then I am strong.

**INSIGHT**

God's promise to Paul that "my power is made perfect in weakness" (2 Corinthians 12:9) shouldn't be surprising. Power in places least expected has been God's way of doing things since Adam and Eve's sin brought both judgement on all creation and the promise of redemption.

Jesus is the epitome of the unexpected. Not only did the Messiah come as a baby from Bethlehem (both of which were not unexpected), but the way He secured our salvation through His death and resurrection was completely unexpected. This picture finds its most dramatic expression in the book of Revelation. When John is told to turn and look at the victorious "Loin of the tribe of Judah" (Revelation 5:5), he sees not just a lamb but one that's been sacrificed (See V. 6). Strength in the unexpected places is how God works. J. R. Hudberg

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PEOPLE ARE OFTEN UNREASONABLE  
AND SELF-CENTERED.

**FORGIVE THEM ANYWAY.**

IF YOU ARE KIND, PEOPLE MAY  
ACCUSE YOU OF ULTERIOR MOTIVES.

**BE KIND ANYWAY.**

IF YOU ARE SUCCESSFUL, YOU WILL WIN  
SOME FALSE FRIENDS AND SOME TRUE ENEMIES

**SUCCEED ANYWAY.**

WHAT YOU SPEND YEARS BUILDING  
SOMEONE CAN DESTROY OVERNIGHT

**BUILD ANYWAY.**

IF YOU ARE HONEST,  
PEOPLE MAY CHEAT YOU.

**BE HONEST ANYWAY.**

IF YOU FIND HAPPINESS,  
PEOPLE MAY BE JEALOUS.

**BE HAPPY ANYWAY.**

THE GOOD YOU DO TODAY MAY  
BE FORGOTTEN TOMORROW.

**DO GOOD ANYWAY.**

GIVE THE WORLD THE BEST YOU HAVE  
AND IT MAY NEVER BE ENOUGH.

**GIVE YOUR BEST ANYWAY.**

FOR YOU SEE, IN THE END,  
IT IS BETWEEN YOU AND GOD.

**IT WAS NEVER BETWEEN  
YOU AND THEM ANYWAY.**

-MOTHER THERESA

### **Receive God's Blessing**

Our spirits rise when we learn how to receive the abundance of good things God wants to give to us. The secret is in two verses: **So, I say to you, ask, and it will be given to you; seek, and you will find; knock, and it will be open to you. For everyone who ask receives, and he who seeks finds, and to him who knocks it will be opened. Luke 11:9-10**

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

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

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

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### **Be Rested and be Happy**

Low-spirit trouble is traceable to lack of rest. To keep spirits high, one must find renewal and refreshment of body, mind and soul. Fatigue siphons off exuberance. Learn to sleep, for sleep is the great restorer.

#### **I lay down and slept; I woke, for the Lord sustained me. Psalm 3:5**

At the end of the day, simply lie down and go to sleep. Like a child, fall into a natural, restful slumber. Then awake—wide awake, eager and ready to meet the day. Tonight when you go to bed, repeat this passage. You will find restful sleep and awaken with your spirit lifted.

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### **Refreshment of Spirit**

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

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

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### **Remove Anger and Lift Your Spirits**

Anger is a depressant of the spirit. So much energy is expended in anger that you are, literally, exhausted. The aftereffect is one of despondency. Anger that simmers and simmers and seethes is even more depressing because it permits a constant leakage of energy. Fortunately, there is an effective method for correcting this condition. You will be amazed at the self-control it gives.

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

Next time you feel anger arising, repeat this verse several times and note the effect. It is one of the best Spirit Lifters.

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### **The Renewed Soul**

Staleness results from lack of spiritual inspiration. But there is a cure.

#### **He makes me to lie down in green pastures; He leads me beside the still waters. Psalm 23:2**

Anyone who has traveled through a desert area is refreshed when he comes finally to the green grass country. What makes the difference? Life-giving water. Similarly, the arid human personality becomes as green pastures when the water of life flows through mind and heart. The soul is restored. It becomes peaceful and develops new vitality. The spirit rises to new heights.

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### **When You Feel "Down"**

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

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

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

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### **Cast Your Care on God**

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

**Therefore humble yourself under the mighty hand of God, that He may exalt you in due time, casting all your care upon Him, for He cares for you. 1 Peter 5:6-7**

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

“

***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!***

**Morning Prayer Reminder**

Dear Lord, help us remember what a difference it makes when we make time with You a priority in our morning. Awaken us in body and spirit each day with a desire to meet with You and to hear You speak words of affirmation, assurance and wisdom over our heart as we prepare to go into our day. Its In Jesus' Name, Amen, Amen, Amen.

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**Good Morning Prayer for Counsel**

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

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**Good morning topic: "Prayer for Opportunity**

Dear Lord, we pray today that we will yield our spirit completely to You, that You may use us as You please. We pray that You will provide us opportunities to show people how much You mean to us. Give us discretion to know what to say and how to say it. Make us bold enough that we may proclaim salvation cheerfully and joyfully. Today we pray that the seeds You allow us to plant will grow and mature. We pray that You, Father, will water the seeds that You allow us to plant today. We are forever grateful for the cross; may we proclaim it in a contagious way today, its in Jesus name, Amen, Amen, Amen.

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**Payback**

**For we know him that hath said, Vengeance belongeth unto me, I will recompense, saith the Lord. And again, The Lord shall judge his people. Hebrews 10:30**

Let us pray, "Father, thank You that You are a God of justice, and You keep the accounts. Thank You that You've seen everything we've gone through, and payback is coming. We believe that You will settle all our accounts and leave it in Your hands, its In Jesus' Name we ask and pray, Amen, Amen, Amen. "Hallelujah Thank You Jesus 🙏 . We all have to deal with unfair situations and people who do us wrong. But God says He will repay the exact compensation owed us and settle our account.

See God sees who did us wrong and what it cost us. He is saying, "Don't worry. I'm going to pay you back. I'm going to make it up to you." You don't have to get even or vindicate yourself. The Most High God is going to settle your account. Because we're not at the mercy of how other treated us because they don't control our destiny. So stay encouraged. God is not going to leave our account in a deficit. No, get ready. Payback is coming. God is a just God. He's going to settle our account for us, Hallelujah Thank You Lord! Amen.

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**Walk By the Word**

Let us pray, "Lord, may nothing separate us from You today. Teach us how to choose only Your way today, so each step will lead us closer to You. Help us walk by the Word and not our feelings. Help us to keep our heart pure and undivided. Protect us from our own careless thoughts, words, and actions. And keep us from being distracted by our wants, our desires, our thoughts on how things should be. Help us to embrace what comes our way as an opportunity, rather than a personal inconvenience. And finally, help us to rest in the truth of Psalm 86:13, "Great is Your love toward me." You already see the ways we will fall short and mess up. But right now, we consciously tuck Your whisper of absolute love for us into the deepest part of our heart. We recognize Your love for us is not based on our performance. You love us, warts and all. That's amazing. But what's most amazing is that the Savior of the world would desire a few minutes with us this morning, Hallelujah. So Lord, help us to forever remember what a gift it is to sit with You like this, In Jesus name, Amen, Amen, Amen.

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**A Morning Prayer**

**For great is thy mercy toward me: And thou hast delivered my soul from the lowest hell. Psalm 86:13**

Let us pray, "Lord, may nothing separate us from You today. Teach us how to choose only Your way today so each step will lead us closer to You. Help us to walk by Your Word and not our feelings. Help us to keep our heart pure and undivided. Protect us from our own careless thoughts, words, and actions. And keep us from being distracted by Our wants, desires, and thoughts on how things should be. Help us to embrace what comes our way as an opportunity...rather than a personal inconvenience, It in Jesus name Amen, Amen, Amen.



## THE BEAUTY OF HOLLAND

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

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

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

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

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

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

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

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

**AND THE PAIN WILL NEVER, EVER GO AWAY, BECAUSE THE LOSS OF THAT DREAM IS A VERY SIGNIFICANT LOSS.**

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

**SOURCE UNKNOWN**

**Let the Holy Spirit Take You from 'Doing' to 'Being'.**

**But ye receive power, after that the Holy Ghost is come upon you: and ye shall be witnesses unto me both in Jerusalem, and in all Judaea, and in Samaria, and unto the uttermost part of the earth. Acts 1:8**

I remember when I was a born-again Christian who was actively involved in church life, but was not getting victory over my problems. I thought that if I acted like a Christian and looked like I had my act together, I would be happy. But doing the right thing wasn't enough. I needed a change on the inside. Acts 1:8 speaks of receiving God's power to be His witnesses. Notice it does not say to do witnessing but to be witnesses. Doing is a different thing than being. I had my outside polished up, but my inner life

was a wreck. Quite often the inner turmoil exploded, and then everybody could see I wasn't quite what I appeared to be. Thankfully, I came to the point where I was desperate for a move of God in my life and knew there had to be more than what I had experienced in my relationship with Him. As I cried out to Him in prayer for help, He touched my life in a powerful way, and the outpouring of the Holy Spirit gave me a real love for God and His Word and like never before. Now I was no longer faking it. I encourage you to receive this same Holy Spirit power. Let Him take you from 'doing' to 'being'.

**Prayer Starter: Holy Spirit, give me Your power so that I can go from 'doing' to 'being.' I want to love and follow You from the core of who I am.**

**Taking Care of Your Body**

**For ye are brought with a price: therefore glorify God in your body, and in your spirit, which are God's. 1 Corinthians 6:20**

Some of us haven't learned to love our bodies enough to properly care for them. To change that, we must confront the three biggest obstacles to healthy living. We don't know how to care for our bodies. Bad diets, misinformation, and fast foods have confused people about what a whole diet is and how to eat the right foods in proper amounts. Our view of body image is skewed by media and advertising. We're bombarded with unattainable ideals of beauty, while obesity is so prevalent that it's almost considered normal. We need to rediscover

what a healthy person looks like. Exercise is nearly obsolete. We've invented enough conveniences that we often live completely void of exercise. We don't even walk anywhere if we don't have to! But the truth is, a good deal of our well-being is dependent on exercising our bodies. If you struggle with these obstacles, make a decision today that you will not be defeated. God tells us to treat our bodies well, and He will always help us do the things He tells us to do. So make a decision to rely on God's strength and live a healthier lifestyle

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

**God Is Our Source, Not the World**

**Now he that ministereth seed to the sower both minister bread for your food, and multiply your seed sown, and increase the fruits of your righteousness: 2 Corinthians 9:10**

God's financial system is not like the world's system. And no matter what happens around us, we don't have to be fearful because God loves us. While the world's financial systems are often unstable, the love of God never changes and remains our solid foundation in life. We can have confidence that whatever is happening, God wants to help us and will go out of His way to meet even our simple day-to-day needs. Second Corinthians 9:10 emphasizes that God

will provide for our needs and give us "bread for eating." god is the One who supplies our needs. Our jobs are not our source, God is. So when jobs and investments disappear, we don't have to feel hopeless because God is not limited. He can provide for us through other means, in ways we may not have imagined or are able to figure out ahead of time. Matthew 6:26 reassures us that if God takes care of the birds, we can believe He is going to provide for us, too. Do you believe that God can take care of you?

**Prayer Starter: God, thank You for being a faithful, trustworthy source and providing all I need. No matter what happens, I rely on You and only You to meet my needs.**

**Take Responsibility for Your Happiness**

**I know that there is no good in them, but for a man to rejoice, and to do good in his life. Ecclesiastes 3 12**

One of the most important lessons I have learned is that I cannot count on someone else to make me happy. God has given us the ability to take responsibility for our own happiness. A lot of people aren't happy unless a certain person behaves a certain way, or unless a certain situation works out just the way they want it to. Every day we let our happiness depend on other people and situations, when in reality, God wants us to find our happiness in Him. There was a time when I would feel

sorry for myself if Dave went to play golf the day after one of our big conferences. I wanted him to go shopping or watch a movie with me. But God showed me that we have different ways of relaxing and unwinding. That's just one example, but there are so many ways that we put unrealistic expectations on people and rely on them to keep us happy. God wants us to look to Him first and rely on Him for our happiness.

**Prayer Starter: God, my happiness should only rely on You, not other people and situations. Today, I get rid of my unrealistic expectations and take responsibility for my own happiness.**

**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.



## WHAT ONLY THE SPIRIT CAN DO

**All of them were filled with the Holy Spirit and began to speak in other tongues as the Spirit enabled them.**

**Acts 2:4**

During the discussion of a book on the Holy Spirit written by a ninety-four-year-old German theologian named Jurgen Moltmann, an interviewer asked him: "How do you activate the Holy Spirit? Can you take a pill? Do the pharmaceutical companies [deliver the Spirit]? Moltmann's bushy eyebrows shot up. Shaking his head, he grinned, answering in accented English. "What can I do? Don't do anything. Wait on the Spirit, and the Spirit will come."

Moltmann highlighted our mistaken belief that our energy and expertise make things happen. Acts reveals that God makes things happen. At the start of the church, it had nothing to do with human strategy or impressive leadership. Rather, the Spirit arrived "like the blowing of a violent wind" into a room of frightened, helpless, and bewildered disciples (2:2). Next, the Spirit shattered all ethnic superiorities by gathering people who were at odds into one new community. The disciples were as shocked as anyone to see what God was doing within them. They didn't make anything happen; "the Spirit enabled them" (V. 4).

The church—and our shared work in the world—isn't defined by what we can do. We're entirely dependent on what only the Spirit can do. This allows us to be both bold and restful. On this day—the day we celebrate Pentecost—may we wait for the Spirit and respond. Winn Collier

**How are you tempted to rely on your own efforts or tenacity? Where do you need to wait for what the Spirit can do?**

God, I've exhausted myself by believing that I must make things happen. Holy Spirit, come and help me.

Today Scripture: **Acts 2:1-13**

<sup>1</sup> When the day of Pentecost came, they were all together in one place. <sup>2</sup> Suddenly a sound like the blowing of a violent wind came from heaven and filled the whole house where they were sitting. <sup>3</sup> They saw what seemed to be tongues of fire that separated and came to rest on each of them. <sup>4</sup> All of them were filled with the Holy Spirit and began to speak in other tongues as the Spirit enabled them.

<sup>5</sup> Now there were staying in Jerusalem God-fearing Jews from every nation under heaven. <sup>6</sup> When heard this sound, a crowd came together in bewilderment, because each one heard their own language being spoken. <sup>7</sup> Utterly amazed, they asked: "Aren't all these who are speaking Galileans?" <sup>8</sup> Then how is it that each of us hears them in our native language? <sup>9</sup> Parthians, Medes and Elamites; residents of Mesopotamia, Judea and Cappadocia, Pontus and Asia, <sup>10</sup> Phrygia and Pamphylia, Egypt and the parts of Libya near Cyrene; visitors from Rome <sup>11</sup> (both Jews and converts to Judaism); Cretans and Arabs—we hear them declaring the wonders of God in our own tongues!" <sup>12</sup> Amazed and perplexed, they asked one another, "What does this mean?"

<sup>13</sup> Some, however, made fun of them and said, "They have had too much wine."

### INSIGHT

Pentecost, mentioned here in Acts 2:1, was always celebrated fifty days after the first Sunday following Passover. It served as a centerpiece of Jewish worship and occurred during the Festival of Weeks (Leviticus 23:15-21). Elsewhere, it's referred to as the "Festival of Harvest" (Exodus 23:16) and the "day of firstfruits" (Numbers 28:26). The Pentecost in Acts 2 occurred on the fiftieth day after the resurrection of Jesus. It's significant that the Holy Spirit descended upon the apostles on this Day of Pentecost. They were the "firstfruits" of the new covenant God was implementing through His Son, Jesus (See Romans 8:23). Pentecost is a prime example of how the Old Testament points to Jesus and His work in our behalf on the cross. Tim Gustafson

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 have decided to have two themes in this newsletter. The two themes are Goodness and Pentecost.

Goodness is a fruit of the Spirit. 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 says, "He loveth righteousness and judgement: The earth is full of the goodness of the Lord."

Goodness is not a quality we can manufacture on our own. We need the Holy Spirit to dwell inside of us. By letting the Holy Spirit have control of us, we are blessed with the fruit of goodness. This allows us to treat people the way God would have us to treat them. Jesus is the best example of how goodness acts when it comes to treating each other.

Pentecost is a Christian holiday which takes place on the 50<sup>th</sup> day after Easter Sunday. It commemorates the

descent of the Holy Spirit upon the Apostles and other followers of Jesus Christ while they were in Jerusalem celebrating the Feast of weeks, as described in the Acts of the Apostles (Acts 2:1-31).

Pentecost Sunday is celebrated to recognize the gift of the Holy Spirit, realizing that God's very life, breath and energy live in believers.

"The celebration of Pentecost Sunday reminds us of the reality that we all have the unifying Spirit that was poured out upon the first-century church in Acts 2:1-4. It is a reminder that we are co-heirs with Christ, to suffer with Him that we may also be glorified with Him; that the manifestation of the Spirit is given for the common good (1 Corinthians 12:7); that we are all baptized by one Spirit into one body (1 Corinthians 12:13); and that the Spirit which raised Jesus from the dead lives inside believers (Romans 8:9-11). This gift of the Holy Spirit that was promised and given to all believers on the first Pentecost is promised for you and your children and for all who are far off whom the Lord our God will call (Acts 2:39)."

### Is the Holy Spirit God?

The short answer to this question is, yes, the Holy Spirit as described in the Bible is fully God. Along with God the Father and God the Son (Jesus Christ), God the Spirit is the third member of the Godhead or the Trinity.

Those who challenge the idea that the Holy Spirit is God suggest that the Holy Spirit may simply be an impersonal force of some kind, a source of power controlled by God but not fully a person Himself. Others suggest that perhaps the Holy Spirit is just another name for Jesus, in spirit form, apart from His body.

These ideas do not line up with what the Bible actually says about the Holy Spirit, though. The Bible describes the Holy Spirit as a person who has been present with the Father and the Son since before time began. The Spirit is integral to all of the things that God is described as doing in the Bible.

The Spirit of God was present at and involved in creation (Genesis 1:2; Psalm 33:6). The Holy Spirit moved the prophets of God with the words of God (2 Peter 1:21). The bodies of those in Christ are described as temples of God because the Holy Spirit is in us (1 Corinthians 6:19). Jesus was clear that to be "born again," to become a Christian, one must be born "of the Spirit" (John 3:5).

One of the most convincing statements in the Bible about the Holy Spirit being God is found in Acts 5. When Ananias lied about the price of a piece of property, Peter said that Satan had filled Ananias's heart to "lie to the Holy Spirit" (Acts 5:3) and concluded by saying that Ananias had "lied to God" (verse 4). Peter reveals that the Holy Spirit is God. Lying to the Holy Spirit is lying to God.

Jesus told His disciples that the Holy Spirit, the Helper, was different from Himself. The Father would send the Helper, the Spirit of truth, after Christ departed. The Spirit would speak through the disciples about Jesus (John 14:25-26; 15:26-27; 16:7-15). All three Persons Jesus mentions—Father, Son, and Holy Spirit—are God while being distinct from each other within the Trinity.

The three members of the Trinity show up, together yet distinct, at Jesus' baptism. As Jesus comes up from the water, the Spirit descends on Him like a dove while the voice of the Father is heard from heaven saying that He is pleased with His beloved Son (Mark 1:10-11).

Finally, the Bible describes the Holy Spirit as a person, not a mere force. He can be grieved (Ephesians 4:30). He has a will (1 Corinthians 12:4-7). He uses His mind to search the deep things of God (1 Corinthians 2:10). And He has fellowship with believers (2 Corinthians 13:14). Clearly, the Spirit is a person, just as the Father and the Son are persons.

Indeed, the Bible is unequivocal that the Holy Spirit is, in fact, God, just as Jesus Christ and the Father are God.

[www.GotQuestions.org](http://www.GotQuestions.org)

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

06457,

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

7. Call the office for someone to pick up

8. Church outside Lockbox

(Note: you can find links on the

website; <http://>

[www.crossstreetamezion.org/Give](http://www.crossstreetamezion.org/Give))

## Sanctuary Guidelines

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

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

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

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

of anxiety 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: [crossstreetamezion.org](http://crossstreetamezion.org) & in the front lobby. If you would like a PDF copy sent to you, Email your request to: [ken462012@gmail.com](mailto:ken462012@gmail.com). If you have an article or information (word count 1000 - 1500 or less) for current and future publications the deadline for this information is the Monday after the 2<sup>nd</sup> Sunday of each Month. **You may submit your information in the following ways:** place the information on a CD (Window format) and leave it in the Cross Street office, E-mail Ken Simmons ([ken462012@gmail.com](mailto:ken462012@gmail.com)), or give it to him. **Praise God!!!**



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

Organized in 1823

440 West Street P.O. Box 223

Middletown, CT 06457

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

[crossstreetchurch@snet.net](mailto:crossstreetchurch@snet.net)

[www.crossstreetamezion.org](http://www.crossstreetamezion.org)

**Sunday School — See Page 31**

**Worship Service — 10:00 a.m.**

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

Pastor

Email: [mharvill@snet.net](mailto: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**

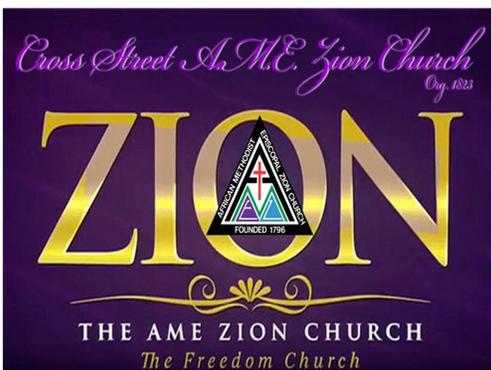
And Jabez called on the God of Israel  
saying, "Oh, that You would bless me  
**indeed, and enlarge my territory,**  
**that Your hand would keep me from**  
**evil, that I may nor cause pain!**" So  
God granted him what he requested.  
1 Chronicles 4:10 (NKJV)

**"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