

March-April 2023 — Volume 27 Issue 2

## 200th Year Church Anniversary Celebration—Easter

### From The Pastor's Desk



Dear Cross Street Church Family,

Greetings from the men's ministries here at Cross Street Church!

We are thrilled to be able to extend an invitation to this year's annual **Men's Day**. We look forward to gathering the church family for spiritually enriching and loving fellowship every year. It is time to gather as a faith community, encouraging and lifting one another. We still value gathering to worship.

Thank you for your prayers when I could not attend due to medical reasons. It was a blessing to be able to watch the services via social media. Now that I am getting better, I am delighted to return and gather in worship with my Cross Street Church Family.

We understand that life gets hectic. Many of us work many hours a week and are busy outside. Our energy level drops little by little, week to week. I encourage you to join us for **Men's Day** to take some time to share in an inspiring, uplifting worship service and bond with others. We are stronger and better together.

**Sunday, March 19, at 10:00 A.M.**

Preacher: **Reverend Dr. Anthony Freeman**, Pastor of the Clinton Tabernacle AME Zion Church, Hickory, N.C.

Spiritual Goal: **Stepping it up in Faith- Reaching Every Man - Romans 17:7 Accept one another, then, just as Christ accepted you, to bring praise to God.**

Again, we extend our sincerest invitation to you to join the **Men's Day** Celebration with the men singing, powerful preaching and worship; I promise that you will leave refreshed and with a heart burning with love and passion for God and His people.

If you have any questions, please call 860 344-9527. I look forward to seeing you at this exciting event!

Blessings in Christ,

Presiding Elder Moses L. Harvill, Pastor

Brother Marvin Privott, Chair, Brother Woodrow James, Co-Chair

Reverend William D. Wilson, Advisor



Visit our  
Facebook page

Visit Our Website:  
[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.**

# MEEKNESS:

## PERFECT STRENGTH UNDER CONTROL.

### What does “blessed are the meek” mean?

In the Sermon on the Mount, Jesus opens with a series of statements known as the Beatitudes. The third Beatitude is “Blessed are the meek, for they will inherit the earth” (Matthew 5:5). Jesus’ words echo Psalm 37:11, which says, “The meek will inherit the land and enjoy peace and prosperity.” What does it mean that the meek are “blessed”?

First, we must understand what it means to be blessed. The Greek word translated “blessed” in this verse can also be translated “happy.” The idea is that a person will have joy if he or she is meek. The blessedness is from God’s perspective, not our own. It is a spiritual prosperity, not necessarily an earthly happiness.

Also, we must understand what “meek” means. The Greek word translated “meek” is *praeis* and refers to  
*(Meek means on page 15)*

### What does it mean to live in the meekness of wisdom (James 3:13)?

After challenging his readers about the stricter judgment for those who teach and the universal problem we have in controlling our tongues, James exhorts readers to live in the meekness of wisdom (James 3:13). James first asks, “Who is wise and understanding among you?” (James 3:13a, ESV). He then explains the way to demonstrate wisdom and understanding: “By his good conduct let him show his works in the meekness of wisdom” (James 3:13b, ESV).

James contrasts good and bad behavior and shows the relationship of both to wisdom. He warns against bitter jealousy and selfish ambition, noting that, if a person claiming to be wise has those traits, he is arrogant and lying against the truth (James 3:14). The kind of wisdom that results in bitter jealousy and selfish ambition is not from above but is earthly, natural, and demonic (James 3:15). This kind of wisdom houses jealousy and selfish ambition and is accompanied by disorder and all evil  
*(Meekness on page 16)*

### If I Were You

Ever since Brother Kenny and I started this journey of producing a newsletter/journal for the Church several decades ago, I have written mostly about cultural ideas. Would you believe that this has been going on since around the turn of “Y2K”? Yes, there was a period known as “Y2K”, the acronym for the Year 2000. That’s when it was largely suspected that many global networking systems would experience major breakdowns because very little was known about the switch from using ‘19’ in all year designations, to ‘20’ that potentially would not be recognized by numerous computer systems and software as relating to how we input the year in computers.

In those initial essays, I intended to introduce various precepts of the Ghanaian Akan cultural practices to mostly African American readers. Out of that journey came the introduction of the youth “Rites Of Passage”, where we  
*(If I on page 18)*

### “What is the meaning of Easter?”

Easter is the annual celebration of Christ’s resurrection to life after His crucifixion and death. The day is also called Resurrection Sunday. The word *Easter* is related to the word *east*, which naturally points us to the sunrise, to new days and new beginnings.

For some, Easter is bereft of all but the secular meaning. For them, Easter is a time to dye eggs, hide them, and send children in search of them. It’s a time to recite the myth of the Easter bunny and allude to his continuing escapades. It’s a time of giving candy, taking pictures, eating Peeps, and feasting around the family table. It’s a day to mark the start of spring and celebrate the rejuvenation of nature and the greening of the grass. Such observances of Easter, if they go no further than this, are a faint and feeble shadow of the real meaning of Easter; they are as empty as a plastic egg, as hollow as a chocolate Easter bunny.

Easter is a Christian holiday, and Christian celebrations  
*(Easter on page 16)*

### INSIDE THIS ISSUE

Prayers	5	Sunday Church School	11	Daily Confession of Faith	23
Fruit of the Spirit	6	90 Devotions	13	Barbara Perry Speaks	24
Name of God	7	The Armor of God	14	The Beauty of Holland	25
Daily Bible Reading	7	How to Pray	19	Joyce Meyer	26
Christian Season	8	Our Daily Bread	20	Bible’s Bird’s Eye View	27
Liturgical Color	8	Words To Live By	21	Activities	29
Fasting	9	Spirit Lifters	22		

# Lenten Reading

## LUKE

### Key Themes

*Among Luke's other special concerns are:*

#### 1. Prayer. (Feb. 22 - Feb. 28)

He often speaks about the prayer life of Jesus: 3:21, 5:16; 6:12; 9:18-22, 29; 10:17-21; 11:1; 22:39-46; 23:34,46. He also records parables Jesus told about prayer: 11:5-13; 18:1-8. What can you learn about when to pray, how to pray, and what to pray from these verses?

#### 2. The Holy Spirit. (March 1 - March 7)

The work of the Holy Spirit in the life of Jesus is emphasized by Luke. List the times in the life of Jesus when he is mentioned: e.g.: 1:35; 4:1, 14, 18; 10:21-22; 24:49. What do these verses teach about the Holy Spirit?

#### 3. Praise and joy. (March 8 - March 14)

Luke's Gospel opens with a number of songs of praise: 1:46-55, 68-79; 2:14; and 2:29-32. What other references to joy can you find in the Gospel?

#### 4. Forgiveness. (March 15 - March 21)

The good news is basically about the forgiveness of sins. Why was the teaching of Jesus about forgiveness so revolutionary? Be careful to note all that Jesus says about it: 5:17-25; 6:37; 7:36-50; 11:4; 17:3-4; 23:34; 24:47.

#### 5. Money. (March 22 - March 29)

Luke speaks more about money than any of the other Gospels and has a special place for the poor. Again his message is quite revolutionary. Trace his teachings in the following verses: 1:53; 4:18; 6:20; 12:13-34; 15:8-10; 16:1-15, 19-31; 18:1-14; 19:1-27; 20:19-26.

#### 6. Women and children. (March 30 - April 8)

Make a note of the number of women to whom Luke refers in his Gospel. The society of Jesus' day would not normally consider them worth so much attention. But Luke emphasizes God's love for all people—even women, outcasts, and children. Look at the following verses about children and summarize their teaching: 8:40-56; 9:37-43, 46-48; 18:15-17.

*Jesus is our ultimate role model!!*

## PRAYERS



### Walking in Meekness

*in heart: and ye shall find rest unto your souls" (Matthew 11:29).*

**Key Thought:** never confuse meekness with weakness.

**Prayer:** Heavenly Father, I want to walk in the fruit of meekness. <sup>1</sup> You promise amazing things to the meek, for you tell me that the meek will inherit the earth and experience deep and abiding joy. <sup>2</sup> Let this fruit of your Spirit grow in me daily as I choose to walk worthy of your calling in my life with meekness of heart. <sup>3</sup> Through your grace, Father, I choose to walk in an attitude of complete humility, meekness, and patience, always bearing with others through love. <sup>4</sup>

take His yoke upon me, and I will learn from Him, and this will give me rest. <sup>5</sup> Thank you, God. Father, with joy in my heart, I now put on the new person, which is being renewed in knowledge after your image. <sup>6</sup>

I praise you, O God, that I am your workmanship in Christ Jesus for good works, which you have prepared for me to walk in. <sup>7</sup> I surrender to your working, O God, as you cultivate the fruit of meekness in my life.

**References:** (1) Galatians 5:23; (2) Matthew 5:5; (3) Ephesians 4:1; (4) Ephesians 4:2; (5) Matthew 11:29; (6) Colossians 3:10; (7) Ephesians 2:10.

Bible Prayers for all your needs  
Victory House Publishers

**Key Scripture:** "Take my yoke upon you, and learn of me; for I am meek and lowly

Father, I want to be like Jesus who is meek and lowly in heart. I willingly

Let us pray, "Lord, make us an instrument of Your peace. Where there is hatred, let us sow love; Where there is injury, pardon; Where there is doubt, faith; Where there is despair, hope; Where there is darkness, light; Where there is sadness, joy. O Divine Master, grant that we may not so much seek to be consoled as to console; To be understood as to understand; To be loved as to love. For it is in giving that we receive; It is in pardoning that we are pardoned; And it is in dying that we are born to eternal life, In Jesus name, Amen, Amen, Amen.

1 Peter 4:12-13 says, "friends, do not be surprised at the fiery ordeal that has come on you to test you, as though something strange were happening to you. But rejoice inasmuch as you participate in the sufferings of Christ, so that you may be overjoyed when his glory is revealed, Amen.

Let us pray, Dear Father in heaven, we ask You from our hearts to give us Your peace. Grant that nothing may take our peace from us, and protect us from all that is evil. May we always be mindful that we should serve You in self-denial. May we be faithful on all our ways, looking to the great promise You have given each one of us. Keep us under Your protection, as You have always done. We praise and thank You for all that comes to our hearts from You, making us full of trust and certain of Your further help, In Jesus name, Amen, Amen, Amen.

Psalms 34:8 says, O taste and see the Lord is good! Happy is the man who takes refuge in him! Amen

Dear Father in heaven, we come to You. With thanks we come to You, for again and again You have helped us. Again and again You have let Your light shine out on us so that we could be glad and know that our lives are in Your hands. Protect us on this earth, where it is so necessary. Protect us, that the light of true may shine more and more brightly and we may praise Your name with our whole heart. Be with us this day, O God, and touch our hearts with Your Spirit, its in Jesus name we ask and pray. Amen, Amen, Amen.

Isaiah 40:29-31 says, "He gives strength to the weary and increases the power of the meek. Even youths grow tired and weary, and young men stumble and fall; but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint, Amen.

Let us pray, Lord our God, our loving Father, we Thank You for all that our hearts and spirits are allowed to receive from You. We thank You for the community You give us, strengthening us to face life even through toil, struggle, and privation. Grant that our powers flow out to give us strength and courage. May we see and recognize You in Your deeds ever more clearly. Do not let us faint or grow weary, no matter what we have to suffer. Grant that our Spirit may penetrate us ever more deeply to bring peace to us and those around us, and finally to bring blessing for all peoples of the earth. Amen, its in Jesus name we ask and pray. Amen, Amen, Amen, Hallelujah. Barbra Perry



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



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

## FRUIT OF THE SPIRIT

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

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

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

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

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

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

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

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

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

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

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

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

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

LOVE, *limited love*, **hatred**; JOY, *temporary JOY*, **sorrow**; PEACE, *numbness, carelessness*, **anxiety strife**;  
PATIENCE, *laziness, insensitivity*, **impatience**; KINDNESS, *manipulation by kindness*, **pride**;  
GOODNESS, *hypocrisy*, **evil**; 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**

**MARCH**

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

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

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

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

**APRIL**

1 1 Kings 8-10  
 2 1 Kings 11-13  
 3 1 Kings 14-16  
 4 1 Kings 17-19  
 5 1 Kings 20-22  
 6 2 Kings 1-3  
 7 2 Kings 4-6

8 2 Kings 7-10  
 9 2 Kings 11-14  
 10 2 Kings 15-17  
 11 2 Kings 18-20  
 12 2 Kings 21-22  
 13 2 Kings 23-25  
 14 1 Chronicles 1-3  
 15 1 Chronicles 4-6

16 1 Chronicles 7-9  
 17 1 Chronicles 10-13  
 18 1 Chronicles 14-16  
 19 1 Chronicles 17-19  
 20 1 Chronicles 20-23  
 21 1 Chronicles 24-26  
 22 1 Chronicles 27-28  
 23 2 Chronicles 1-3

24 2 Chronicles 4-6  
 25 2 Chronicles 7-9  
 26 2 Chronicles 10-13  
 27 2 Chronicles 14-16  
 28 2 Chronicles 17-19  
 29 2 Chronicles 20-22  
 30 2 Chronicles 23-25

**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

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.

## CHRISTIAN SEASONS

### Lent

Lent is the period of time to reflect on the events that led Jesus to Calvary. It begins with Ash Wednesday and covers a period of forty days (excluding Sundays) culminating with Holy Week (including Passion/Palm Sunday, Maundy Thursday, Good Friday, and Holy Saturday). Lent is a time of fasting, sacrifice, and preparation.

**Color:** Purple (violet or lilac) is the color used to denote royalty, praying, fasting, and penitence. It represents a symbol of the majesty of Christ, and Jesus' humanity, suffering, and fasting.

A guideline given by some money managers is as follows: Give 1/10 (tithe of your income to God). Put 1/10 in savings. Put 1/10 in an emergency account until three months of pay is set aside. Live on the remaining 7/10 with freedom to work towards giving as much as possible to God's work.

### Eastertide

Eastertide covers a fifty-day period (six Sundays) that challenges persons to reflect on the resurrection of Jesus. Ascension Day is celebrated the sixth Thursday after Easter and commemorates the last manifestation of Jesus to His followers after the resurrection. (Luke 24:50-51 and Acts 1:2-11.) Ascension Sunday is the Sunday following Ascension Day. The season ends with the Day of Pentecost.

**Color:** White is the appropriate color for the season, with gold as an accent color. White is symbolic of light, joy, purity, glory, and the bright light of truth.

## LITURGICAL COLORS

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

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

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

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

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

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

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

### Other Colors

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

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

**Fasting for Health, Healing and a Heart for God's Vision for the Church**

1. The Daniel Fast involves a spiritual commitment to God. "Daniel proposed in his heart that he would not defile himself with the portion of the Kings delicacies, nor with the wine which he drank." (Daniel 1: 8)

2. Faith is foundational to the Daniel Fast. "Then I set my face toward my God to make request by prayer and supplications, with fasting" ( Daniel. 9:30 "However, this kind does not go out except by prayer and fasting" (Matthew 17: 21)

3. Fast and yield yourself to God as a servant. Daniel said, "as you see fit, deal with your servants" (Daniel 1:13)

4. Schedule your prayer / And end with thanksgiving. Daniel "kneeled upon his knees three times a day, and prayed, and gave thanks" (Daniel 6: 10)

5. Begin with confession, (repentance), dedication, and prayer-"Search me, O God, and know my heart; Try me, and know my anxieties; And see if there is any wicked way in me, And lead me in the way of everlasting" (Psalm 39: 23-24)

Remember: The Daniel Fast will lead to spiritual insight. "... to these young men God gave knowledge" (Daniel 1: 17)

**Guidelines for Daniel Fast**

**Foods We May Eat**

After answering hundreds of questions about the Daniel Fast on the blog, I developed these food guidelines. My hope is that it will serve as a more complete list. The original list used by many people was issued in a book about fasting. I know the author tried to do the best he could, but that isn't the same as getting hundreds of questions seeking clarification.

Please make sure to READ THE LABEL when purchasing packaged, canned or bottled foods. They should be sugar-free and chemical-free. Keep this in mind as you review this list of acceptable foods. Look for the list of ingredients on the label (not the nutritional value) to make sure all the ingredients comply with the Daniel Fast Guidelines.

Foods to include in your eating plan during the Daniel Fast

**All fruits.** These can be fresh, frozen, dried, juiced or canned. Fruits include but are apples, apricots, bananas, blackberries, blueberries, boysenberries, cantaloupe, cherries, cranberries, figs, grapefruit, grapes, guava, honeydew melon, kiwi, lemons, limes, mangoes, nectarines, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon

**All vegetables.** These can be fresh, frozen, dried, juiced or canned. Vegetables include but are artichokes,

asparagus, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, chili peppers, collard greens, corn, cucumbers, eggplant, garlic, ginger root, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, potatoes, radishes, rutabagas, scallions, spinach, sprouts, squashes, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini, veggie burgers are an option if you are not allergic to soy.

**All whole grains,** including whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes and popcorn.

**All nuts and seeds,** including sunflower seeds, cashews, peanuts, sesame. Also nut butters including peanut butter.

**All legumes.** These can be canned or dried. Legumes include dried beans, pinto beans, split peas, lentils, black eyed peas, kidney beans, black beans, cannellini beans, white beans.

**All quality oils** including olive, canola, grape seed, peanut, and sesame.

**Beverages:** spring water, distilled water or other pure waters.

**Other:** tofu, soy products, vinegar, seasonings, salt, herbs and spices.

**Note: Unsweetened plant-based milks and juices can be used in recipes or on cereal, but the only beverage on the Daniel Fast is water.**

**Foods to avoid on the Daniel Fast**

**All meat,** animal, fish and seafood products including beef, lamb, pork, poultry, fish and shellfish.

**All dairy products** including milk, cheese, cream, butter, and eggs.

**All sweeteners** including sugar, raw sugar, date sugar, honey, syrups, molasses, cane juice, date honey, and stevia.

**All leavened bread** including Ezekiel Bread (it contains yeast and honey) and baked goods.

**All leavening agents** including yeast, baking soda and baking powder.

**All refined and processed foods products** including artificial flavorings, food additives, chemicals, white rice, white flour, and foods that contain artificial preservatives.

**All deep-fried foods** including potato chips, French fries, corn chips.

**All solid fats** including shortening, margarine, lard and foods high in fat.

**Beverages** including coffee, tea, herbal teas, carbonated beverages, energy drinks, and alcohol.

Remember, **READ THE LABELS** so you are aware of the ingredients in the package.!

**Be blessed on your fast**

Learn more about the Daniel Fast at <http://Daniel-Fast.com>

**"Pray without ceasing" (1 Thessalonians 5: 17)**

## 10 Practical Guidelines on Fasting By Charles Ng of Singapore

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

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

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

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

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

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

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

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

9. Remember that hunger is purely a

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

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

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

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

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

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

# + PRAY

## COVID-19 RESPONSE

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

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

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

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

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



## A Poem of Praise

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

*juliesunne.com*



## Sunday School is a Family Affair

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

**Come Grow with US!**

**Disciples Come to Believe the Resurrection (Easter)/Struggling to Accept**

**Background Scripture:** Luke 24:13-27, 30-31

### EXALT!

**Declaration:** Luke 24:13-27, 30-31

### The Walk to Emmaus

<sup>13</sup> Now on that same day two of them were going to a village called Emmaus, about seven miles from Jerusalem, <sup>14</sup> and talking with each other about all these things that had happened. <sup>15</sup> While they were talking and discussing, Jesus himself came near and went with them, <sup>16</sup> but their eyes were kept from recognizing him, <sup>17</sup> And he said to them, 'What are you discussing with each other while you walk along? They stood still, looking sad. <sup>18</sup> Then one of them, whose name was Cleopas, answered him, 'Are you the only stranger in Jerusalem who does not know the things that have taken place there in these days?'

<sup>19</sup> He asked them, 'What things?' They replied, 'The things about Jesus of Nazareth, who was a prophet mighty in deed and word before God and all the people, <sup>20</sup> and how our chief priests and leaders handed him over to be condemned to death and crucified him. <sup>21</sup> But we had hoped that he was the one to redeem Israel. Yes, and besides all this, it is now the third day since these things took place. <sup>22</sup> Moreover, some women of our group astounded us. They were at the tomb early this morning, <sup>23</sup> and when they did not find his body there, they came back and told us that they had indeed seen a vision of angels who said that he was alive. <sup>24</sup> Some of those who were with us went to the tomb and found it just as the women had said; but they did not see him. <sup>25</sup> 'Then he said to them, 'Oh, how foolish you are, and how slow of heart to believe all that the prophets have declared! <sup>26</sup> Was it not necessary that the Messiah should suffer these things and then enter into his glory?' <sup>27</sup> Then beginning with Moses and all the prophets, he interpreted to them the things about himself in all the scriptures.

<sup>30</sup> When he was at the table with them, he took bread, blessed and broke it, and gave it to them. <sup>31</sup> Then their eyes were opened, and they recognized him; and he vanished from their sight.

**Affirmation:** We will overcome doubt by faithfully proclaiming the good news of Jesus' resurrection.

### ENGAGE

We need someone or something to convince us in our struggle to accept the truth of what we cannot explain. What can enable us to believe and trust that which we cannot explain? Jesus appears to the disciples on the road to Emmaus reassuring them of the significance of his crucifixion and reveals the truth of his resurrection as prophesied in Scripture.

Share experiences you may have had of dashed hopes and how you may have overcome such feelings. Be as exact and descriptive as you can. Describe the joy and relief you may have had in seeking to understand and finding answers to the causes of such an experience. What or who may have helped you to sort through and find answers to the situation?

### EDUCATE

**Luke 24:13-24:** The entire passage of our scripture can be read as a dramatic enactment of the progression from spiritual blindness ("their eyes were kept from recognizing him" [v. 16]) to spiritual insight ("their eyes were opened, and they recognized him" [v. 31]). The two travelers seem to have been among those to whom the women had reported the  
*(Struggling on page 12)*

**Pray for all of our children, teens, young adults in this school years that God's hands will be upon them keeping them from all hurt, harm and danger. Also pray for all of our families, friends, and all of God's children.**

*(Struggling from page 11)*

Resurrection in the previous episode. They thus represent those who cynically disbelieved their report despite Jesus' prophecies of His resurrection. Some scholars have suggested that the two travelers were Cleopas and his wife, thus emphasizing the equality among the male and female followers/disciples from the beginning. There is a degree of irony in Cleopas's question, "Are you the only stranger in Jerusalem who does not know...?" (v. 18), for as they will come to realize, Jesus is no stranger, and Jesus is, in fact, the only one who fully understands the situation. Cleopas describes Jesus of Nazareth as a "prophet mighty in word and deed" and one who suffered and died. While none of this is incorrect, it falls short, and He goes on to explain how Jesus is also the Messiah who enters into glory (i.e., is raised from death).

**Luke 24:25-27, 30-31:** The progression from blindness to insight occurs first through Jesus' exposition of the Scriptures, but even more clearly through the meal they share. The vocabulary—He took the bread, blessed and broke it, and gave it to them—is reminiscent of both the feeding of the multitudes and of the Last Supper. This should be a reminder that Jesus is present when His disciples share Communion. Paradoxically, once the disciples gain their spiritual insight, Jesus vanishes from their sight. This latter state resonates with the experience of most Christians who believe without having the benefit of seeing the risen Christ (compare John 20:29). The two disciples, eager to share their experience, return to Jerusalem after dark (a dangerous time of day) to tell the others that they have seen Jesus. "The fact Jesus could be seen and recognized and yet vanish from their sight indicates both a continuity and discontinuity with his physical body after the Resurrection (see also Luke 24:36-43; John 20:19-29). The interaction left the two realizing that recognized and knew the resurrected Christ, "which obviously brought them deep understanding and uplifted spirits. (Standard Lesson Commentary, p. 279).

### **ELEVATE**

Break into small groups and share how your eyes or the eyes of other you know have been opened and hearts stirred from a sound exposition of Scripture. Perhaps, this has happened in Sunday School, at Bible Study, during worship or in some other setting. Share your possible knowledge of how one may as a believer, move back and forth through stages of faith and doubt, hope and despair, throughout life. How might believers perceive God's active workings in their lives enabling them to find answers to life's disappointments and heartaches?

### **iTHINK**

1. Have participants imagine they are newspaper reporters for a first-century Jerusalem newspaper. Task them to write articles based on the events of today's text.
2. List how many times vision or eyes are mentioned. Discuss what the author is trying to say through this repetition.
3. Identify the point at which the disciples understood the truth of the Resurrection. Consider the meaning of the phrase "their eyes were opened" (v. 31) and its implications for our own pursuit of knowing God (God is in charge).
4. List characteristics that help us identify those we know (appearance, sound of voice, particular mannerisms, etc.). Discuss which of these may have been absent or divinely blocked to prevent the two disciples from recognizing Jesus.
5. Reflect on other stories of Jesus blessing and breaking bread (Feeding the 5,000, the Last Supper). In what ways does remembering these stories deepen our understanding of Jesus and His mission?
6. Encourage participants to tell of experiences when they had a moment of insight. Talk about what triggers such insights—sights, sounds, smells, hearing, and so on. How might God have used these experiences to help you better understand your faith or live your faith?

**KEY VERSES: Then their eyes were opened, and they recognized him; and he vanished from their sight. Luke 24:31**

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

**FREE PRAYER**

**Read: Ephesians 6:10-20**

**And pray in the Spirit on all occasions with all kinds of prayers and requests. Ephesians 6:18**

A pastor was asked to call on a woman in a psychiatric hospital and pray for her. After his visit, he thought how good it would be for somebody to go there regularly and pray for the residents. The "somebody" turned out to

be him. On a table in one of the wards, he put a sign saying "Free Prayer." later he recalled, "Suddenly I had fifteen people standing in line to get prayed for.

People often ask for our prayers, but do we faithfully pray for them? Many times we see others in great need but find it easier to discuss their plight with friends rather than to intercede for them. But people need and want our prayers.

Paul concluded his call to put on "the full armor of God" (Ephesians 6:13-17) by writing, "Pray in the Spirit on all occasions with all kinds of prayers and

requests" (v. 18).

Oswald Chambers often referred to prayer as "the ministry of the interior" and said, "There is no snare, or any danger of infatuation or pride in intercession; it is a hidden ministry that brings forth fruit whereby the Father is glorified."

Faithful prayer—whether in public or private—is one of the greatest gifts we can give others. David McCasland

**IN JESUS'S NAME**

**Read: John 14:12-21**

**Until now you have not asked for anything in my name. Ask and you will receive, and your joy will be complete. John 16:24**

One of my favorite collections of photos is of a family dinner. Preserved in an album are images of dad, his sons and their wives, and his grandchildren in a time of thanksgiving and intercession.

Dad had suffered a series of strokes and was not as verbal as usual. But

during that time of prayer, I heard him say with heartfelt conviction: "We pray in Jesus's name!" About a year later, Dad passed from this world into the presence of the One in whose name he placed such trust.

Jesus taught us to pray in His name. The night before He was crucified, He gave a promise to His disciples: "Until now you have not asked for anything in my name. Ask and you will receive, and your joy will be complete" (John 16:24). But the promise of asking in Jesus's name is not a blank check enabling us to get anything we want to fulfill our personal whims.

Earlier that evening, Jesus taught that He answers requests made in His name in order to bring glory to the Father (John 14:13). And later that night, Jesus himself prayed in anguish, "My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will" (Matthew 26:39).

As we pray, we yield to God's wisdom, love, and sovereignty, and we confidently ask "in Jesus's name." Dennis Fisher

**Prayer Tip: List general prayers needs: church, family, friends, government, schools.**

**IS HE LISTENING?**

**Read: Matthew 26:39-42; 27:45-46**

**About three in the afternoon Jesus cried out in a loud voice, "Eli, Eli, lema sabachthani?" (which means "My God, My God, why have you forsaken me?"). Matthew 27:46**

"Sometimes it feels as if God isn't listening to me." Those words, spoken by a woman who tried to stay strong in her walk with God while coping with an alcoholic husband, echo the heart cry of many believers. For many years, she

asked God to change her husband. Yet it never happened.

What are we to think when we repeatedly ask God for something good—something that could easily glorify Him—but the answer doesn't come? Is He listening or not?

Lets look at the life of the Savior. In the garden of Gethsemane, He agonized for hours in prayer, pouring out His heart and pleading, "Let this cup pass from Me" (Matthew 26:39 NKJV). But the Father's answer was clearly "No." To provide salvation, God had to send Jesus to die on the cross. Even though Jesus felt as if His Father had forsaken Him, He prayed intensely and passionately

because He trusted that God was listening.

When we pray, we may not see how God is working, or we may not understand how He will bring good through it all. So we have to trust Him. We relinquish our rights and let God do what is best.

We must leave the unknowable to the all-knowing One. He is listening and working things out His way. Dave Branon

**Prayer Tip: Keep a list of missionary prayer needs handy.**

**FIRST RESPONSE**

**Read: James 5:13-16**

**Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your request to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Philippians 4:6-7**

When my husband, Tom, was rushed to the hospital for emergency surgery, I began to call family members. My sister and her husband came right away to be with me, and we prayed as we waited.

Tom's sister listened to my anxious voice on the phone and immediately said, "Cindy, can I pray with you?" when my pastor and his wife arrived, he too prayed for us (James 5:13-16).

Oswald Chambers wrote: "We tend to use prayer as a last resort, but God wants it to be our first line of defense. We pray when there's nothing else we can do, but God wants us to pray before we do anything at all."

At its root, prayer is simply a conversation with God, spoken in the expectation that God hears and answers. Prayer should not be a last resort. In His Word, God encourages us to engage Him in prayer (Philippians 4:6). We also have His promise that when "two or three

gather" in His name, He will be "there...with them" (Matthew 18:20).

For those who have experienced the power of the almighty, our first inclination often will be to cry out to Him. Nineteenth century pastor Andrew Murray said, "Prayer opens the way for God himself to do His work in us and through us." Cindy Hess Kasper

**Prayer Tips: "Enter his gates with thanksgiving and his courts with praise" (Psalm 100:4).**

# 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.

(Meek means from page 3)

mildness, gentleness of spirit, or humility. Other forms of this Greek word are used elsewhere in the New Testament, including James 1:21 and James 3:13. Meekness is humility toward God and toward others. It is having the *right* or the *power* to do something but refraining for the benefit of someone else. Paul urged meekness when he told us "to live a life worthy of the calling [we] have received. Be completely humble and gentle; be patient, bearing with one another in love" (Ephesians 4:1-2).

Meekness models the humility of Jesus Christ. As Philippians 2:6-8 says, "[Jesus], being in very nature God, did not consider equality with God something to be used to his own advantage; rather, he made himself nothing by taking the very nature of a servant, being made in human likeness. And being found in appearance as a man, he humbled himself by becoming obedient to death—even death on a cross!" Being "in the very nature God," Jesus had the right to do whatever He wanted, but, for our sake, He submitted to "death on a cross." That is the ultimate in meekness.

Meekness was also demonstrated by godly leaders in

the Old Testament. Numbers 12:3 says that Moses "was very meek, more than all people who were on the face of the earth" (ESV).

Believers are called to share the gospel message in gentleness and meekness. First Peter 3:15 instructs, "Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect." The KJV translates the word for "gentleness" here as "meekness."

Someone who knows Christ as personal Savior will be growing in meekness. It may seem counterintuitive, but Jesus' promise stands—a meek person will be happy or blessed. Living in humility and being willing to forego one's rights for the benefit of someone else models the attitude of Jesus Christ. Meekness also helps us to more effectively share the gospel message with others. Striving for power and prestige is not the path to blessedness. Meekness is.

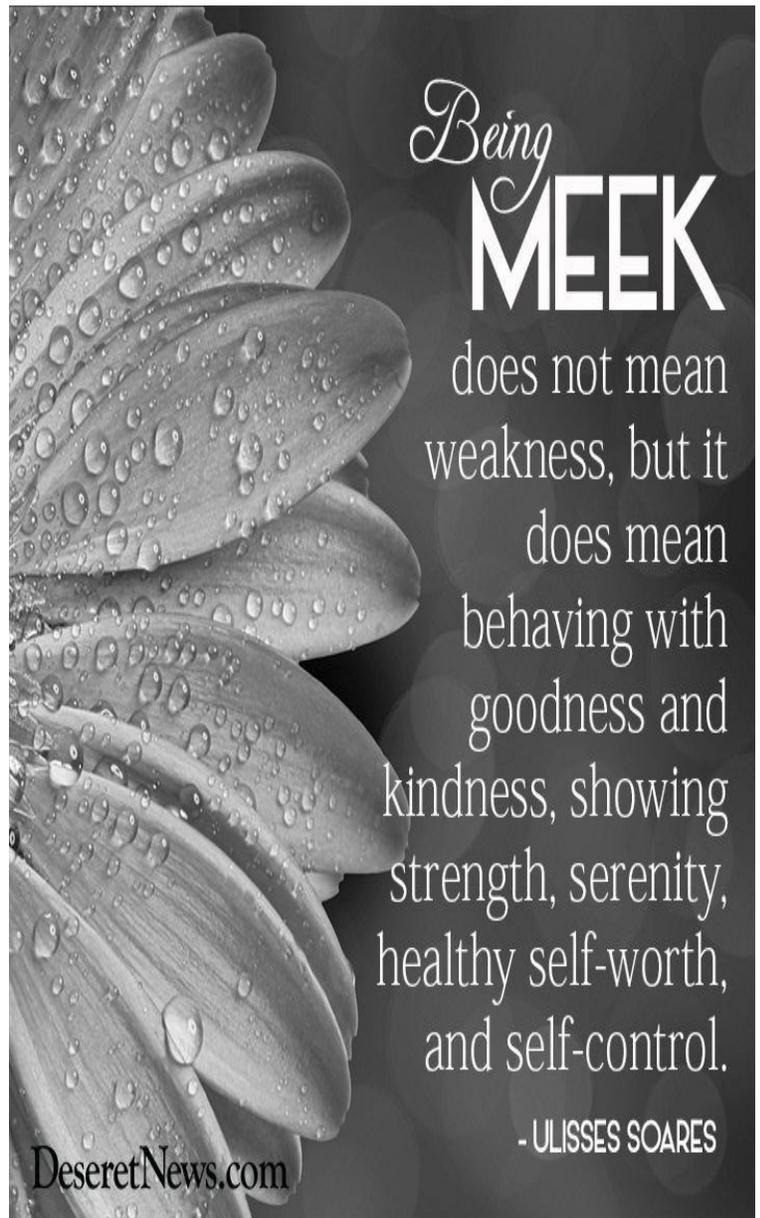
[www.GotQuestions.org](http://www.GotQuestions.org)

# 40 BIBLE VERSES

*on*

## MEEKNESS

- |                             |                         |
|-----------------------------|-------------------------|
| <b>1 Peter 1:22</b>         | <b>James 1:4</b>        |
| <b>1 Peter 3:11</b>         | <b>James 3:13</b>       |
| <b>1 Peter 3:15</b>         | <b>James 3:17</b>       |
| <b>1 Peter 3:4</b>          | <b>Luke 6:29</b>        |
| <b>1 Thessalonians 2:7</b>  | <b>Matthew 11:29</b>    |
| <b>1 Thessalonians 5:15</b> | <b>Matthew 23:11</b>    |
| <b>1 Timothy 6:11</b>       | <b>Matthew 5:5</b>      |
| <b>2 Corinthians 10:1</b>   | <b>Matthew 5:9</b>      |
| <b>2 Corinthians 13:11</b>  | <b>Numbers 12:3</b>     |
| <b>2 Thessalonians 3:5</b>  | <b>Philippians 2:15</b> |
| <b>2 Timothy 2:24</b>       | <b>Proverbs 16:32</b>   |
| <b>2 Timothy 2:25</b>       | <b>Psalms 147:6</b>     |
| <b>Colossians 3:12</b>      | <b>Psalms 149:4</b>     |
| <b>Colossians 3:13</b>      | <b>Psalms 22:26</b>     |
| <b>Ecclesiastes 7:8</b>     | <b>Psalms 25:9</b>      |
| <b>Ephesians 4:2</b>        | <b>Psalms 37:11</b>     |
| <b>Galatians 5:22</b>       | <b>Psalms 76:9</b>      |
| <b>Galatians 5:23</b>       | <b>Romans 12:14</b>     |
| <b>Galatians 6:1</b>        | <b>Titus 3:2</b>        |
| <b>James 1:21</b>           | <b>Zephaniah 2:3</b>    |



# Being MEEK

does not mean weakness, but it does mean behaving with goodness and kindness, showing strength, serenity, healthy self-worth, and self-control.

- ULISSES SOARES

DeseretNews.com



*(Meekness from page 3)*

practice (James 3:16).

By contrast, the kind of wisdom James advocates is wisdom from above. That kind of wisdom is first pure, then peaceable, gentle (or tolerant), listening to reason, full of mercy and good fruits, impartial, and without hypocrisy (James 3:17). This kind of wisdom bears the fruit of righteousness; the seed sown in peace by peacemakers (James 3:18). Let a person think that this incredible heavenly wisdom is out of reach, James introduces his discussion by exhorting his readers to ask for wisdom from God, who will certainly provide it (James 1:5).

Paul offers a similar contrast and helps demonstrate how can we live in the meekness or humility of wisdom. Paul shuns the wisdom of this age (1 Corinthians 2:6), noting that such false wisdom led to the rulers crucifying Christ (1 Corinthians 2:8). Instead, Paul speaks of wisdom from God—a wisdom that leads to our glory (1 Corinthians 2:7). It is important to Paul that his readers don't place their faith in the wisdom of men, but rather in God's wisdom. This wisdom of God can allow a person to be spiritual rather than filled with jealousy and strife (1 Corinthians 3:1–3).

Both Paul and James work from the same understanding of wisdom as Solomon, who also helps us understand how we can live in meekness of wisdom. The concepts of meekness and humility are closely connected. Solomon has a great deal to say about humility and wisdom, and he connects the fear of the Lord to both. He notes that the fear of the Lord is the instruction for wisdom and that before honor is humility (Proverbs 15:33). Before one can be wise, he must fear the Lord. Before one can be worthy of honor, he must have humility. Humility and the fear of the Lord go hand in hand and precede the fruit that is born from them (wisdom and honor). This proper perspective is necessary for us to live the kinds of lives He has designed. This is the meekness (or humility) of wisdom that James wants his readers to walk in. The challenge James offers to his readers is simple: live by earthly, natural, or demonic wisdom, or live by the wisdom that God freely provides for all who ask (James 1:5).

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

---

*(Easter from page 3)*

focus on the true meaning of Easter: the resurrection of Jesus Christ. Two thousand years ago, a man died on a cross, was buried, and three days later rose to life again. This fact—that a dead man came to life again and lives evermore—is why we celebrate Easter. The meaning of Easter is that the Son of God paid the price for our sins and rose again to reconcile us to God (see Romans 4:25).

Easter means that our greatest enemy, death, has been conquered. Easter means that our sins are forgiven and we are made right with God. Easter means that Christ is truly the King and Victor, seated “far above all rule and authority, power and dominion, and every name that is invoked” (Ephesians 1:21). The meaning of Easter is that Jesus is the Lord of new beginnings, new days, and new lives.

Easter means that the incomprehensibly great power of God was on full display at the Garden Tomb where Christ lay. That same great power that raised Christ from the dead now works in us who believe (Ephesians 1:19). The meaning of Easter is that God can move mountains, split seas, restore life, and roll the stone away.

Easter means the poor in spirit will possess the kingdom of heaven, the mourners will be comforted, the meek will inherit the earth, the seekers of righteousness will be filled, the merciful will find mercy, and the pure in heart will see God (see Matthew 5:3–8). The meaning of Easter is that the promises of God come true in Christ.

Easter means that we can proclaim good news to the poor, freedom for the prisoners, and recovery of sight for the blind. We can set the oppressed free and announce the year of the Lord's favor (see Luke 4:18–19). The meaning of Easter is that the gospel—God's Emancipation Proclamation—is to be heralded far and wide. Good news is meant to share.

Easter means that love is stronger than death. Love “burns like a blazing fire, like a mighty flame. Many waters cannot quench love; rivers cannot sweep it away” (Song of Solomon 8:6–7). It was for love that God gave His only Son (John 3:16); it was for love that Christ died on the cross (John 15:13). It is for love that the risen Lord intercedes for His children (Romans 8:34). Easter is fraught with love.

Easter means there is hope for us, after all. As Jesus said, “Because I live, you also will live” (John 14:19).

### **"What is Passion Week / Holy Week?"**

Passion Week (also known as Holy Week) is the time from Palm Sunday through Easter Sunday (Resurrection Sunday). Also included within Passion Week are Holy Monday, Holy Tuesday, Spy Wednesday, Maundy Thursday, Good Friday, and Holy Saturday. Passion Week is so named because of the passion with which Jesus willingly went to the cross in order to pay for the sins of His people. Passion Week is described in Matthew chapters 21–27; Mark chapters 11–15; Luke chapters 19–23; and John chapters 12–19. Passion Week begins with the triumphal entry on Palm Sunday on the back of a colt as prophesied in Zechariah 9:9.

*(Easter on page 17)*

Passion Week contained several memorable events. Jesus cleansed the Temple for the second time (Luke 19:45-46), then disputed with the Pharisees regarding His authority. Then He gave His Olivet Discourse on the end times and taught many things, including the signs of His second coming. Jesus ate His Last Supper with His disciples in the upper room (Luke 22:7-38), then went to the garden of Gethsemane to pray as He waited for His hour to come. It was here that Jesus, having been betrayed by Judas, was arrested and taken to several sham trials before the chief priests, Pontius Pilate, and Herod (Luke 22:54-23:25).

Following the trials, Jesus was scourged at the hands of the Roman soldiers, then was forced to carry His own instrument of execution (the Cross) through the streets of Jerusalem along what is known as the Via Dolorosa (way of sorrows). Jesus was then crucified at Golgotha on the day before the Sabbath, was buried and remained in the tomb until Sunday, the day after the Sabbath, and then gloriously resurrected.

It is referred to as Passion Week because in that time, Jesus Christ truly revealed His passion for us in the suffering He willingly went through on our behalf. What should our attitude be during Passion Week? We should be passionate in our worship of Jesus and in our proclamation of His Gospel! As He suffered for us, so should we be willing to suffer for the cause of following Him and proclaiming the message of His death and resurrection.

### **"Where does the saying 'He is risen; He is risen, indeed' come from?"**

A traditional Easter greeting in the Western church is the exclamation "He is risen!" and the traditional response is "He is risen, indeed!" The words are sometimes accompanied by the exchange of three kisses on alternate cheeks, depending on the church. In the Orthodox and Catholic churches, the greeting is called the "Paschal greeting" and is a very old custom.

The greeting is ultimately based on Luke 24:34. Translations throughout church history, from the Latin Vulgate (c. AD 400) to the ESV (2001) have translated this verse nearly identically: "The Lord has risen indeed, and has appeared to Simon!" (ESV). Exactly how the saying became a standard greeting in the church is not known, although there are various theories regarding how it came into common usage.

We do know that, at first, the greeting was more common in Eastern and Byzantine liturgies than in the Western church. There is a tradition in the Eastern Orthodox Church that the saying was made popular by Mary Magdalene when she supposedly addressed Emperor Tiberius in Rome with the words "Christ is risen."

Using this address should be more than an empty tradition. The words "He is risen!" remind us of the joyous news we celebrate at Easter, that Jesus' death was not in vain, and that He has the power to overcome death. Saying "He is risen!" allows us to share this incredible truth with each other. The resurrection of Christ gives us hope for salvation and for our own resurrection and eternal life.

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



*(If I from page 3)*

paired most of the male youth of the church to willing, volunteer adult men to play the roles "mentors for life". That program yielded so much benefit; we were promptly invited to participate in the re-construction of the original Amistad slave rebellion ship, which was then going on at the local Mystic Boat Yard at the famous Seaport.

My essays in those days were chiefly aimed at the typical African American adult, who might not have had any prior connection to any of the concepts of the Akan ethnic group of people of Ghana. For example, one essay explained the practice of naming new born babies by their gender and the day of birth. My name "Kwame", as an example, is a result of being male, and born on a Saturday. A female born on any Saturday would be named "Ama" or "Ama". It goes without saying, that each day of the week, has the matching pair of names for every child born to Akan parents.

For the past twenty years and over, I touched on similar practices and ideas. Not to discount the numerous other essays when I brought readers attention to a number of parallels; including the many efforts of African American ancestors who shed their blood in the never ending quest to achieve civil rights, freedom, liberty, inclusion, diversity and equity for all oppressed people, particularly for people of color.

This is a new day and new thoughts, this time.

Counting on continued blessing and salvation from our Lord and savior, I intend to concentrate on other ideas and views derived from my personal decades of corporate experience and knowledge, coupled with matured know-how and practical common sense. I call it "If I were you".

The main audience is going to be primarily generations following my own "Baby Boomers" generation. As the "Greatest" and the "Silent" generations silently and gallantly fade away, "Baby Boomers" are next in line to phase off. Generation X - born 1965-1979 are gallantly becoming the caretakers and companions to their aging "Baby Boomer" parents. "Millennials" - (1980-1994) have the world in their hands as they reach out and touch the globe. Generation Z - (1995-2012) have a lot to learn as they leave the nest after schooling and career training to venture into creating lives and building their own families away from the broader family. Considering that I have a few suggestions for each generation that came after me, I will like to initiate this effort with concentration on the dual generations of "Z" - (1995-2012) and "Alpha" - (2013-2025).

As a disclaimer, I want to emphasize that I am making this effort not from any professional, counseling, training, grooming and or advising intent. I am only telling anyone who is willing to listen that there are so many different ways to look at whatever situation it is that they personally encounter. There are many options outside the proverbial BOX. In effect, all I am suggesting is just one of the many options available to try. Let us think outside the box.

For this initial attempt, I am also assuming that the reader has both living parents (AB) and living grandparents (CD). That would be the best case scenario, even though any combination of parents, grandparents will work, as long as we hold on to the A, B, C, D combination, relating to; Mother, Father; Grandmother and Grandfather.

If I were a teenager growing up in these years of Covid and other viruses awareness years, I would concentrate my extracurricular efforts on my aging grandparents. With the tool of social media and its accessing mechanisms at my disposal, I would create a database with the daily needs of my grandparents as my working data. Start with name, gender, date of birth, address, contact information, weight, height and medical status of excellent, normal, and not quite normal with any number of issues. I will concentrate my efforts in collecting such information as a way to monitor their health and wellbeing. Rather than spending my personal time on social media, gossiping and dabbling in the affairs of my school and neighborhood peers, I would connect to my grandparents in the attempts to build this database to the best of my communication know-how. I would learn how to build such databases and how to protect and to update and upgrade them. If it requires me to study more - on my own - so be it. I will get closer and closer to these grandparents, interview and chat with them along the way, to appraise them of exactly what I am doing on their behalf. If they are on specific medications (and who doesn't?), I would match their ailments with the medicines. I would then pair them with possible alternatives - such as exercises, meditations and other approaches to controlling their specific, personal ailments. The effort here is to utilize my personal time for the benefit of my aging grandparents rather than competing with my peers on social media for favors and inclusion. I would think out of the box.

In addition to the medical and health data, I would include social and societal efforts of my grandparents. I would collect data about their living conditions. What do they do for leisure, how do they socialize, how do they occupy their waking hours, etc. I would learn all I can about how to reach out and connect with the aging family and request that they do the best to connect with me, in return. Are there any social media "applications" out there that do any of what I am trying to do? If yes, then I would get access to them and use them appropriately. If not, I would reach out to any technology instructors in my school to help me create one. Or teach myself to do it. In summary, as a teenager of these recent times, I would purpose my free and extracurricular hours in the pursuit of helping my grandparents to live and function healthfully.

If I were you - I would do what no one else is doing.

*kwame6@att.net*



### 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.

© Copyright 2002-2021 Got Questions Ministries. All rights reserved. [www.GotQuestions.org](http://www.GotQuestions.org)

**BE HUMBLE DAY**

***He humble himself by becoming obedient to death—even death on the cross! Philipians 2:8***

I'm often amused by the unofficial holidays people come up with. February alone has Sticky Bun Day, a Sword Swallows Day, even a Dog Appreciation Day! Today has been labeled Be Humble Day. Universally recognized as a virtue, humility is certainly worth celebrating. But interestingly, this hasn't always been the case.

Humility was considered a weakness, not a virtue, in the ancient world, which prized honor instead. Boasting about one's achievements was expected, and you sought to raise your status, never lower it. Humility meant inferiority, like a servant to a master. But all this changed, historians say, at Jesus' crucifixion. There, the One who was "in very nature God" gave up His divine status to become "a servant" and "humbled himself" to die for others (Philippians 2:6-8). Such a praiseworthy act forced humility to be redefined. By the end of the first century, even secular writers were calling humility a virtue because of what Christ has done.

Every time someone is praised for being humble today, the gospel is being subtly preached. For without Jesus, humility wouldn't be "good," or a Be Humble Day even thinkable. Christ relinquished His status for us, revealing through all history the humble nature of God. Sheridan Voysey

**What would the world be like if humility was still a weakness? In what relationship can you imitate Jesus' humility today?**

I praise You, Jesus, for being the Humble One. And I desire to humble myself to You today as my only fitting response!

Today's Scripture: **Philippians 2:1-11**

<sup>1</sup> Therefore if you have any encouragement from being united with Christ, if any comfort from his love, if any common sharing in the Spirit, if any tenderness and compassion, <sup>2</sup> then make my joy complete by being like-minded, having the same love, being one in spirit and one mind. <sup>3</sup> Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourself, <sup>4</sup> not looking to your own interests but each of you to the interests of the others.

<sup>5</sup> In your relationships with one another, have the same mindset as Christ Jesus:

<sup>6</sup> Who being in very nature God, did not consider equality with God something to be used to his own advantage; <sup>7</sup> rather, he made himself nothing by taking the very nature of a servant, being made in human likeness. <sup>8</sup> And being found in appearance as a man, he humbled himself by becoming obedient to death—even death on a cross!

<sup>9</sup> Therefore God exalted him to the highest place and gave him the name that is above every name, <sup>10</sup> that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, <sup>11</sup> and every tongue acknowledge that Jesus Christ is Lord, to the glory of God the Father.

**INSIGHT**

One of the great debates in theology surrounds the "kenosis theory." The word kenosis is derived from the Greek word kenoō, which means "to empty" (see Philippians 2:7, MADE HIMSELF NOTHING"). If Jesus "emptied himself" (ESV; NASB) to come in human flesh, of what did He empty Himself? Some speculate that He emptied Himself of His divine attributes. However, without divine attributes, He'd cease to be God, and the Bible clearly states that the incarnate Christ was both God and man (v. 6). Many scholars conclude the Jesus didn't empty Himself of any aspects of deity but rather set aside the privilege of freely exercising those attributes. He depended instead on the Holy Spirit and was guided by the Father's purposes. Bill Crowder

Ministries, Grand Rapids, Michigan Reprinted by Permission

**DROPS OF RED**

***His sweat was like drops of blood falling to the ground. Luke 22:44***

Walking through the Scottish National Gallery, I was drawn to the strong brushwork and vibrant colors of one of many Olive Trees paintings by Dutch artist Vincent van Gogh. Many historians believe the work was inspired by Jesus' experience in the garden of Gethsemane on the Mount of Olives. What especially caught my eye on the canvas of the painting were the small red splotches of paint among the ancient trees.

Known as the Mount of Olives because of all the olive trees located on the mountainside, Jesus went there to pray on the night that He predicted His disciple Judas would betray Him. Jesus was overwhelmed with anguish knowing the betrayal would result in His crucifixion. As He prayed, "his sweat was like drops of blood falling to the ground" (Luke 22:44). Jesus' agony was evident in the garden as He prepared for the pain and humiliation of a public execution that would result in the physical shedding of His blood on that Good Friday long ago.

The red paint on Van Gogh's painting reminds us that Jesus had to "suffer many things and be rejected" (Mark 8:312). While suffering is part of His story, however, it no longer dominates the picture. Jesus' victory over death transforms even our suffering, allowing it to become only a part of the beautiful landscape of our lives He's creating. Lisa M. Samra

**Why is it important for you to remember Jesus' suffering? How does His example help you when you suffer?**

Jesus, thank You for being willing to suffer, even to death, so that I might receive eternal life.

Visit [ODBU.org/NT111](http://ODBU.org/NT111) to learn more about Jesus' example for us.

Today's Scripture: **Luke 22:39-44**

<sup>39</sup> Jesus went out as usual to the Mount of Olives, and his disciples followed him. <sup>40</sup> On reaching the place, he said to them, "Pray that you will not fall into temptation." <sup>41</sup> He withdrew about a stone's throw beyond them, knelt down and prayed, <sup>42</sup> "Father, if you are willing, take this cup from me; yet not my will, but yours be done." <sup>43</sup> An angel from heaven appeared to him and strengthened him. <sup>44</sup> And being in anguish, he prayed more earnestly, and his sweat was like drops of blood falling to the ground.

**INSIGHT**

After sharing Passover (the Last Supper) with His disciples (Matthew 26:17-30), Jesus went to the Mount of Olives to pray knowing He'd suffer and die a horrific death. Those closest to Him would desert Him, and Peter would deny Him three times (Luke 22:34, 54-62). Yet Jesus also knew that after three days He would rise again (Matthew 12:40; Mark 8:31).

The Mount of Olives, a ridge in the Judean mountains lying east of Jerusalem and the Kidron Valley, is first mentioned in the old Testament when King David fled from his son Absalom (2 Samuel 15:30). Solomon later chose this mountain to build "a high place" for the "detestable" foreign gods of the Ammonites and Moabites (1 Kings 11:7). Jesus ascended to heaven from the Mount of Olives (Acts 1:9-12) and will return to the same place, fulfilling the vision of the prophet that the mount "will be split in two from east to west" (Zechariah 14:4). Alyson Kieda

Ministries, Grand Rapids, Michigan Reprinted by Permission

WORDS TO LIVE BY

Life isn't fair, but it's still good.

Your job won't take care of you when you are sick; your friends and parents will: stay in touch.

You don't have to win every argument; agree to disagree.

Make peace with your past so it won't screw up the present.

Don't compare your life to others; you have no idea what their journey is all about.

Over prepare, and then go with the flow.

Be eccentric now; don't wait for old age to wear purple.

Frame every so-called disaster with these words: "In five years, will this even matter?"

What other people think of you is none of your business.

Your children only get one childhood.

If we threw our problems in a pile and saw everyone else's, we'd grab ours back.

Envy is a waste of time. You already have all you need.

No matter how you feel, get up, dress up and show up.

Life isn't tied with a bow, but it's still a gift.

-Regina Brett, 90 years old

**04) You Are Never Alone**

**Behold, I am with you and will keep you wherever you go... I will not leave you until I have done what I have spoken to you. Genesis 28:15**

Uncertainties can be frightening, but these reassuring words show that God will be with you wherever you go on in whatever situation you find yourself. You are never alone. He will always see you through.

---

**05) Depression Lifted**

Many are sick because they are basically unhappy. For this condition a medicine is offered in these words: **A merry heart does good, like medicine... Proverbs 17:22**

Joy has healing value, but gloom is sickening. This is why Jesus so emphatically tells us to rejoice. Learn to live joyfully. Take a hopeful and optimistic attitude. Think happy thoughts, say happy things and put joy into people's lives. The more you do this, the more surely you will keep your own spirits high.

---

**06) Clean Mind and High Spirits**

**You are already clean because of the word which I have spoken to you. John 15:3**

This Spirit Lifter tells us that the word of Jesus Christ, when recorded in consciousness and held there, can make you clean of all guilt. How? The answer is by forgiveness from wrong thoughts and actions, by changing thoughts from impure to wholesome thinking, by filling the mind with faith so you experience a truly marvelous brain-and-soul-washing.

The ugliness of hate is washed from the mind; all sin are forgiven. The inner cleanness thus gained is an amazing source of high spirits.

---

**07) You Are Stronger Than You Think**

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

Here is the antidote for such a dismal feeling: **Fear not, for I am with you; Be not dismayed, for I am your God. I will strengthen you. Yes, I will help you, I will uphold you with My righteous right hand. Isaiah 41:10**

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

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

---

**08) Forever Refreshed**

To revitalize the spirit is a necessity, and this need is met by an amazing formula: **but whoever drinks of the water that I shall give him will never thirst. But the water that I shall give him will become in him a fountain of water springing up into everlasting life. John 4:14**

Every longing of the human spirit finds enduring satisfaction in the life-giving message of Jesus. This message becomes a perpetual well of self-renewing inspiration. From the water of life, our spirit is endowed with continuous refreshment. We never thirst again.

---

**09) Love Given Returns to You**

When we are on the "outs" or in conflict with other people, it tends to depress us. Try this cure: **Be kindly affectionate to one another with brotherly love, in honor giving preference to one another. Romans 12:10**

Practice kindly affection. Always take a generous, patient attitude. Practice consideration. Put the other person ahead of yourself. Courtesy has amazing power to dissipate ill will.

Free your heart of jealousy and resentment. The love you give will return to you, and your spirit will be lifted to new levels.

---

**10) Lose Your Tension**

Tension is one of the worst of all depressants of the spirit. A prolonged, high-tempo pattern of thinking and living draws off energy, leaving the spirit exhausted and dull. Therefore, the mind needs to experience a depth of quietness in which tension will subside.

One of the most effective passages in producing such a state of mind is the statement that follows: **Be still, and know that I am God... Psalm 46:10**

In these words is a most effective technique of relaxation. "Be still", reduce your activity, stop your headlong rush, slow down. Do not walk or talk so fast; in fact, do not walk or talk at all! Sit still, be silent, let composure creep over you. You are agitated and therefore momentarily incapable of those creative and basic thoughts that can reorganize your activity.

Having attained an attitude of stillness, you will find the greatest of all thoughts will then come stealing into your mind. You are then ready to know that "I am God"—that is, you realize that you cannot do everything, that the world does not rest on your shoulders. The simple truth that you are to do your best and leave the rest to God comes back to your consciousness. Out of such self-treatment, your spirit will be lifted.

“

*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!*

More Than Enough

**“Now unto him that is able to do exceeding abundantly above all that we ask or think, according to the power that worketh in us”  
Ephesians 3:20**

Let us pray, "Thank You, Jesus, that You always make a way, even when there seems to be no way. We respectfully and boldly reach out to You and pray, standing up, and ask You to bless our day and help us with everything we attempt today, Amen.

When the things we are facing in our lives loom so big in our eyes that our mind goes "tilt," we need to think in the spirit. In the natural, many things are impossible. But in the supernatural, spiritual realm, with God nothing is impossible.

See sometimes in our meetings people will approach the altar for prayer and sheepishly ask if they can request two things. I tell them they can ask God for all they want to, as long as they trust Him to do it His way, in His timing. But when we pray, do it standing up on the inside. What I mean is, do it respectfully, yet aggressively and boldly. Recall that God said He is the Almighty God; in other words, "more than enough." Amen.

How to Fight a "Worry"

**“Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your request be made known unto God.”  
Philippians 4:6**

Let us pray, "Father, we choose to trust Your Word and walk in peace today. Grant us the grace not to worry or have any anxiety about anything, in Jesus name we ask and pray. Amen, Amen, Amen.

I highly recommend speaking the Word of God when a "worry attack" comes upon you. Doing this is what it means to wield the two-edged sword against the enemy. A sword in its sheath won't do any good during an attack; God has given us the sword of His Word so we can use it! Learn scriptures like Philippians 4:6, and when the enemy attacks, counter his attack with the same weapon that Jesus used: the word.

Remember the Word coming from a believer's mouth, with faith to back it up, is the single most effective weapon that can be used to win the war against worry and anxiety. Hallelujah, Thank You Jesus.

Eliminating Excuses

**“for the Lord thy God walketh in the midst of thy camp, to deliver thee, and to give up thine enemies before thee; therefore shall thy camp be holy: that he see no unclean thing in thee, and turn away from thee. Deuteronomy 23:14**

Let us pray, "We Thank You Father, that we are Your child, and we are greatly blessed. Today, we choose to think God-honoring thoughts, focusing on Your goodness in our life. We

are thankful that You provide a way out of our issues. We pray no more excuses, its in Jesus name. Amen, Amen, Amen.

If a habit is controlling us, we will not enjoy the best life God offers us. See whether it is a negative attitude, procrastination, or a bad temper, we cannot blame it on our genes or our family, so don't make excuses for bondages that seem to have a hold on you. Denial and excuses will keep us from enjoying your life. See God makes a way of escape for us and promises a good life for those who are born again. So I encourage you to claim your rights as a child of God. Say, "I am a new person in Christ; I can do all things through Christ who strengthens me", Amen.

Choose God's Secret Place

**“He that dwelleth in the secret place of the Most High shall abide under the shadow of the Almighty. I will say of the Lord, He is my refuge and my fortress: My God; in him will I trust. Psalm 91:1-2**

Let us pray, "We are thankful for the joy and peace that only come from You. Today, we come to You with a childlike faith, trusting that You will take care of any problem in our life. Thank You, Father, that You are in control of our life, and our joy and peace are found in You. In Jesus name we ask and pray. Amen, Amen, Amen.

This Scripture holds the key to overcoming worry, anxiety, discouragement, disappointment, depression, despair, and disease. It is simply trusting God. Perhaps you want to trust God, but it seems you just don't know how. Trusting God requires knowing Him—knowing His character and having experience with Him. Going through trials with God by our side builds our faith. So, when we face problems, we can choose trust or torment. Choose to trust God and dwell in the "secret place," enjoying divine provision in the midst of attacks and walking through dark times in His presence, Amen.

High Praises of God

**“Let the saints be joyful in glory: let them sing aloud upon their beds. Let the high praises of God be in their mouth, and a two-edged sword in their hand; Psalm 149:5-6**

Let us pray, "Father, we thank You that we can come to You in praise, worship, and thanksgiving all through the day. Help us to keep our heart focused on You instead of the circumstances around us. Thank You that through praise and worship, we will win every battle we face against the devil because of Your grace, its In Jesus name. Amen, Amen, Amen.

We should form a habit of thanking and praising God as soon as we wake up each morning filling our minds with Scripture.

See praise defeats the devil quicker than any other battle plan. Praise is an invisible garment that we put on and it protects us from defeat and negativity in our minds. But it must be genuine, heartfelt praise, not just lip service or a method. Our worship is a battle position! As we worship God for Who He is and for His attributes, for His ability and might, we draw closer to Him, and the enemy is defeated. We can never be too thankful! So thank God all day long and remember the many things He has done for you. Amen.



## THE BEAUTY OF HOLLAND

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

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

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

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

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

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

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

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

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

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

**SOURCE UNKNOWN**

### **The True Test of Spiritual Maturity**

**For in Jesus Christ neither circumcision availeth any thing, nor uncircumcision; but faith which worketh by love.**

We are to have genuine, pure, fervent love for others above everything else we do. If we can manage only one thing in our lives, it should be to love other people. Many people think great faith is number one sign of spiritual maturity. But I believe that walking in love is the true test of spiritual maturity, and I know that it energizes our faith walk. The Bible teaches that faith works through love. Galatians 5:6 says that what really counts is “faith activated and energized and expressed and working through love.”

love is not talk or theory; it's action. Trying to walk in faith without love is like having a flashlight with no battery. We must keep our love battery charged at all times, otherwise our faith will not work! I believe Christians can run into problems when we do not diligently pursue walking in love as a vital part of our faith and relationship with God. So pursue a life of love, and watch your faith strengthen and grow. When God's love comes first, everything else follows.

**Prayer starter: God, I know my faith is useless without love. Help me live a life overflowing with Your love. Guide me as I receive Your love and give Your love to others.**

### **Your Three Best Weapons**

**For though we walk in the flesh, we do not war after the flesh 2 Corinthians 10:3**

Through careful strategy and cunning deceit, Satan attempts to wage war against you and keep you in a mindset of defeat. But God has given you spiritual weapons to use against him. Here are the main three spiritual weapons you can use to fight off the enemy: 1. God's Word: Receive it through preaching, teaching, reading and private Bible study. Continue in the Word until it becomes revelation given by inspiration of the Holy Spirit. 2. Praise: This defeats the devil faster and more efficiently

than any other battle plan, but it must be genuine heart-praise, not just lip service or a religious ritual. 3. Prayer: Prayer is relationship with the Godhead. It is communication with God, asking Him for help or talking with Him about whatever is on your heart. To have an effective prayer life, we must develop an intimate, personal relationship with the Father. Know that He loves you and that He wants to help you. There is a war going on, but God is fighting on your side and has given you the weapons you need. Use them to send Satan running!

**Prayer Starter: Lord, thank You so much for giving me the spiritual weapons I need to fight my enemy. With Your help, I know that I can win the battle today!**

### **What is Faith?**

**Behold, his soul which is lifted up is not upright in him: but the just shall live by his faith. Habakkuk 2:4**

Faith is a word that we use a lot, but sometimes we can make it too complicated. Faith simply means 'belief or absolute trust'; the word also implies loyalty and commitment. Faith isn't a huge, complicated concept that we have to stress over. Genuine faith in God simply acknowledges that the message of Jesus' death and resurrection is absolutely true. It happens when we say, "Not only does it make sense to me, but I'm willing to stake my life on it." the Bible says that the uncompromisingly righteous shall live by faith and faithfulness. One way to

think of the uncompromisingly righteous is to think of those who are made right by the death of Jesus Christ on the cross. Through faith we are made right, and God treats us as His own beloved children. Today, I encourage you to get back to the basics of faith. Know that when you put your faith in Him, you are made right. Live by your trust in the God who reaches out to you with loving and open arms, ready to receive you and love you just as you are.

**Prayer Starter: Lord, I am so thankful that I can put my faith in You and become 'uncompromisingly righteous.' today, I live by faith in You.**

### **Learn to Forgive Like Jesus**

**Then said Jesus, Father, forgive them; for they know not what they do. And they parted his raiment, and cast lots. Luke 23:34**

I once heard about a teenager who was drinking and caused an accident that killed a man's wife and child. The man knew God wanted him to forgive the young man who caused the accident, and through much prayer he was able to let the love of God flow through him. That man knew how to forgive like Jesus. He understood that this young man was also hurt himself and needed healing. When people hurt us, we should learn to look at what people have done to themselves instead of just looking at what

they have done to us. Usually, when a person hurts someone else, he's probably hurting himself at least as much and is suffering some fallout as a result. That's why, as He hung on the cross in agony, Jesus said of His murderers, "Father, forgive them, for they know not what they do." that's incredible forgiveness. Let that inspire you today. We all need to seek to forgive like Jesus.

**Prayer Starter: Lord, when people hurt me, help me to see past my own pain and see their pain. Help me to love and forgive like Jesus.**

**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.



## DEEPER HEALING

Today Scripture: **Isaiah 53:4-6**

### **By his wounds we are healed. Isaiah 53:5**

On Easter Sunday 2020, the famous Christ the Redeemer statue that overlooks Rio de Janeiro in Brazil was illuminated in a way that appeared to clothe Jesus in the attire of a physician. The poignant portrayal of Christ as a doctor was in tribute to the many frontline health-care workers battling the coronavirus pandemic. The imagery brings to life the common description of Jesus as our Great Physician (Mark 2:17).

Jesus healed many people of their physical afflictions during His earthly ministry: blind Bartimaeus (10:46-52), a leper (Luke 5:12-16), and a paralytic (Matthew 9:1-8), to name a few. His care for the health of those following Him was also demonstrated in providing for their hunger by multiplying a simple meal to feed the masses (John 6:1-13). Each of these miracles reveal both Jesus' mighty power and His genuine love for people.

His greatest act of healing, however, came through His death and resurrection, as foretold by the prophet Isaiah. It is "by [Jesus'] wounds we are healed" of our worst affliction: our separation from God as a result of our sins (Isaiah 53:5). Though Jesus doesn't heal all our health challenges, we can trust the cure for our deepest need: the healing He brings to our relationship with God.  
Kirsten Holmberg

**<sup>4</sup> Surely he took up our pain and bore our suffering, yet we considered him punished by God, stricken by him, and afflicted. <sup>5</sup> But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was on him, and by his wounds we are healed. <sup>6</sup> We all, like sheep, have gone astray, each of us has turned to our own way; and the Lord has laid on him the iniquity of us all.**

### INSIGHT

Isaiah 52:13-53:12 is called the "Suffering Servant" passage and is one of Isaiah's best-known texts. In fact, The Bible Knowledge Commentary points out that this passage is repeatedly quoted in the New Testament, including Isaiah 52:15 in Romans 15:21; Isaiah 53:1 in John 12:38 and Romans 10:16; Isaiah 53:4 in Matthew 8:17; Isaiah 53:7-8 in Acts 8:32-33; Isaiah 53:9 in 1 Peter 2:22; and Isaiah 53:12 in Luke 22:37. The many citations from this text makes sense when the "Suffering Servant" is seen as Jesus—whose great suffering would produce great glory. Others see the suffering servant as Isaiah himself, or perhaps Jeremiah. Jewish scholars often see the suffering servant as a picture of Israel. When matching up the descriptions of the sufferer in Isaiah's text with the Gospels, it's easy to see why so many believers in Jesus view this as a messianic prophecy. Bill Crowder

**How have you experienced the miraculous spiritual healing of God? How does your healed relationship through Jesus' sacrifice help you bear up under your physical ailments?**

Ministries, Grand Rapids, Michigan,  
Reprinted by Permission

Jesus, thank You for Your sacrifice that brings healing to my spiritual sickness. Help me to trust You in my physical challenges.



### **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,

I pray that all is well with you and your families and friends. I pray that God's Grace, Mercy, Blessings, and Healing power continue to rain down on all of you, your families, and friends. It is in Jesus Christ name I pray. Amen!!!

As we begin this season of Lent, I pray that it will draw you to have a closer walk with God through your relationship with Jesus Christ. This is why I chose for the March-April newsletter theme to be **"Meekness"**.

Meekness is one of the fruit of the Spirit. 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 6:11-12 says: **"But thou, O man of God, flee these things; and follow after righteousness, godliness, faith, love, patience, meekness. Fight the good fight of faith, lay hold of eternal life, whereunto thou art also called, and hast professed a good profession before many witnesses."**

Merriam-Webster defines meekness: The quality or state of being meek: a mild, moderate, humble, or submissive quality (he is accomplished in the art of approaching).

Wikipedia said that Meekness is an attribute of human nature and behavior that has been defined as an amalgam of righteousness, inner humility, and patience.. Meekness

has been contrasted with humility alone insomuch as humility simply refers to an attitude towards oneself—a restraining of one's own power so as to allow room for others—whereas meekness refers to the treatment of others.

Meekness, according to the Bible, is being humble and gentle towards others. It is being submissive and obedient to the Lord. It is not being loud, brazen or overconfident in your own strength. Meekness does not mean shy or weak in any way, it's a calm, quiet, humbleness.

Jesus was this kind of meek: power under control. Jesus certainly wasn't timid or unafraid of conflict. He walked the earth with all power of the Holy Spirit in him. He healed the sick and raised the dead. He also made the lame to walk, blind to see, dumb to talk, deaf to hear and much more.

In closing, let us take time during this Lenten Season to reflect on what Jesus did for us. How He walked in meekness to show us how to live the Ten Commandments. How He gave us the Lord's prayer to talk to God the Father. How His meekness placed Him on the cross to pay the price for our sins. How He rose on Easter Sunday. He rose with all power in His hand and ascended up to Heaven and sit on the righthand side of the Father. He then gave us the gift of the Holy Spirit to help us to live our lives in meekness as Jesus did.

God bless,

Ken

**"What are some Bible verses about meekness?"**

Blessed are the meek, for they shall inherit the earth. Matthew 5:5

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

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

Now the man Moses was very meek, more than all people who were on the face of the earth. Numbers 12:3

But the meek shall inherit the land and delight themselves in abundant peace. Psalm 37:11

In just a little while, the wicked will be no more; though you look carefully at his place, he will not be there. But the meek shall inherit the land and delight themselves in abundant peace. Psalm 37:10-11

And being found in human form, he humbled himself by becoming obedient to the point of death, even death on a cross. Philippians 2:8

But let your adorning be the hidden person of the heart with the imperishable beauty of a gentle and quiet spirit, which in God's sight is very precious. 1 Peter 3:4

The one who conquers, I will grant him to sit with me on my throne, as I also conquered and sat down with my Father on his throne. Revelation 3:21

With all humility and gentleness, with patience, bearing with one

another in love, Ephesians 4:2

Gentleness, self-control; against such things there is no law. Galatians 5:23

All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, 2 Timothy 3:16

Seek the Lord, all you humble of the land, who do his just commands; seek righteousness; seek humility; perhaps you may be hidden on the day of the anger of the Lord. Zephaniah 2:3

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

But Peter and the apostles answered, "We must obey God rather than men." Acts 5:29

"The Lord said to my Lord, Sit at my right hand, until I put your enemies under your feet?" Matthew 22:44

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

Who is wise and understanding among you? By his good conduct let him show his works in the meekness of wisdom. James 3:13

[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 Zoom Meeting)

10:00 p.m. **Worship Service**  
<https://zoom.us/j/959628798>  
Meeting ID: 959 628 798  
(929) 205-6099, Code: 959628798#

Tell your family and friends from across the Country.  
We can be watched worldwide.

### Tuesday

#### Bible Study

Time: 6:00 P.M.

Join Zoom Meeting Link: <https://zoom.us/j/562367770>  
(929)205-6099, Code: 562367770#

### Wednesday

#### Day Of Prayer

Prayer Times: 6:00 A.M. 12:00 P.M. & 6:00 P.M.  
Free Conference Call: 1 (727) 731-4561

### Sunday School ZOOM Meetings

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

Voice Only Call: (929) 205-6099;  
Code: 140827210#  
Web-link for Video Call: <https://zoom.us/j/140827210>

#### 8:30 a.m.- Dr. Long's Sunday School Class

Voice Only Call: (929) 205-6099;  
Code: 734629713#  
Web-link for Video Call: <https://zoom.us/j/734629713>

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

Voice Only Call: (929) 205-6099;  
Code: 233007146#

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

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

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

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

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

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

- Online: [crossstreetamezion.org](https://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>)

## 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](https://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 — 8:45 a.m.**

**Worship Service — 10:00 a.m.**

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

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

**The Rev. 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

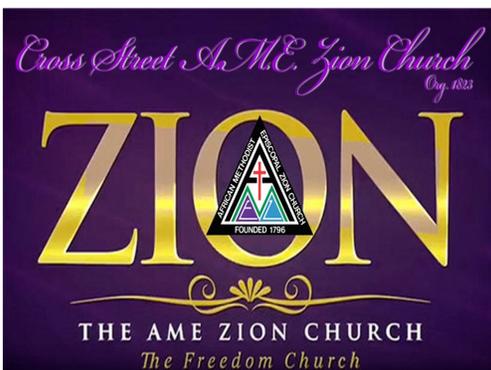
And Jabez called on the God of Israel  
saying, "Oh, that You would bless me  
**indeed, and enlarge my territory,**  
**that Your hand would keep me from**  
**evil, that I may nor cause pain!**" So  
God granted him what he requested.  
1 Chronicles 4:10 (NKJV)

### "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