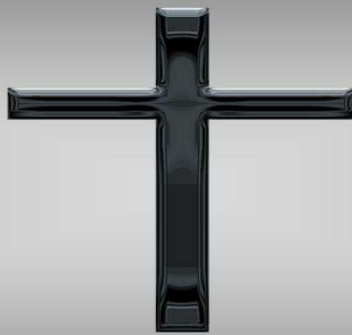
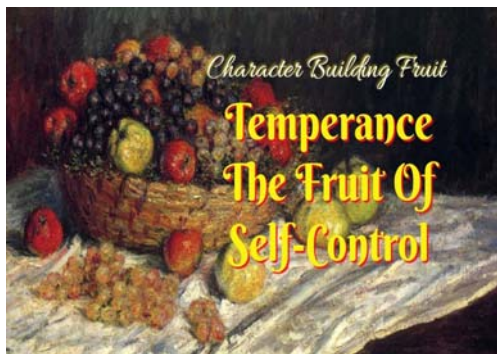


THE CROSS



“A CHURCH WHERE EVERYBODY IS SOMEBODY AND CHRIST IS LORD OF ALL”



September-October 2021
Volume 25 Issue 5

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Temperance

When we look in the Webster's 1828 dictionary we see the definition of Temperance .

TEM'PERANCE, n. [L. temperantia, from tempero.]

1. Moderation; particularly, habitual moderation in regard to the indulgence of the natural appetites and passions; restrained or moderate indulgence; as temperance in eating and drinking; temperance in the indulgence of joy or mirth. Temperance in eating and drinking is opposed to gluttony and

(Temperance on page 16)

Tell Your Story

Recently I was listening to an NPR program that involved the legendary Jazz singer Tony Bennett. In the interview, he explained that his original full name was Anthony Dominick Benedetto. It is the story behind how he changed from that wonderfully, unique, ethnic name to the simplified and classic 'professional stage' name of Tony Bennett that caught my attention. He had been introduced to another legendary performer, Bob Hope, who

(Story on page 17)

What Is Temperance?

Bible verses about temperance

The word temperance is used in the King James Version of the Bible and it means self-control. Many times when used temperance refers to alcohol, but it can be used for anything. It can be for caffeine consumption, gluttony, thoughts, etc. By ourselves we have no self-control, but temperance is one of the fruits of the Spirit. The Holy Spirit helps us with self-control, overcoming sin, and obeying the Lord. Submit to the Lord. Continually cry out to God for help. You know the area you need help with. Don't say you want to change, but

(What is Temperance on page 15)

Jerry's Story

This is a short story that I had to share. It is one of those simple truths that we all have a hard time remembering, when we are in the thick of it.

JERRY, A story to share.

Jerry is a restaurant manager in Philadelphia. He is always in a good mood and invariably has something positive to say. When someone

(Jerry on page 27)

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.



From The Pastor's Desk

Dear Church Family,

I trust you are doing well and are enjoying these final days of Summer.

Thank you so much for your support of the Back-to-School Community Day. It was a Godly-Success. The good work continues in these troubling times.

At The Cross Street AME Zion Church, we are excited to announce that we are having a "Back to Church" Sunday on September 19th in the morning services in the Parking Lot and Virtual. We recognize, of course, that many of you have been attending faithfully throughout the pandemic. You have participated in the Parking Lot, Sanctuary, and Virtual in these Summer months, yet for many people, vacations and family activities have been interspersed throughout the weeks.

With this in mind, we are, of course, welcoming every person and family back and are looking forward to magnificent times of ministry for our church families in the months ahead.

Think of at least three persons or families you can invite to our Back To Church Sunday, then write them down, and start looking for opportunities to ask them to "Back To Church Sunday"!

The Bible tells us in Heb. 10:25, "Not forsaking the assembling of ourselves together, as the manner of some is; but exhorting one another: and so much the more, as ye see the day approaching."

Again, invite at least three people, but if you feel led to ask more, by all means, go ahead! For some of them, it might be a time when they come back to church after being away for some time. For others, it might even be the first time they've attended church, but let's be intentional and prayerful as we consider who to invite.

We will be providing further details on the events of the day, but there will be a message that will reach out with the love of God, and we will pray the Holy Spirit will open their hearts to receive it.

If you have any questions, don't hesitate to contact the church office at 8603449527.

Christ Blessings!

Pastor Moses 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.



RETOOLING FOR CHURCH GROWTH 2021

- Renewing
- Reconnecting •Reopening

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

Growing the Church via Zoom & Virtual Church

Starting Stronger:

RENEWING

*Bible Study— Growing in Christ: Lessons on Assurance—Lessons on Christian Living
‘Living for Christ isn’t easy, but it is possible!’ Learn how with GROWING with CHRIST
Lessons will be emailed & available for you to pick up at the church.*

*We begin the year with Spiritual Renewal
-Prayer & Bible Study*

RECONNECTING

Growing the church by coming back together in love & fellowship

REOPENING

Returning with zeal for Christ and His Kingdom mission

Hear Our Prayers Lord

“Know The Names God Call Me”

Dear Lord, Thank You, Lord, that You see us and that You know us. Help us to remember those names that You call us as we go through our days. Let those names speak to us louder than the names that the world is calling us. Thank You that You call us forgiven, redeemed, delivered, loved. Worthy and You child. Help us Lord in our dealing with others to see them as You see them. Help us to see their hearts, their gifts and their hearts and their talents. Help us to call them the names You have called them as well and to treat them as You have so lovingly treated us, its In Your Name we pray, Amen, Amen, Amen.

“A Prayer For An Undivided Heart When Things Fall Apart”

Psalm 86:11 says, “Teach me your way, Lord, that I may rely on your faithfulness; give me an undivided heart, that I may fear your name.” Amen. Let us pray, Father, Give us undivided hearts, that we may rely on Your faithfulness. Let us break the pattern of running on the hamster wheel full of anxious thoughts and man-made solutions, and lift our arms, voices, and eyes fully to You in full surrender and praise. You are in control, even when our world is unraveling. Your plans for us are good, and cannot be thwarted. We know we were never promised this world would be easy on us, yet we are still shocked by its depravity and injustice. Soothe our wounds, Lord. Save us, Lord Jesus, from ourselves, and our own toxic thought spirals. Develop in us a pattern of turning to You first, every day, so that when our plans are shredded, we default to praise. Jesus, You died so we could live to the full, yet so often we allow the devil to kill, steal, and destroy. Increase our capacity to see through those lies, and guard our hearts from evil schemes, Lord. Comfort and encourage us. Help us to stand up, walk one step at a time, and trust You with our shredded plans. Please guide our children to Your feet and use our faithful seeking and worship of You in good times and in hard, as assurance they can depend on You in all circumstances. We know everything You do is done in order to draw us closer to you. Remind us, when the proverbial rug has been yanked from underneath our feet that Your arms are fully capable of holding us, In Jesus’ Name, Amen.

“A Prayer For When You Can’t Decide”

Dear Heavenly Father, Your Word tells us “all the days ordained for us were written in Your book before one of them came to be.” Thank You for the good plans You have for us and for guiding us through every difficult decision. Lord, forgive us for taking control of this decision, agonizing over which path to take. We’ve let so many voices drown out Your voice. Today we want to hear You above all else, but the weight of responsibility over this decision consumes us. You “know our anxious thoughts.” We give this burden to You today and trust You to guide our path. “You hem us in behind and before, and You lay Your hand upon us.” We have nothing to fear because You are with us. As You help us to choose the right path today, we pray You will bless the journey and use it for Your glory alone. Thank You for Your promise to protect us and our family. We trust You with the outcome of this decision its In Jesus’ name we pray, Amen, Amen, Amen, Hallelujah, Thank You, Jesus.

“A Prayer To See Our Purpose In Every Season”

Dear God, We are so thankful that You love us so much to not throw us into a season when we are not equipped for it. Thank You for today’s verse, which reminds us that whatever season we are in, it is serving a purpose. It’s serving a greater purpose, and that’s Your purpose. We may not know Your mighty plan, but we trust that You have a plan. Even though the season we are in now doesn’t make sense, or we may feel like what we are doing is nothing of value, it’s preparing us for what You have ahead for us. We trust that and every single day is not wasted in this season as there is something You want to teach us and show us about You. Thank You that we don’t have to know the reason, but we can trust You, as the author who wrote this story and who knows how the story ends. Prompt us in moments of discouragement or defeat, to remind us that we can do everything and anything with a joyful spirit because we are doing it for You and for Your glory. Teach us what You want us to learn in this season, and we commit to being excellent in the season we are in now, its In Jesus’ Name we pray, Amen, Amen, Amen.

“Stand Strong In You”

Dear Lord, we don’t know who or what will cross our path today. But we do know that You are our Rock and our Fortress. You are our Shield and our Strong Tower. Today help us to anchor ourselves to You today. Teach us how to stand strong in You and choose only Your way today. Help us walk by Your truth and not our feelings. Help us to embrace anything that comes our as an opportunity to see You at work and as an opportunity to point others to You. Thank You that You love us and nothing can ever take that away from us! Even if we fail today and fall short, You whisper Your unconditional love deep into our soul and remind us that Your mercies are new every morning. That truly amazes us, Lord. Thank You for meeting with us today and when You wake us again tomorrow with the same sweet whisper of Your love. We can’t wait to meet with You again, it’s In Jesus’ name we pray, Amen, Amen, Amen.

“A Cry For Help Prayer”

Hebrews 13:5 says God has said, “Never will I leave you; never will I forsake you. “Amen. Let us pray: Heavenly Father, we come to You today in desperate need. We’ve been suffering, and we don’t know what to do. We don’t even know what to say, but we know You are our only hope. This is our cry for help. Hear our cries, Lord even when we felt far away from You and although we know Your Word says You will “never leave me or forsake me.” So Lord hear our cry, even if we invited Your son Jesus to live in our heart, but we’ve let the sufferings of this world discourage us. But today we want to feel Your presence with us. Trust in You to provide the answer to our problems and the antidote to our hurt. We also ask Lord, please help! When the Israelites cried out to You, You sent a messenger of hope. You freed them from the slavery that kept them bound for so long. So in the same way, we are trusting in You to rescue us from our troubles no matter what they may be for the each of us. We renew our trust in You as You guide the pathways of our life. Thank You, Lord, for hearing our cry for helping and for being concerned about us, its In Jesus’ name we ask and pray, Amen, Amen, Amen.

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

FRUIT OF THE SPIRIT

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Read the BIBLE in ONE Year

September

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

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

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

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

October

1 Obadiah, Jonah
 2 Micah 1-4
 3 Micah 5-7
 4 Nahum 1-3
 5 Habakkuk 1-3
 6 Zephaniah 1-3
 7 Haggai 1-2

8 Zechariah 1-2
 9 Zechariah 3-6
 10 Zechariah 7-10
 11 Zechariah 11-14
 12 Malachi 1-4
 13 Matthew 1-4
 14 Matthew 5-7
 15 Matthew 8-11

16 Matthew 12-15
 17 Matthew 16-19
 18 Matthew 20-22
 19 Matthew 23-25
 20 Matthew 26-28
 21 Mark 1-3
 22 Mark 4-6
 23 Mark 7-10

24 Mark 11-13
 25 Mark 14-16
 26 Luke 1-3
 27 Luke 4-6
 28 Luke 7-9
 29 Luke 10-13
 30 Luke 14-17
 31 Luke 18-21

November

1 Luke 22-24
 2 John 1-3
 3 John 4-6
 4 John 7-10
 5 John 11-13
 6 John 14-17
 7 John 18-21

8 Acts 1-2
 9 Acts 3-5
 10 Acts 6-9
 11 Acts 10-12
 12 Acts 13-14
 13 Acts 15-16
 14 Acts 17-18
 15 Acts 19-21

16 Acts 22-24
 17 Acts 25-26
 18 Acts 27-28
 19 Romans 1-4
 20 Romans 5-8
 21 Romans 9-11
 22 Romans 12-16
 23 1 Corinthians 1-4

24 1 Corinthians 5-8
 25 1 Corinthians 9-12
 26 1 Corinthians 13-16
 27 2 Corinthians 1-3
 28 2 Corinthians 4-6
 29 2 Corinthians 7-9
 30 2 Corinthians 10-13

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

There are various names of God, many of which enumerate the various qualities of a Supreme Being. The English word "god" (and its equivalent in other languages) is used by multiple religions as a noun or name to refer to different deities, or specifically to the Supreme Being, as denoted in English by the capitalized and uncapitalized terms "God" and "god". Ancient cognate equivalents for the biblical Hebrew Elohim, one of the most common names of God in the Bible, include proto-Semitic El, biblical Aramaic Elah, and Arabic 'ilah. The personal or proper name for God in many of these languages may either be distinguished from such attributes, or homonymic. For example, in Judaism the tetragrammaton is sometimes related to the ancient Hebrew 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.

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

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

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

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

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

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 far God's Vision for the Church

Foods to include in your eating plan during the Daniel Fast

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

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)

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

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)

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

3. Fast and yield yourself to God as a servant.

Daniel said, "as you see fit, deal with your servants" (Daniel 1:13)

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

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)

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

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)

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

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

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

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

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.!

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.

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

Be blessed on your fast

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

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.

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.

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

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.

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 iniquities.
To You, Adonai, is my praise for always;
may my last breath be a whisper
giving You all the glory.

juliesanne.com



Sunday School is a Family Affair

8:45 a.m. to 9:45 a.m. We have classes for all ages – 3 to 103
New Members Class meets at the same time.
(For Transportation Needs Please call the Church 860-344-9527)

Come Grow with US!

I Shall Be Released

Background Scripture:
Psalm 107

EXALT!

Declaration: Psalm 107:1-9, 39-43

Thanksgiving for Deliverance from Many Troubles

¹ O give thanks to the Lord, for he is good; for his steadfast love endures for ever. ² Let the redeemed of the Lord say so, those he redeemed from trouble ³ and gathered in from the lands, from the east and from the west, from the north and from the south.

⁴ Some wandered in desert wastes, finding no way to an inhabited town; ⁵ hungry and thirsty, their soul fainted within them. ⁶ Then they cried to the Lord in their trouble, and he delivered them from their distress; ⁷ he led them by a straight way, until they reached an inhabited town. ⁸ Let them thank the Lord for his steadfast love, for his wonderful works to humankind. ⁹ For he satisfies the thirsty, and the hungry he fills with good things.

³⁹ When they are diminished and brought low through oppression, trouble, and sorrow, ⁴⁰ he pours contempt on princes and makes them wander in trackless wastes; ⁴¹ but he raises up the needy out of distress, and makes their families like flocks. ⁴² The upright see it and are glad; and all wickedness stops its mouth. ⁴³ Let those who are wise give heed to these things, and consider the steadfast love of the Lord.

Affirmation

We place value on the role of giving thanks to God.

ENGAGE

People seek deliverance when they are in trouble. How should we respond when we are delivered? Psalm 107 encourages us to be thankful to God for God's deliverance. Do you wonder why some people wait until they "hit rock bottom" before they reach out to others for help? And many people try to "pull themselves up by their own bootstraps," while others have no "bootstraps." Others just hope that there is "somebody up there" that can help, even when that help is not deserved.

Break into small groups and discuss all that you can recall that you have endured as an individual, as part of a family or other group that you were brought safely through when many times you almost lost hope. Talk about what or who helped you make it through. Talk about happiness people have felt when they experienced freedom from debt, abuse, disease, etc. What do all have to be thankful to God for, in any particular status in life?

EDUCATE

Psalm 107:1-9: Psalm 107 opens Book V of the five-book Psalter, the end of each of the five books being marked by a doxology (Psalms 41:13; 72:18-19; 89:52; 106:48; 150). In so doing, it seems to respond to the themes of the immediately preceding psalm. Psalm 107:1 prefaces everything that follows as coming from God's enduring "steadfast love." The implication is that this is a covenant-based love that delivers, even when troubles being faced are of one's own making. See Psalm 51:1 and Psalm 136. Some scholars see successive books within the Psalter responding to the preceding books as if they were designed to do so. The setting of this Psalm may well be the end of the Babylonian Exile, but it is phrased to deal with general troubles of going through deserted territory, enduring prison and captivity, surviving sickness, and making it through dangerous sea travel. Four times in Psalm, the pattern of those in trouble crying out for help and then thanking God when he answered is repeated (vv. 6 and 8, 13 and 15, 19 and 21, 28 and 31). Different Hebrew words are translated as "deliver" in English and vary in meaning from simply being moved to another place, to being spared, or to being rescued. The verb in verse 6 (*natsal*) is very strong, signifying stripping away from a powerful captor.

Psalm 107:39-43: "Time and again, God has delivered, blessed, helped, and guided His people who have been in the worst of
(Released 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.

(Released from page 11)

situations. Tossed about hopelessly on the sea of life, they have cried out to Him and been saved. Four times the psalmist yearns for people to thank God for His goodness and for His wonderful works.....Those are blessed whose poverty and low position cause them to rely on God. He sends barrenness as the result of wickedness.... The psalmist deduces that observant, wise people will understand God's lovingkindness" (The Bible Panorama). "The approach changes [here] and focus of attention is not on the people in trouble but on the Lord. He can turn the garden into a desert and a desert into a garden (Isa. 35; 41:18; Deut. 28:1-5). God can judge the land because of the wickedness of the people who live there (v. 34; see Gen. 19:24-28), and He can also heal the land and bless it because of the faith and obedience of the people. This is a part of His covenant relationship with Israel (Deut. 28:15, 22-24, 58-59, 62-63). If necessary, the Lord can summon foreign armies like Babylon to invade the land and use them to chasten the leaders (vv. 39-40; Job 12:21, 24). However, His purpose is not to destroy but to cleanse, and He will restore the blessing to the land and the people (vv. 41-42). This closing paragraph (vv.39-42) reminds us of Mary's song in Luke 1:46-55" (Warren Wiersbe BE Bible Study Series).

ELEVATE

It's testimony time, perhaps, in the old-fashioned way! The song says, "When upon life's billows you are tempest-tossed, When you are discouraged, thinking all is lost, Count your many blessings, name them one by one, And it will surprise you what the Lord has done."

Break into small groups and celebrate and thank God in general for his everlasting, unconditional love. Share specific ways God has answered your prayers with your group. This could be mutually helpful in many ways. Talk about seeking God's help during hard times and thanking God when he rescued you. Tell others of being thankful that God can deliver us when we and others are powerless to do so ourselves. How fully do we understand that God sent the ultimate Deliverer in the person of Christ Jesus? What are some of His many sayings about asking God in His name and fully receiving what you ask for?

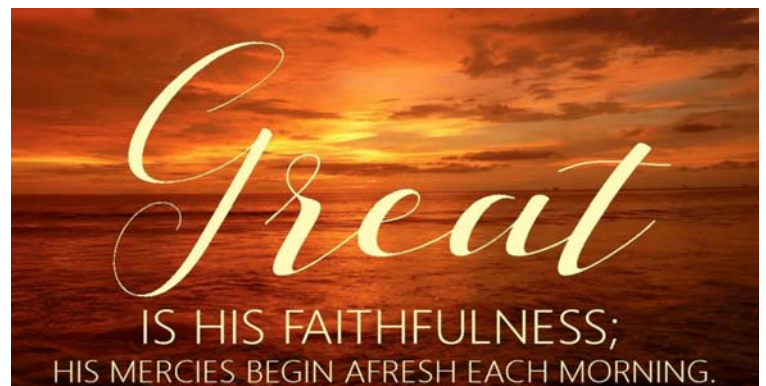
iTHINK

1. Play a pop song about being free such as "I Shall Be Released," "Freedom!" (Pharrell Williams), or "People Get Ready." From what do we need to be freed? Who or what is the source of freedom?
2. Debate whether this old saying is true: "God helps those who help themselves."
3. Have participants underline the words "steadfast love" each time it appears in Psalm 107. From the context of the psalm, help them create a working definition of the term. How does it differ from some common understandings of what love is?
4. Ask volunteers to read Psalm 107 and Luke 1:46-55 aloud. Ask participants to point out similarities about a Deliverer.
5. Write the first line of verse 2 on index cards: "Let the redeemed of the Lord say so." Give each participant one of these cards to place in a prominent place in their houses or cars. Remind them to meditate on this command, considering what to tell, whom to tell, and how to tell about their deliverance.
6. Pray for those people that participants know who recognize their needs for deliverance, but who do not have a relationship with the Deliverer.

KEY VERSES

They cried to the LORD in their trouble, and he delivered them from their distress. Psalm 107:6

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



Prayer—90 devotions from Our Daily Bread Compiled by Dave Branon

ALWAYS PRAY, AND DON'T GIVE UP

Read: Luke 18:1-8

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

Luke 18:1

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

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

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

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

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

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

ACCESS TO GOD

Read: 1 John 5:6-15

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

Technology is a blessing in so many ways. Need a bit of information about a health problem? All you have to do is access the Internet where you instantaneously get a list of options to guide your search. Need to contact a friend? Just send a text, e-mail, tweet, or Facebook post. But technology can also be frustrating at times.

The other day I needed to access some information in my bank account and was asked a list of security questions. Unable to recall the exact answers, I was blocked from my own account. Or think of the times when an important conversation is cut off because of a dead cellphone battery, with no way to recount until you find a plug to recharge it.

All of this makes me delighted with the reality that when I need to access God in prayer, there are no security questions and no batteries required. I love the assurance that John gives when he says, "This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us" (1 John 5:14)

God is always accessible, for He never slumbers nor sleeps! (Psalm 121:4). And thanks to His love for us, He is waiting and ready to listen. Foe Stowell

Prayer Tip: Keep track of prayer requests and answers.

QUIET TIME WITH GOD

Read: Psalm 23

He makes me lie down in green pastures, he leads me besides quiet waters. Psalm 23:2

The word connected captures our contemporary experience of life. Many people rarely go anywhere without a cell phone, ipod, or laptop. We have become accessible 24 hours a day. Some psychologist see this craving to stay connected as an addiction. Yet a growing number of people are deliberately limiting their use of technology. Being a "tech-no" is their way of preserving times of quiet, while limiting the flow of information into their lives.

Many followers of Christ find that a daily time of Bible reading and prayer is essential in their walk of faith. This "quiet time" is a disconnection from external distractions in order to connect with God. The "green pastures" and "quiet waters" of Psalm 23:2 are more than an idyllic country scene. They speak of our communion with God whereby He restores our souls and leads us in His paths (v. 3).

All of us can make time to meet with God, but do we? In Robert Foster's booklet 7 Minutes with God, he suggests

a way to begin: Start with a brief prayer for guidance, then read the Bible for a few minutes, and close with a short time of prayer that includes adoration, confession, thanksgiving, and supplication for others. It's vital to take time today to connect with the Lord, who is our life. David McCasland

Prayer Tip: Create prayer cards for family members with specific needs.

OUR FULL-TIME INTERCESSOR

Read: Hebrews 7:11-28

He is able to save completely those who come to God through him, because he always lives to intercede for them. Hebrews 7:25

It was dawn, and I was painfully aware of being only a few weeks into widowhood. After another restless night, I felt too weary to pray for myself. "Lord," I sighed, "I need someone to pray for me right now"

Almost instantly God's Spirit comforted my distraught mind with the words of Hebrews 7:25, reminding me that Jesus was praying for me that very moment. With a wave of relief, I acknowledged Him as my lifelong intercessor. I will never forget how that bleak morning became gold-tinged with hope. Since then, I have drawn courage and strength countless from my faithful High Priest.

Scottish minister Robert Murray McCheyne (1813-1843) testified, "If I could hear Christ praying for me in the next room, I would not fear a million enemies. Yet distance makes no difference. He is praying for me!"

We too can draw courage and strength from Jesus. He is our priestly representative before God the Father.

Are difficult circumstances creating fear in your heart? By all means, ask others to pray for you. But don't forget that you can count on the prayers of Jesus himself. By faith, think of Him as praying around the clock for you, as if He were in the next room. Joanie Yoder

Prayer Tip: Create a prayer bulletin board somewhere in the house.

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.

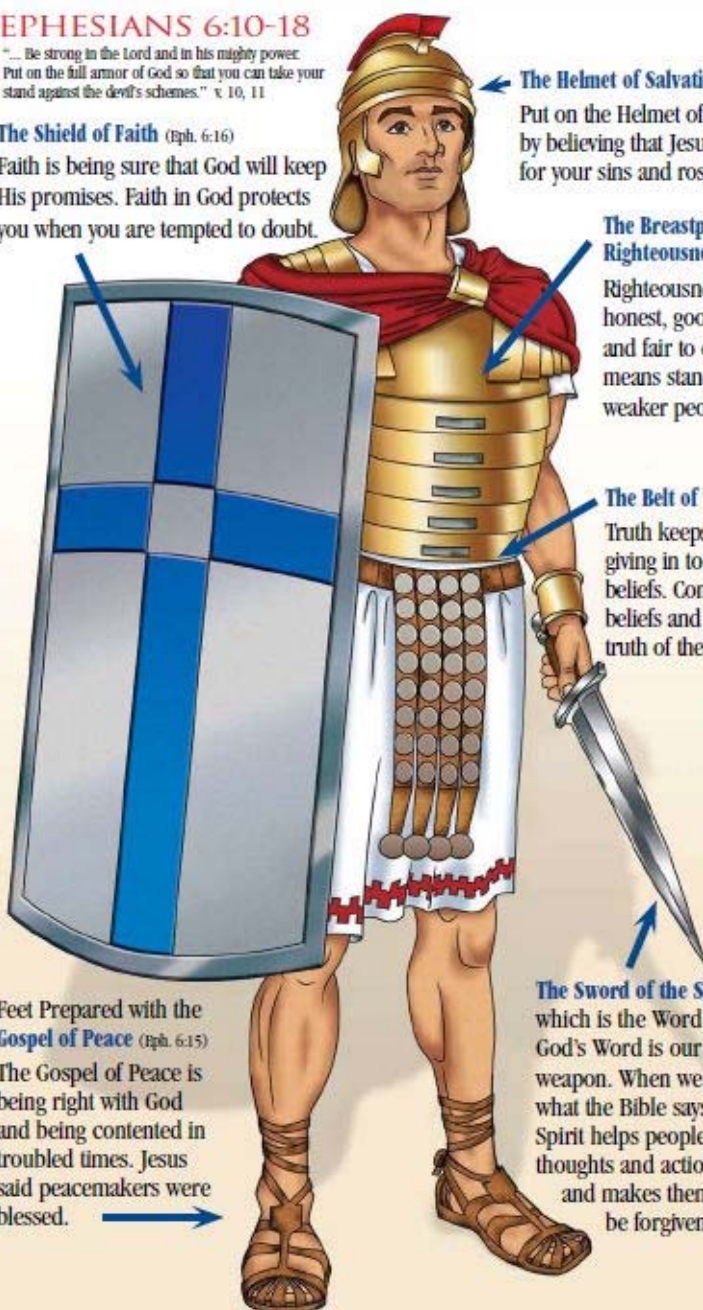
The Helmet of Salvation (Eph. 6:17)
Put on the Helmet of Salvation by believing that Jesus Christ died for your sins and rose again.

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.

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.



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

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

(What is Temperance page 1)

just remain there. In your walk of faith you will need self-discipline. To have victory over your temptations you must walk by the Spirit and not the flesh.

What does the Bible say?

1. Galatians 5:22-24 But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, Meekness, temperance: against such there is no law. And they that are Christ's have crucified the flesh with the affections and lusts.
2. 2 Peter 1:5-6 And beside this, giving all diligence, add to your faith virtue; and to virtue knowledge; And to knowledge temperance; and to temperance patience; and to patience godliness;
3. Titus 2:12 It teaches us to say "No" to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age,
4. Proverbs 25:28 Like a city whose walls are broken through is a person who lacks self-control.
5. 1 Corinthians 9:27 I discipline my body like an athlete, training it to do what it should. Otherwise, I fear that after preaching to others I myself might be disqualified.
6. Philippians 4:5 Let your moderation be known unto all men. The Lord is at hand.
7. Proverbs 25:16 If you find some honey, eat only what you need. Take too much, and you'll vomit.

Body

8. 1 Corinthians 6:19-20 Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies.
9. Romans 12:1-2 Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

Reminders

10. Romans 13:14 Rather, clothe yourselves with the Lord Jesus Christ, and do not think about how to gratify the desires of the flesh.
11. Philippians 4:13 For I can do everything through Christ, who gives me strength.
12. 1 Thessalonians 5:21 Prove all things; hold fast that which is good.
13. Colossians 3:10 and have put on the new self, which is being renewed in knowledge in the image of its Creator.

Alcohol

14. 1 Peter 5:8 Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour.
15. 1 Timothy 3:8-9 In the same way, deacons must be well respected and have integrity. They must not be heavy drinkers or dishonest with money. They must be committed to the mystery of the faith now revealed and must live with a clear conscience.
16. 1 Thessalonians 5:6-8 So then, let us not be like others, who are asleep, but let us be awake and sober. For those who sleep, sleep at night, and those who get drunk, get drunk at night. But since we belong to the day, let us be sober, putting on faith and love as a breastplate, and the hope of salvation as a helmet.
17. Ephesians 5:18 Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit.
18. Galatians 5:19-21 When you follow the desires of your sinful nature, the results are very clear: sexual immorality, impurity, lustful pleasures, idolatry, sorcery, hostility, quarreling, jealousy, outbursts of anger, selfish ambition, dissension, division, envy, drunkenness, wild parties, and other sins like these. Let me tell you again, as I have before, that anyone living that sort of life will not inherit the Kingdom of God.

The Holy Spirit will help you

19. Romans 8:9 You, however, are not in the flesh but in the Spirit, if in fact the Spirit of God dwells in you. Anyone who does not have the Spirit of Christ does not belong to him.
20. Romans 8:26 In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans.

Bible examples

21. Acts 24:25 And as he reasoned of righteousness, temperance, and judgment to come, Felix trembled, and answered, Go thy way for this time; when I have a convenient season, I will call for thee.
22. Proverbs 31:4-5 It is not for kings, Lemuel— it is not for kings to drink wine, not for rulers to crave beer, lest they drink and forget what has been decreed, and deprive all the oppressed of their rights.

Fritz Chery Mar 28, 2021 Bible Verses About comments. Biblereasons.com



(*Temperance from page 1*)

drunkenness, and in other indulgences, to excess.

2. Patience; calmness; sedateness; moderation of passion.

This is quite a definition indeed. Temperance is one of the foremost important attributes of a Christians character .

Temperance causes us to bridle our fleshly passions. Temperance will lead us into patience and calmness of character .

In the book of Acts chapter 24 and verse 25 Paul was trying to reason with Felix about the things pertaining to God .

Paul spoke of three most important things . He spoke of righteousness, temperance , and judgment to come .

Here is the verse, Acts 24:25:

²⁵ And as he reasoned of righteousness, temperance, and judgment to come, Felix trembled, and answered, Go thy way for this time; when I have a convenient season, I will call for thee.

The fact that Paul spoke of these things troubled Felix greatly. It says he trembled which indicated that these were very serious subjects which caused such conviction to hit Felix because of his current spiritual state.

Temperance is also a most precious fruit of the spirit .

Galatians 5:22-23:

²² But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith,

²³ Meekness, temperance: against such there is no law.

Temperance teaches us to rely upon the Lord for everything. Our wants and our needs. Temperance teaches us to bridle our flesh so that we can live in full service to God.

This type of Godly living also will be an example to those around us watching our daily lives and how we conduct ourselves .

Temperance is a great spiritual teacher .

Let's look at the book of 1 Peter which expounds on this beautifully.

2 Peter 1:5-10:

⁵ And beside this, giving all diligence, add to your faith virtue; and to virtue knowledge; ⁶ And to knowledge temperance; and to temperance patience; and to patience godliness; ⁷ And to godliness brotherly kindness; and to brotherly kindness charity. ⁸ For if these things be in you, and abound, they make you that ye shall neither be barren nor unfruitful in the knowledge of our Lord Jesus Christ. ⁹ But he that lacketh these things is blind, and cannot see afar off, and hath forgotten that he was purged from his old sins. ¹⁰

Wherefore the rather, brethren, give diligence to make your calling and election sure: for if ye do these things, ye shall never fall:

When we learn to walk in temperance we learn patience and godliness . So many great things follow after .

We live in a time where true temperance is rarely seen . It is the fruit of a godly man or women who is living a life of obedience and service to Jesus Christ .

Temperance defined is also Moderation as we read in the beginning of this topic: Our grandparents used to say "everything in moderation ". Temperance teaches us not to do anything in excess . To let the Holy Ghost dictate our conduct in all things.

Finally,

Philippians chapter 4 tells us: ⁵ Let your moderation be known unto all men. The Lord is at hand. Philippians 4:5:

Lord ,

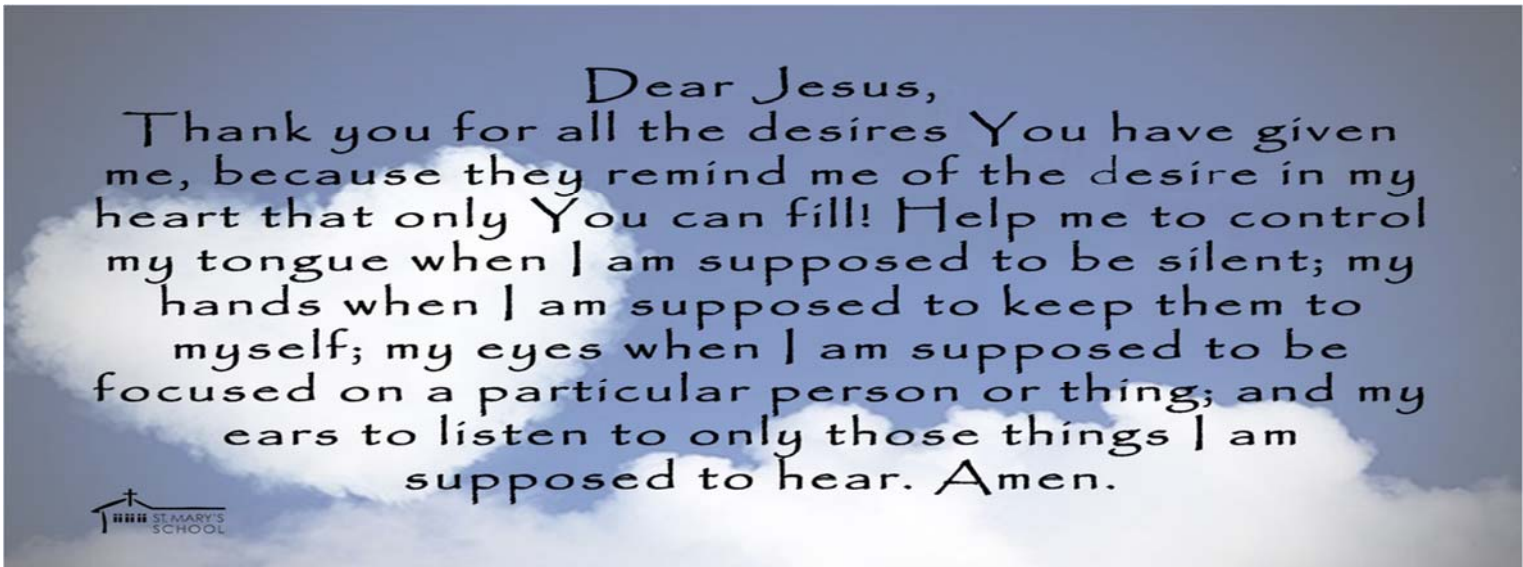
Help your people to walk in temperance (moderation).

Let our life be a known example to others .

Let them see Jesus in us .

Amen .

Greg Adamo



(Story from page 1)

himself had modified his original name from Leslie Townes Hope. According to Tony Bennett, on hearing and seeing him perform, Bob Hope decided there and then, to bring Anthony on the road with him. But suggested he simplifies his name to Tony Bennett. And there you have it.

There are numerous such stories all over. As long as we have been living amongst ourselves and going back and forth, doing whatever it takes to make a living and make a name or two for ourselves there are numerous stories from person to person, family to family and from individuals to groups and vice versa, as well as nations to nations. For example, the story of how the island of Haiti became what it is today is most intriguing and fascinating. It will take a series of essays to go into the most absorbing stories of Haiti. Check it out for yourself. I am sure anyone can point to any number of historical events and natural occurrences that contain such absorbing stories. You want stories, just open any page, any book, any chapter and any verse in the Holy Bible and you will not be disappointed.

What I am talking about here and now, as you read this essay, is your story. Not that of anyone else. The story of who you are; where you come from; where you have been to; and

No excuses – Let Us Love One Another

It is quite natural for you and me to think of the events of this year as been downright awful and relatively despicable, considering what we have had to deal with. This includes every single one of us. We have faced stuff that we used to read about only in historical contexts. Yes epidemics come and epidemics go. Life continues and God continues to rule our lives. What can we do?

People in authority all over the globe are doing the best they can to control the situation as best as they can. As we usher in a fresh new year, it would almost seem as if we are getting a new lease on life. As if things might change overnight and our situation might be better than it has been these past months. We know absolutely that nothing is guaranteed to us. We have to be aware that nature has no calendar. The human clock of time and space has no consequence to nature. So, what we think of as a new calendar year is nothing but another rotation of the earth on its axis. There has to be something we can do and need to do.

Be that as it may, it is worthwhile for us to gather ourselves together, look into ourselves and try to make adjustments to our attitudes and behavior towards one another. Even though we may not know exactly what the Lord God has in plan for us mortals, there are a couple of things that are within our control. I am thinking of how we treat and how we relate to each other. Thank God for the free willing spirit in each and every one of us. We have the choice to face each day with bright, cheerful optimism or gloomy, downright, negative pessimism. It is a choice that every one of us faces every time. From the events of the past couple of months, actually during this past year of 2020, it has become abundantly clear to me, that we have very little choice but to look up and be positive. Stay in fervent prayer, keep hope alive and listen to the advice and caution from our

where you intend to end up. In between all those aspirations and destinations, you naturally have the tears and the smiles; the emblems and the testimonials; the memories and the hash tags and the frowns and the crowns to back them up. I am interested in those stories. I have written various essays, poetry and tributes for both private and public interests. Over the years, my dearest church brother and friend, Kenneth Simmons has been on my side in most of these endeavors. One of my personal themes and endearing interests has been to tell the stories of both our ancestors and contemporaries; spanning all the ages, covering all faiths, all spanning all genres and tastes.

My point is that all of us have situations and events in our lives that no one else 'knows'. You have and I have. All of us do. Are you comfortable that you are eventually going to leave this life (and it will come for each of us) without ever telling your side of the story? So – my aspiration in this essay for this time of the year of COVID, is for EVERYONE to write some kind of "memoir".

Have you?

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professionals.

Anyone who has not paid attention to the collective plight of the entire population of the human race is either living on a different planet or has chosen not to care. '*We are in this together*' has become a political statement of choice to get each other's attention. And there is good reason to pay attention and be aware. We are in an epidemic of 'novel' proportions. Even the trained and seasoned professionals have no definitive and immediate solutions. All across the globe people have lost their lives and the living, have had their usual customs and habits drastically altered. It may come as a surprise to many, but those of us who follow the precepts of Jesus the Christ and his ideals have one tool that we still have in our control. That is the capacity to **love** one another.

In time of turmoil and havoc, maybe we can lessen the level of anxiety and chaos by first and foremost putting our trust in the Lord and next, counting on each other for comfort and assurance. Love each other. Practice some level of random act of kindness and care. Show compassion to the needy. Show love to the afflicted. Open your heart to those who are hurting. Lend a hand (in various ways) to support efforts to ease the burden on those who are bearing the brunt of the current situation. Send messages, reach out and give of your heart. Changing with the calendar would give us something to give to each other that does not cost us much – **love** one another.

January 1 2021

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PRAYER

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 always have our hands with us, the reminder of those in need of prayer is constant.

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Our Daily Bread

FROM WISDOM TO JOY

[Wisdom] will guide you down delightful path.
Proverbs 3:17 NLT

The phone rang and I picked it up without delay. Calling was the oldest member of our church family—a vibrant, hard-working woman who was nearly one hundred years old. Putting the final touches on her latest book, she asked me some writing questions to help her cross the finish line. As always, however, I soon was asking her questions—about life, work, love, family. Her many lessons from a long life sparkled with wisdom. She told me, “Pace yourself.” And soon we were laughing about times she’d forgotten to do that—her wonderful stories all seasoned with true joy.

Wisdom leads to joy, the Bible teaches. “Joyful is the person who finds wisdom, the one who gains understanding” (Proverbs 3:13 NLT). We find that this path—from wisdom to joy—is a biblical virtue, indeed. “For wisdom will enter your heart, and knowledge will fill you with joy” (Proverbs 2:10 NLT). “God gives wisdom, knowledge, and joy to those who please him” (Ecclesiastes 2:26 NLT). Wisdom “will guide you down delightful paths,” adds Proverbs 3:17 (NLT).

Reflecting on the matters of life, author C. S. Lewis declared that “joy is the serious business of heaven.” The path there, however, is paved with wisdom. My church friend, who lived to be 107, would agree. She walked a wise, joyful pace to the King. Patricia Raybon

**What paths have you taken in trying to find joy?
 How can wisdom lead you to joy?**

When I might take a rocky road, loving God,
 please point me back to Your path of wisdom

Learn more about joy at
DiscoverTheWord.org/series/fight-back-with-joy/.

Today’s Scripture: **Hebrews 12:1-3**

¹ **Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, ² fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God. ³ Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart.**

INSIGHT

The book of Proverbs begins, “The proverbs of Solomon son of David, king of Israel” (Proverbs 1:1). Solomon is noted throughout the Scriptures as a man of great wisdom. Jesus Himself noted Solomon’s wisdom (Matthew 12:42). Two things, however, need to be understood about this wisdom. First, the wisdom of Solomon wasn’t Solomon’s—it was given to him by God in response to the king’s prayer (1 Kings 3:5-13). James reminds us that this same wisdom is available to all of us and that God will grant our requests (James 1:5). Second, this wisdom can be abandoned—as Solomon clearly did. His life of wisdom became the ultimate example of foolishness as he turned from God to follow idols (1 Kings 11:4). As James 3:13-18 reminds us, the wisdom we choose to live by is foundational to our walk of faith. Bill Crowder

A GREAT ACT OF LOVE

Consequently, just as one trespass resulted in condemnation for all people, so also one righteous act resulted in justification and life for all people. Romans 5:18

In Oregon’s Malheur National Forest, a fungus popularly known as the honey mushroom spreads through tree roots across 2,200

acres, making it the largest living organism ever found. It’s been “weaving its black shoestring filaments” through the forest for more than two millennia, killing trees as it grows. Its shoestring filaments, called “rhizomorphs,” tunnels as deep as ten feet into the soil. And although the organism is incredibly large, it began with a single microscopic spore!

The Bible tells us of a single act of disobedience that caused widespread condemnation and a single act of obedience that reversed it. The apostle Paul contrasted two individuals—Adam and Jesus (Romans 5:14-15). Adam’s sin brought condemnation and death “to all people” (V. 12). Through one act of disobedience, all people were made sinners and stood condemned before God (V. 17). But He had a means of dealing with humanity’s sin problem. Through the righteous act of Jesus on the cross, God provides eternal life and a right standing before Him. Christ’s act of love and obedience was powerful enough to overcome Adam’s one act of disobedience—providing “life for all people” (V. 18).

Through His death on the cross, Jesus offers eternal life to anyone who puts their faith in Him. If you haven’t received His forgiveness and salvation, may you do so today. If you’re already a believer, praise Him for what He’s done by His great act of love!

Marvin Williams

What do the single acts of Adam and Jesus tell you about the impact of sin? How does Jesus’ sacrifice ignite or renew your desire to live a life that honors Him?

God, thank You for providing salvation and eternal life through Jesus!
 Help me reveal Your saving wat to others.

Today’s Scripture: **Romans 5:12-19**

¹² Therefore, just as sin entered the world through one man, and death through sin, and in this way death came to all people, because all sinned—

¹³ To be sure, sin was in the world before the law was given, but sin is not charged against anyone’s account where there is no law. ¹⁴ Nevertheless, death reigned from the time of Adam to the time of Moses, even over those who did not sin by breaking a command, as did Adam, who is a pattern of the one to come.

¹⁵ But the gift is not like the trespass. For if the many died by the trespass of the one man, how much more did God’s grace and the gift that came by the one man, Jesus Christ, overflow to the many! ¹⁶ Nor can the gift of God be compared with the result of one man’s sin: The judgement followed one sin and brought condemnation, but the gift followed many trespasses and brought justification. ¹⁷ For if, by the trespass of the one man, death reigned through that one man, how much more will those who receive God’s abundant provision of grace and of the gift of righteousness reign in life through the one man, Jesus Christ!

¹⁸ Consequently, just as one trespass resulted in condemnation for all people, so also one righteous act resulted in justification and life for all people. ¹⁹ For just as through the disobedience of the one man the many were made sinners, so also through the obedience of the one man the many will be made righteous.

INSIGHT

In Romans 5:14, Adam is referred to as a “pattern of the one to come” (a reference to Jesus). The Greek word translated “pattern” is the word *typos*, from which we get the English words “type” and “typology.” Biblically speaking, persons, figures, or systems designated as “types” have historical significance, but they also point to other persons or things. Here Adam is viewed as representative of all humanity and points to Jesus, who is representative of “new humanity”—those made new by faith in Him. Just as Adam’s sin transferred to all, Christ’s righteousness is credited to all who believe in Him Arthur Jackson

Words To Live By

THE FRUIT OF THE SPIRIT: TEMPERANCE

TEMPERANCE: Possessing power, strong, having mastery or possession of; self-control.

TEMPERANCE controls when self is out of control. Steady, balance. TEMPERANCE enables the saint of God to praise Him in discipline or testing, trials and the battles of life.

In the Book of Nehemiah, the walls of Jerusalem were broken down and "a city, in ancient days, without walls, had lost its sense of identity and all its defenses. It was prey to every kind of enemy, natural, as well as human". (The Fruit of the Spirit; John w. Sanderson). A life that lacks self-control is similar to a city with broken down walls because it lacks defense and every conceivable evil seeks to enter in. An uncontrolled body and an uncontrolled spirit is at risk for destruction and spiritual decay.

How to cultivate the fruit of Temperance (Consider the athlete's self-discipline code):

1. Aim- run to win
2. Follow training rules - deny self of things that will hinder your winning.
3. Constant, sustained effort - have a well-defined goal: an intelligent manner of life and continue pressing toward the goal.
4. Remember, "You are not your own. You are brought with a price" (I Corinthians 6:19,20)
5. Remember to call ever)' faculty' into obedience to Christ, to the glory of God.
6. Allow the Holy Spirit's leading in reminding you of who you are, who God is, where you came from, and where you are headed.

How to Recognize Temperance

Look for persons who:

- * have control over their bodies and do not indulge in harmful activities
- * have control over their spiritual life.
- * do not exhibit pride in less than godly goals
- * are not defenseless, but is fully dressed in the armor of God
- * is not angry, envious or covetous
- * shows spiritual growth and maturity
- * has a passion to be Christ like.

ADDITIONAL SCRIPTURES:

Philippians 3:18, 19; Proverbs 16:32; Proverbs 25:28; Luke 15:11-13; I Corinthians 6:12,
I Corinthians 9:27

“Daily Confession of Faith”

In Christ I am anointed and a powerful person of God.

I am a joint-heir with Jesus and more than a conqueror.

I am a doer of the Word of God and a channel for His blessings.

If God be for me, who can be against me?

I am blessed coming in and I am blessed going out.

My enemies are fleeing before me.

God has commanded His blessing on my storehouses.

He has opened His Good treasures and I shall lend and not borrow.

I am the head and not the tail.

He has given me power to make wealth.

I dwell in the secret place.

I have His protection and provision.

God is my refuge, my fortress.

I am not afraid of the snare of the fowler.

No Evil shall befall me and no plague shall come nigh my dwelling.

God has given his angels charge over me and they are bearing me up in their hands

lest I dash my foot against a stone, as declared in Psalm 91.

1 Peter 2:9 establishes I am a chosen generation, a royal priesthood, a holy nation.

I am a peculiar person called out of darkness into His marvelous light.

1 Peter 2:24 states, I have been healed by the stripes of Jesus.

***Cancer, sugar diabetes, heart disease, sickness, afflictions, infections,
or any other disease cannot enter my body.***

I am without spot or blemish, an intercessor,

the righteousness of God, saved, and washed in the Blood of Jesus.

“No weapon formed against me shall prosper, and every tongue which rise against me in judgement You shall condemn.

This is the heritage of the servants of the LORD,

and their righteousness is from Me,” Says the LORD.

I am saved from wrath by Him and justified by the blood of the Lamb.

***Lord I pray that those may prosper that love Jerusalem and that peace will be within them
and prosperity in their houses according to Psalms 122:6-9.***

Hallelujah, Hallelujah, Hallelujah!

Spirit Lifters

By Norman Vincent Peale

Realize the Power Within You

Realize the power that is within you, and you will no longer be the victim of a depressed spirit. And what is this inner power? Simply the God-given ability to believe. To the extent to which you develop this faculty, you will master the defeats in your life. The great issue is to learn to believe.

This is stated in one of the most important of all Scripture passages:

Jesus said to him, "If you can believe, all things are

possible to him who believes." Mark 9:23

Learn to believe. Learn to cast out doubt. This is done by the practice of affirmation. Affirm faith, think positively, visualize achievement. Never think doubt. Always think faith.

This text affirms that when you learn to believe, the area of the impossible is vastly reduced and the area of the possible is greatly increased. If you set this text firmly at the center of your thought patterns, you will never again be a victim of low spirits.

What Christ Can Do for You

We read in the Bible of the marvelous things Jesus did for people---and wish that the same experience might be ours. Through faith in Jesus Christ, they were able to accomplish the most astonishing achievements, or were rescued from sad plights or gained tremendous new power over difficulties.

Rather sadly we ask, "Why can't that happen to me?"

It can, and as proof I urge you to meditate upon this tremendous Spirit Lifter:

**Jesus Christ is the same yesterday, today, and forever.
Hebrews 13:8**

The simple truth stated here is that Jesus Christ never changes. He is an invariable factor in a variable world. He is just the same now as when He walked the shores of Galilee. He has the same kindness, the same power to heal and change men's lives. He is the same restorer of courage, the same transformer of people's souls.

Any things that He ever did for anyone throughout all history, He can do for you. It all depends upon how completely you surrender yourself Him---and how sincerely you believe.

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.

Cast Your Care on God

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

Therefore humble yourself under the mighty hand of God, that He may exalt you in due time, casting all your care

upon Him, for He cares for you. 1 Peter 5:6-7

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

Afraid of Nothing

Fear haunts the minds of so many people. It is a paralyzing sickness. One verse that has helped many is this:

The LORD is my light and my salvation; Whom shall I fear? The LORD is the strength of my life; of whom shall I be afraid? Psalm 27:1

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

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

He Makes You Whole

Depression of spirit is often caused by a haunting sense of incompleteness and by unresolved conflicts. Jesus Christ, the skillful Physician, heals the personality as surely as he heals the body and soul. This described in a wonderful passage:

Wherever He entered, into villages, cities, or the country, they laid the sick in the marketplaces, and begged Him

that they might touch the hem of His garment. And as many as touched Him were made well. Mark 6:56

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

Barbara Perry Speaks

“Friends Pull You Up”

7 And he took him by the right hand, and lifted him up: and immediately his feet and ankle bones received strength.” Acts 3:7

Let us pray, “Father, thank You for friends who won’t let us stay down but are there to help pull us up when we need them. Help us to develop relationships with the right people and to separate from those who keep us in the pits. Today we declare that we will stay

in an environment of faith, its In Jesus’ Name we pray, Amen, Amen, Amen.

After Peter spoke a word of faith to the crippled beggar in Acts 3, Peter wouldn’t let him stay down. He didn’t give him a choice. He prayed and then he pulled him up. We need some friends like Peter who won’t let us stay down, people who pull us out of that pit, when we can’t get up on our own, we don’t need people who feel sorry for us.

See we need people who love us so much they won’t let us make excuses or

stay discouraged or give up on our dream. To find and know these friends, we need to get away from a negative environment and people who are enabling our dysfunction and holding us back. People who tell us that where we are is where we’ll always be. So I encourage you to stay in an environment of faith. If we do this, we’re going to see increase, new levels, new relationship, new talents, and the fullness of our destiny, Amen.

“The Power of One Kind Word”

Proverbs 18:4 says, ***“Wise words are like deep waters; wisdom flows from the wise like a bubbling brook,”*** Amen.

Let us pray, “Father, thank You for the people You have placed in our life. We want to love them like You do. Thank You that You can transform our ordinary words into life-giving water for others. We believe that You are making

us into a lifter, an encourager, a healer, a healer, we Thank You and praise You and praise You, In Jesus’ name, Amen, Amen, Amen.

People are thirsty. People have gone through heartache. They’ve been pushed down by life. When we think of healing for them, we may think of praying for them, but we need to realize that our words have healing power, like life-giving water. When we’re kind, when we’re encouraging, when we don’t just think

something good but we take time to verbalize it, we’re being a healer. We don’t realize the power of a simple compliment the power of “I believe in you. You’re going to make it. Somebody needs our healing words today. Somebody won’t get past the depression without us speaking blessings into them. Somebody will give up on their dream unless we step up and encourage them. Will you be a healer today? Will you use your words to lift people? Amen

“The Seed of The Word”

15 But that on the good ground are they, which in an honest and good heart, having heard the word, keep it, and bring forth fruit with patience. Luke 8:15

Let us pray, “Father God, today that we choose to sow the Word of God! Thank You that it will not return void, but it will accomplish what it was sent forth to do! Thank You for giving every good and perfect gift to Your children. We bless Your holy name today and always, its In

Jesus’ Name we pray, Amen, Amen, Amen.

Sometimes in the natural, we don’t see how God’s promises are going to come to pass in our lives. It seems like there are so many obstacles to overcome. But we have to see God’s Word like a seed. When it’s planted in our hearts, and we water it by thinking the right thoughts and expecting good things, that little seed begins to grow into something much, much greater. Are you in an overwhelming situation today, maybe in your health, finances or

relationships? Does God’s promise seem small compared to what you’re facing?

Don’t sit back and think, “Man, it’s never going to get any better. It’s never going to change.” Instead, sow the Word by speaking it every single day. Water that seed by staying in faith because the seed of the Word has supernatural power in it. It will grow and flourish, and you will see God’s promises come to pass all the days of your life! Amen.

“Doubters”

5 For neither did his brethren believe in him John 7:5

Let us pray, “Father, thank You that You are taking us to the next level whether the people around us recognize it or not. Thank You that we are not limited by where we come from or by what others say or think about us. But we will not allow others to put a limitation

on what You have put in our heart, its In Jesus’ Name we pray, Amen, Amen, Amen.

It’s interesting that Jesus’ own brothers did not believe in Him until after He arose from the dead. He was performing miracle after miracle, but they didn’t see Him as the Messiah. They only saw Him as their brother and thought, “Oh, it’s just Jesus. Sometimes the people who have known us the

longest will try to keep us in the same box that we grew up in, but people don’t determine our destiny. What they say about us and how they try to make you feel cannot stop what God has ordained for our life. We need to distance ourselves from people who are always trying to put limitations on us and talk us out of what God has put in our heart, Amen.

THE BEAUTY OF HOLLAND

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

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

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

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

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

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

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

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

AND THE PAIN WILL NEVER, EVER GO AWAY, BECAUSE THE LOSS OF THAT DREAM IS A VERY SIGNIFI-CANT LOSS.

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

SOURCE UNKNOWN

Joyce Meyer: Promises for your Everyday Life - a Daily Devotional

“How to Experience His Presence in Your Everyday Life”

²³ **Jesus answered and said unto him, If a man love me, he will keep my words: and my Father will love him, and we will come unto him, and make our abode with him. John 14:23**

Life is busy and filled with distractions. It's so easy to get caught up in our cares, errands and worries that we lose sight of what matters most.

There's an interesting little story at the end of Luke chapter two about when Mary and Joseph took Jesus to Jerusalem for Passover when He was twelve years old. After the festival was over, they left to go home, supposing He

was with them.

I wonder how many times we supposing He was with them.

I wonder how many times we suppose God's with us when we've wandered off to do our own thing?

Now here's the interesting part. Mary and Joseph had traveled a day's journey before they realized Jesus wasn't with them and then it took three days to find Him. Three days! The message here is that it's easier to lose that special presence of God than it is to get it back once we've lost it.

We need to be careful to remain in the presence of God. When we do, we make God feel at home in our hearts.

This simply starts with being obedient to His Word. A commitment to

turn from behavior that offends God is the number one sign of spiritual maturity. It shows you care about what He thinks.

That means you choose to be generous toward others, you learn to forgive, let go of your offenses and live in peace. When we choose to be intentional with our words, giving thanks to God and lifting up others, we'll feel connected to God all throughout the day.

Prayer starter: Father, thank You for making You for making Your home in my heart. I need Your presence today, Lord. Help me to honor You with my thoughts and my words and to be a blessing to those around me.

“Jump-Start Your Dreams”

¹⁸ **where there is no vision, the people perish: But he that keepeth the law, happy is he. Proverbs 29:18**

What is the dream that God's placed in your heart? I'm not asking if you have one, I already know it's there because God gives all of us dreams.

I've seen people do all kinds of things to their dreams. Some people bury them so deep in their hearts in order to protect them from the criticism of others. Some people set them out of sight so they don't have to think about them anymore. And some people finally just give up on their dreams because it hurts too much to hold on.

If your dream needs a jump-start, there are two things I want you to remember. First, you need to get a vision that's clear. And second, you must keep your vision in front of you at all times.

But having a vision doesn't mean that it will instantly appear. God's as interested in the process of vision as He is in the end result.

The apostle Paul said in Philippians 4:11-13 that he had learned how to be content and satisfied to the point where he was not disturbed by whatever state he was in. In other words, he never allowed himself to get upset with where he was at the moment, he was always looking forward to where he could be.

That means you, like Paul, need to

find a balance between contentment and ambition. Here's the key: Learn to enjoy where you are on the way to where you're going.

When you have a dream or a vision, you have to keep it in front of you. If it helps, write it down. And remember, God will help you live the dream He's given you, step-by-step, one day at a time.

Prayer Starter: Jesus, even though I don't always feel like it and life tries to get me to quit, I believe You have a great plan for my life. I choose to trust You to help me live the dream You're given me more than I trust my circumstances.

“Oh Yes You Can!”

¹³ **There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able, but will with the temptation also make a way to escape, that ye may be able to bear it. 1 Corinthians 10:13**

We all face temptation, it's an unavoidable part of life. The question is not, “Will you be tempted? The question is, “When you're tempted, will you be ready?”

I really want you to get this: You can beat temptation. Stop saying, ‘Joyce, I just don't think I can.’ Take ‘I can't!’ out of your vocabulary.

In your own strength and your own ability, you're right. You can't. But when you put God's Word in your heart, when

you lean on His strength and trust in His promised, there's no temptation you can't overcome.

Over the years, I've noticed five things that make all the difference in overcoming temptation. First, you've got to be wise. Think about the choices you're making and the consequences before you make them. Wisdom looks ahead.

Next, you have to believe that you can resist temptation. Condemnation, guilt and shame work off of momentum, if you stop them early, they lose their power, but once they get rolling, they're hard to stop. Third, think of facing temptation as normal life. If you're expecting a fight, you'll always be ready.

Fourth, avoid areas of weakness. Don't put yourself in situations where you can easily fall. If you struggle with managing your money, don't go to the

mall when you can't afford to buy anything!

And finally, don't give yourself too much credit. We don't graduate from being tempted. It's so easy to think you've matured beyond stumbling, and once that happens, you make yourself an easy target.

God wants you to trust Him to bring victory in every area of your life. By His grace, you can!

Prayer Starter: God I realize temptation is a part of life. Help me not to be caught off guard or surprised when it comes. Thank You for the wisdom and grace to overcome any and all temptations and to live in Your victory.

A Bird's Eye View Of The Bible

Old Testament

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

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

LAW

Genesis, Exodus, Leviticus, Numbers, Deuteronomy.

The first five books of the Bible are sometimes called the 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 Prophets" (the last 12). The "Minor" ones are shorter, not less important.

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.

PROPHECY

Revelation

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



(Jerry from page 1)

would ask him how he was doing, he would' always reply, "If I were any better, I would be twins! " Many of the waiters at his restaurant quit their jobs when he changed jobs, so they could follow him around from restaurant to restaurant. The reason the waiters followed Jerry was because of his attitude. He was a natural motivator. If an employee was having a bad day, Jerry was always there, telling the employee how to look on the positive side of the situation.

Seeing this style really made me curious, so one day I went up to Jerry and asked him, "I don't get it! No one can be a positive person all of the time. How do you do it?" Jerry replied, "Each morning I wake up and say to myself, I have two choices today. I can choose to be in a good mood or I can choose to be in a bad mood. I always choose to be in a good mood.

Each time something bad happens, I can choose to be a victim or I can choose to learn from it. I always choose to learn from it. Every time someone comes to me complaining, I can choose to accept their complaining or I can point out the positive side of life. I always choose the positive side of life."

But it's not always that easy," I protested. "Yes it is," Jerry said. "Life is all about choices. When you cut away all the junk, every situation is a choice. You choose how you react to situations. You choose how people will affect your mood. You choose to be in a good mood or bad mood. It's your choice how you live your life."

Several years later, I heard that Jerry accidentally did something you are never supposed to do in the restaurant business: he left the back door of his restaurant open one morning and was robbed by three armed men. While trying to open the safe, his hand, shaking from nervousness, slipped off the combination. The robbers panicked and shot him. Luckily, Jerry was found quickly and rushed to the hospital. After 18 hours of surgery and weeks of intensive care, Jerry was released from the

hospital with fragments of the bullets still in his body.

I saw Jerry about six months after the accident. When I asked him how he was, he replied, "If I were any better, I'd be twins. Want to see my scars?" I declined to see his wounds, but did ask him what had gone through his mind as the robbery took place. "The first thing that went through my mind was that I should have locked the back door," Jerry replied. "Then, after they shot me, as I lay on the floor, I remembered that I had two choices: I could choose to live or could choose to die. I chose to live." "Weren't you scared" I asked. Jerry continued, "The paramedics were great. They kept telling me I was going to be fine. But when they wheeled me into the Emergency Room and I saw the expressions on the faces of the physicians and nurses, I got really scared. In their eyes, read 'He's a dead man.' I knew that I needed to take action." "What did you do?" I asked. "Well, there was a big nurse shouting questions at me," said Jerry. "She asked if I was allergic to anything." "Yes," I replied. The doctors and nurses stopped working as they waited for my reply. I took a deep breath and yelled, 'Bullets!' Over their laughter, I told them, "I am choosing to live. Please operate on me as if I am alive, not dead." Jerry lived thanks to the skill of his doctors, but also because of his amazing attitude.

I learned from him that every day you have the choice either to enjoy your life or to hate it. The only thing that is truly yours that no one can control or take from you -is your attitude, So if you can take care of that, everything else in life becomes much easier.

Now you have two choices to make:

1. You can forget you read this message or
2. You can share it with someone you care about.

I hope you selected #2. I did.

IT DEPENDS ON WHOS HANDS IT'S IN!

A basketball in my hands is worth about \$19.

A basketball in Michael Jordan's hands is worth about \$33 million.

It depends on whose hands it's in.

A baseball in my hands is worth about \$6.

A baseball in Mark McGwire's hands is worth \$19 million.

It depends on whose hands it's in.

A tennis racket is useless in my hands.

A tennis racket in Pete Sampras' hands is a Wimbledon Championship.

It depends on whose hands it's in.

A rod in my hands will keep away a wild animal.

A rod in Moses' hands will part the mighty sea.

It depends on whose hands it's in.

A sling shot in my hands is a kid's toy.

A sling shot in David's hand is a mighty weapon.

It depends on whose hands it's in.

Two fish and 5 loaves of bread in my hands is a couple of fish sandwiches.

Two fish and 5 loaves of bread in God's hands will feed thousands.

It depends on whose hands it's in.

Nails in my hands might produce a birdhouse.

Nails in Jesus Christ's hands will produce salvation for the entire world.

It depends on whose hands it's in.

As you see now it depends on whose hands it's in.

So put your concerns, your worries, your fears, your hopes, your dreams, your families and your relationships in God's hands because –

It depends on whose hands it's in. »

A TIME TO SPEAK

Today Scripture: **Ecclesiastes 3:1-7**

“There is a time for everything... a time to be silent and a time to speak. Ecclesiastes 3:1,7

For thirty long years, the African American woman worked faithfully for a large global ministry. Yet when she sought to talk with co-workers about racial injustice, she was met with silence. Finally, however, in the spring of 2020-as open discussions about racism expanded around the world-her ministry friends “started having some open dialogue.” with mixed feelings and pain, she was grateful discussions began.

Silence can be a virtue in some situations. As King Solomon wrote in the book of Ecclesiastes, “There is a time for everything, and a season for every activity under the heavens:...a time to be silent and a time to speak” (Ecclesiastes 3:1, 7).

Silence in the face of bigotry and injustice, however, only enables harm and hurt. Lutheran pastor Martin Niemoller (jailed in Nazi Germany for speaking out) confessed that in a poem he penned after the war. “First they came for the Communists,” he wrote, “but I didn’t speak up because I wasn’t a Communist.” He added, “Then they came for” the Jews, the Catholics, and others, “but I didn’t speak up.” Finally, “they came for me—and by that time there was no one left to speak up.”

It takes courage—and love—to speak up against injustice. Seeking God’s help, however, we recognize the time to speak is now. Patricia Raybon

Why is it important not to be silent during discussions about injustice? What hinders your willingness to engage in such dialogue?

Dear God, release my tongue and heart from the enemy’s grip. Equip me to see and feel the harm of injustice so that I may speak up for those hurt by this sin.

¹ There is a time for everything, and a season for every activity under the heavens: ² a time to be born and a time to die, a time to plant and a time to uproot, ³ a time to kill and a time to heal, a time to tear down and a time to build, ⁴ a time to weep and a time to laugh, a time to mourn and a time to dance, ⁵ a time to scatter stones and a time to gather them, a time to embrace and a time to refrain from embracing, ⁶ a time to search and a time to give up, a time to keep and a time to throw away, ⁷ a time to tear and a time to mend, a time to be silent and a time to speak.

INSIGHT

Ecclesiastes may seem pessimistic, and we might easily read today’s poem about time in a depressingly fatalistic light. After all, the poem begins by balancing the miracle of birth against the stony phrase “a time to die” (3:2). Essential to this elegantly honest lyric is the section that immediately follows (vv. 9-14). “[God] has made everything beautiful in its time,” wrote the wise author of Ecclesiastes (v. 11). Then he noted, “He has also set eternity in the human heart” (v. 11). This awareness of the eternal motivates us to look beyond ourselves (and beyond this time-bound earth) to discover true meaning. We find it only in the eternal One. “Everything God will endure forever,” wrote the wise man (V.14). We can live joyfully in the acknowledgment of this great eternal God, who gives us genuine meaning in this life and a forever future in the next. Tim Gustafson

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

Cross Street Recovery Ministry the “Hope Line” is in operation 24 hours per day. Please call 860-754-4606 if you, a friend and/or a family member are in need of counseling and/or are in crisis, **PLEASE** dial the “Hope Line”. All information will be confidential.

CROSS STREET MINISTRY OF RECOVERY
We can’t but through God, all things are possible. How might we pull on God’s strength to help each other recover?

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

For more information contact:
Church office 860-344-9527.or
Rev. Gregory B. Winborne: Days: 860-616-3834

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
 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 & in the front lobby. If you would like a PDF copy sent to you, Email your request to: ken46@snet.net. If you have an article or information (word count 1000 - 1500 or less) for current and future publications the deadline for this information is the Monday after the 2nd Sunday of each Month. **You may submit your information in the following ways:** place the information on a CD (Window format) and leave it in the Cross Street office, E-mail Ken Simmons (Ken46@snet.net), or give it to him. **Praise God!!!**



CROSS STREET A.M.E. ZION CHURCH

Organized in 1823

440 West Street P.O. Box 223
Middletown, CT 06457

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

crossstreetchurch@snet.net
www.crossstreetamezion.org

Sunday School — 8:45 a.m.
Worship Service — 10:00 a.m.

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

Email: mharvill@snet.net

The Rev. Dr. Terry L. Jones
Presiding Elder

Mrs. D. Diane Proctor
Missionary Supervisor

The Right Reverend Dennis Proctor
Presiding Prelate

Ministerial Staff

- Rev. Robyn Anderson-Turner
- 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



Retooling For Church Growth In 2021

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

“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 discernor of
the thoughts and intents of the heart”
Hebrews 4:12*

Prayer: Forever, O Lord, your Word is
settled in heaven. I bless you because
you have given me rest according to all
that you have promised to me. Not one
word of all your good promises has ever
failed. In light of this truth, I will walk in
your Word at all times.
I love your Word, Father, it is a lamp
unto my feet, and a light unto my path.
All of your words are pure, O God, and
you are a shield to me. Lord God, your

way is perfect, and your Word is tried.
You are a shield and a mighty buckler to
me as I trust in you.
With your Word you made the heavens,
O Lord. all of your promises are yes in
Christ, unto your glory, O God. You
have spoken through your Word since
ancient times, in order to give light to
those who sit in darkness, and you guide
my feet in the way of peace.
Your Word is quick, alive, and powerful,
and sharper than any two-edged sword.
It pierces even to the dividing asunder of
my soul and spirit, and of my joints and
marrow, and is a discernor 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