

# FMBC *focus*

MONTHLY NEWSLETTER | FIRST MISSIONARY BAPTIST | SEPTEMBER 2021 – VOLUME 1



## Welcome FMBC!

Welcome to our first FMBC Focus Newsletter!

Let's give a thank you to God for getting us to 2021! We can all be grateful for our Savior getting us through 2020.

We pray that you will take the time to put aside the distractions of this past week, and even past year and get your focus on Jesus! Psalm 122:1 says; I was glad when they said unto me, Let us go into the house of the Lord. Most likely you are like the rest of us here who are absolutely thrilled to say "good-bye" to a year that presented challenges

with the horrible pandemic and its challenges that we've never seen before! The pandemic is moving forward, with vaccination shots accessible for adults. We all are looking forward to being with family again. Praise the Lord!

We hope that you take the time monthly to read our newsletter. It's another way to communicate with our members and community.

Let's continue to give thanks to our Savior for the many blessings that we receive and be thankful that he is with us always!

## Completely Devoted

Beware of anything that competes with your loyalty to Jesus Christ. The greatest competitor of true devotion to Jesus is the service we do for him. It is easier to serve than to pour out our lives completely for him. The goal of the call of God is his satisfaction, not simply that we should do something for him. We are not sent to do battle for God, but to be used by God in his battles. Are we more devoted to service than we are to Jesus Christ himself?  
—Oswald Chambers

## Church Events

**Weekly Sunday Service - 0900**

**September 11 – Christian Leadership and Education**

**Training, 6 week 9-11, FMBC – ZOOM**

**6:00pm - Weekly Bible Study ( ZOOM)**

**6:00pm - Weekly Sunday School Study (ZOOM)**

## National Events

**September 6 – Labor Day (no school) –**

**September 12 - National Grandparents Day**

**Sept 15 – Oct 15 Hispanic Heritage Month**

**September 22 - First day of Autumn**

# An interlocking community



Christ distributes courage through community; he dissipates doubts through fellowship. He never deposits all knowledge in one person but distributes pieces of the jigsaw puzzle to many. When you interlock your understanding with mine, and we share our discoveries, when we mix, mingle, confess and pray, Christ speaks.



It is well,  
it is well  
with my soul

**Proverbs 22:17**  
*“A merry heart does good like medicine”*

## A NEW DAY

This is the beginning of a new day. You have been given this day to use as you will. You can waste it or use it for good. What you do today is important because you are exchanging a day of your life for it. When tomorrow comes, this day will be gone forever; in its place is something you have left behind...Let it be something good.

## Bible Facts

### Did you know that:

- There are 66 books in the Bible?
- Micah and Nahum are the middle books of the Bible?
- 3 John is the book with the fewest words?
- Psalms has the most chapters?
- There are 1,189 chapters in the Bible?
- Psalm 117 is the middle chapter of the entire Bible?
- Psalm 117 is also the shortest chapter in the Bible?

- Psalm 119 is the longest chapter in the Bible?
- There are 31,101 verses in the Bible?
- Psalm 118:8 is the middle verse of the entire Bible? “It is better to take refuge in the LORD than to trust in man” (NIV).
- John 11:35 is the shortest verse in the Bible? It has two words: “Jesus wept.”
- Esther 8:9 is the longest verse in the Bible? It has 78 words.

## What's Up!

Ever wonder what God is doing in your life, or what — if anything — he’s accomplishing through you? You aren’t alone! Many people in the Bible surely felt the same way, from Joseph as a prisoner in Egypt to Mary as a young, unwed expectant mother. Answers may come in time ... or may need to wait until we get to heaven. Meanwhile, like missionary Elisabeth Elliot, we can take comfort in this truth: “God is God. Because he is God, he is worthy of my trust and obedience.” Elliot proclaimed, “I will find rest nowhere but in his holy will that is unspeakably beyond my largest notions of what he is up to.”

## Giving Our Best

Have you noticed that family tension tends to ratchet up as summer progresses? As you may have found during quarantine, bickering often escalates as siblings and parents spend more unstructured time together.

To be honest, I add to the problem sometimes. After I expend energy at work, navigate all our schedules and try to serve my friends and community, little of my “best” is left by day’s end. My family often gets the leftovers — literally and figuratively.

In “Be King,” Christian musician Brian Morykon sings about the struggles of expressing love, even to relatives: “Be gentle to your brother/ Jesus will show you how./ Choose to bless your enemies/ even those that live in your house.”

Our Savior sets an example by always loving me and always giving his best. That knowledge can help me flip things around and find ways to give my best, not my leftovers, to the people in my house.

—Janna Firestone

# Go to Sleep, God Has the Wheel

I remember driving with my Dad at night when it would rain hard, and as a kid, I was afraid. I thought to myself, "How could he see? What about all of the cars around him?" However, time and time again, I would drift off to sleep in the back of the car. You see, no matter how dark and stormy the road, my Dad had the wheel, and I trusted him.

I'm reminded of a story about the English Reformer martyr, Nicholas Ridley. Nicholas Ridley was a Bishop of London who lived during the times of the Marian persecution of Protestants. The night before Ridley was to be executed, we find recorded that when asked by some friends if he would like them to stay up with him that night, he said, "No, no, that you shall not. For I mind (God willing) to go to bed, and to sleep as quietly tonight, as ever I did in my life."

How could he sleep before his execution? It was because he knew that his heavenly Father had the wheel, no matter how dark and stormy the road ahead might be. The Psalmist wrote about this experience in Psalm 4:8, "In peace, I will both lie down and sleep; for you alone, O Lord, make me dwell in safety." Another way to say this is, "Be still and know that I am God." Still your heart Christian, because God is God. No matter what happens, no matter what your experience may be, there is not a square inch in this universe or moment in time over which he does not reign. Lay your head on this pillow and sleep: God is God. Whisper to your heart, "Be still, heart, God is God." Fall, recklessly into the pillow of his sovereignty, love, mercy, and care.

What is happening in your life? What anxiety is keeping you up at night? You can drift off to sleep because your Heavenly Father has the wheel, and no matter how dark and stormy the road ahead of you might be, you can trust him with your life.

Paul Banfe



In his book *Living Life on Purpose*, Greg Anderson shares the story of one man's journey to joy:

... his wife had left him and he was completely depressed. He had lost faith in himself, in other people, in God—he found no joy in living.

One rainy morning this man went to a small neighborhood restaurant for breakfast. Although several people were at the diner, no one was speaking to anyone else. Our miserable friend hunched over the counter, stirring his coffee with a spoon.

In one of the small booths along the window was a young mother with a little girl. They had just been served their food when the little girl broke the sad silence by almost shouting, "Momma, why don't we say our prayers here?"

The waitress who had just served their breakfast turned around and said, "Sure, honey, we pray here. Will you say the prayer for us?" And she turned and looked at the rest of the people in the restaurant and said, "Bow your heads."

Surprisingly, one by one, the heads went down. The little girl then bowed her head, folded her hands, and said, "God is great, God is good, and we thank him for our food. Amen."

That prayer changed the entire atmosphere. People began to talk with one another. The waitress said, "We should do that every morning."

"All of a sudden," said our friend, "my whole frame of mind started to improve. From that little girl's example, I started to thank God for all that I did have and stop majoring in all that I didn't have. I started to choose happiness."

— *Leadership*, Vol. 17, no. 4.

See: Jn 16:24; Eph 6:18; 1 Th 5:16-18; Jas 5:13.

## Monthly Memory Verse

Memorizing Scripture allows us to encourage believers. If you are not reading your bible, you will never know what God's word says, which makes it impossible for you to repeat his word.

Memorizing Scripture gives believers a great opportunity to share it with other believers and encourage them to live in obedience, fight temptation, renew their minds, and conform more to the person of Christ. Knowing Scripture is a vital part of ministering to others. Monthly, we'll provide a verse for you to remember and use in your walk with Christ, in prayer and in other areas of your life.

2 Timothy 3:16 All scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness. (KJV)

## Healthy & Well

Wellness can be defined as a process where people become aware and make choices toward a more healthy and successful existence. Over the next few months, let's look at the Components of Wellness and what we can do to implement them in our lives. Good Health is one of the most cherished possessions that we have until we lose it. It involves choices that may be good or bad. Wellness is a lifelong process that requires the individual include introspection, self-awareness, reflection, inquiry, information that is accurate and last, but not least action. These areas can represent a formidable challenge because most of our habits, good or bad, begin in early childhood and carry through adolescent years, early adulthood and finally disease by the time we reach our middle age years or later. Sometimes it is difficult to change some diseases later in our lives, however, the earlier we begin, we place ourselves in a better position to combat the disease. Next month we'll begin discussing the Components of Wellness to gather a better understanding of overall health and wellness.

## An Attitude of Gratitude

It can be really difficult to think of things you are grateful for when everything in your life seems to be going wrong. Countless studies show that for many people, finding a bit of thankfulness each day can actually increase happiness levels and decrease depression.

By developing an Attitude of Gratitude, we can feel more fulfilled and joyful each day.

An Attitude of Gratitude is a regular habit to express appreciation for all different parts of life, no matter how small.

