

Praise God and good day Thessalonians

As restrictions seem to increase every day, the church will continue to make adjustments and will work to be well prepared. As you know by now, we have already set up a number of precautionary tactics to help maintain fellowship, unity and cohesion in the body of Christ. We love each of you and want you to continue to be prayerful, hopeful and faithful. Remember, God certainly loves you and your Pastor and leadership are loving you every day. These are simply Prep times for End times. So Stay woke! Be watchful and Pray.

Praise Centered and practically oriented:

God is good – All the time (I will Bless the Lord at all times; His praise will continually be in my mouth. My Soul will make its boast in the Lord, the Humble shall hear of it and be glad. Oh magnify the Lord with me. And let us exalt His name together. Psalms 34:1-3 – then he says, I sought the Lord and He heard me, and delivered me from all my fears. Vs. 4. Now, Is God good? right now in the midst of trouble. Ps 27:5 – The Bible should be our source of comfort and inspiration. If it is, then:

We are in exciting times, difficult, but exciting! Whenever, you are forced to change and get out of your routine, it pushes you to rely on God. Relying on God goes against our human nature and certainly our carnal mindset; however, it is the best thing we can do as believers. When God strips away self-reliance and forces the world to reflect on life and more important issues, can you still say, God is good? All the time, yes, God is good? I hope so, even in the storms of life. God is good and He works all things together...(Rom. 8:28) What are some of the self-reflecting or more important issues? Life and People, especially our seniors; family and spending time with your children; doing good and helping others and food as a necessity for life, but not food which drives us toward obesity or health issues. (Thank God for those restaurants and food banks which are helping 'people.' By the way, in the past, we have thrown-out a lot of food every day in America. I'm sure this crisis has taught us to waste less.) Yes, this crisis has made us stop and think about food in different ways. Also, Love and caring for others and, the importance of human contact has been heightened. I know your saying that this situation has not produced all good things. People have been hoarding toilet paper and other items. Some have been fighting. There is anxiety, stress, confusion, uncertainty and a sense of helplessness. That is even more of a reason for us to turn to God Almighty. Now you should be quoting Bible verses and Believing Bible verses. I will Look unto the hills from whence cometh my help. Psalms. 121. The Lord is my light and my salvation whom shall I fear. The Lord is the strength of my Life. Ps. 27 The Lord is my Shepard I shall not want Ps 23. In my distress I cried to the Lord and He heard me. Ps. 120:1. Now, pray for your government that they would do a good job and, that no lie or false rumor would stand. Yes, there are many things which could alarm us; however, for the most part, people have been self-reflective and refocused on life's essentials. The Bible says "And we know that all things work together for the good of those who love God and who are the called according to His purpose." Rom. 8:28.

Thessalonians, if we continue in his love, stay focused on Christ and practice loving each other while looking out for humanity (people are the essential thing), God can be seen in this crisis. (Christ for the crisis) Difficult times, when God is consulted and obeyed, become exciting times. Yes, God is still good all the time.

Remember the HEWS during these challenging times. ('Chopping out' the bad things in our lives and focusing on the good).

Focus on your **HEALTH**. Both Mental and physical health are important during this time. If you are feeling overwhelmed (human beings need human contact), make sure you are talking to positive others and possibly using face time or other video devices to keep healthy relationships going. Good Communication is important for mental health. Pray a lot and don't look at anything overly depressive. Think on things which are good (Ph 4:8). Find ways to lighten up your day. Keep laughing and find joy somewhere, anywhere, occasionally and often as possible throughout this experience. (Prov. 17:22) As the saying goes, turn lemons into lemonade. Healthy eating. Try practicing better cooking and eating habits during this pandemic. If you are home more, focus in on creating a healthy diet. Look for new ways to eat right. Get proper rest. Tell yourself as you read the scripture, don't stress. You cannot change anything anyway on your own (Luke 12:24-28) God is in control (Ps. 93). Exercise: jog in place, do jumping jacks, watch an exercise video, walk outside. Do something physical in order to maintain mobility and activity throughout your day. Keep your mental and physical motivated.

Stay in control of your **ENVIRONMENT**. Healthy inside your body yes, it is important. But, healthy around your body, is also essential. The environment around you must be conducive for happiness and productivity. And if you are in God's secret place, that's a good environment (Ps. 91). Stay there. Try your best to keep a positive atmosphere, edifying conversation and helpful resources which will enhance your productive desires. Gospel music, scriptures on your wall, and things which make your environment healthy and happy. Even department stores play music to put you in a good mood.

Secondly, keep a good aesthetic. Organize your life, clean your spaces (work, house, room) and make sure it is conducive for growth and personal achievement. It is hard to accomplish a lot and feel good about yourself if your space is chaotic. If you're at home, clean up during this time. Plant something which brings life. Your environment can help keep you, from falling into depression. It can also help you rise above the crisis. As you are practicing safe distancing, practice positive spacing. Remember God is Beautiful, His branch beautiful (Is. 4:2). And order and beauty are important to our environment for productivity.

Someone once said that health is **WEALTH**. Every human being is already wealthy to some degree. Your cognitive abilities, your physical agility, the fruitfulness of love and the richness of human relationships, give you the capability to build on meaningful things. When God made Adam, he was wealthy. After all, Adam was made in God's image and likeness. Gen 1:26. I believe that we should be building (up) something in abundance. It is our responsibility to be

fruitful and multiply. Building (edifying) on what God has given us (mind, body soul, spirit) is imperative. And Yes, building your money and resources (not worshiping them or exalting above God), it is important. Mat. 25:20 Sometimes we miss opportunity to build wealth. When we do not take time to understand ourselves (as wealthy beings made in God's image) and the things we have to offer the world, we short change opportunities. Most people build wealth by having an understanding of their value. They understand that they have access to something which can supply something to the world (which is in short supply). After all we are all unique with different finger prints. When you do not take time to understand the wealth of life which you already possess, you will miss the opportunity to see the genius which God has placed in you. Your genius can supply the worlds short supply. Wealth is important not simply to have resources in abundance; however, it is important because (2 Cor. 8:14.) your surplus has the ability to supply someone else's need. A true Christian who builds wealth, will ultimately end up distributing to those who are in need; and God always gives seed to the sower. Warning, don't bury your talent or operate in fear Mat. 25:25 – but, rather make a profit (Mat. 25:30). Build your life with God, build your resources (don't bury or waste them) and yes, build wealth. Remember, wealth is not simply having money but being spiritually resourced. Note: the bible warns against those who would simply be rich (1 Tim 6:9); the bible states that the man who build greater barns was not rich toward God (Luke 12:15-21) and where your treasure is there will your heart be also. Mat 6:21. It is more blessed to give than to receive. Acts 20:35.

When I think about ***Spirituality***, I'm not simply thinking human beings are spiritual. I am thinking that Human beings are in touch with the one who made them beings (yes, God). How can I be spiritual without having a relationship with the God who formed the spirit(ual) and the body? My spirituality is therefore the most important thing. I believe we were made in the image and likeness of God. The book of Genesis chapters 1 and 2. I believe that in order to be spiritual, I must focus in on God. Now, I have enough sense to know that humanity has erred in a huge way. We destroy so many things, the earth (the cause of 'global warming'), the animals and our relationships with each other (jealousy, envy, murder, greed) etc.... In other words, we all have sinned Rom. 3:23. If we are really going to be spiritual we need to be more like God. God is love 1 John 4:1-16. Spirituality and Love go together! But wait don't miss God's perfect demonstration of love, John 3:16. That's right, His son Jesus. If we really want to be spiritual, we need Jesus. 1 John 5:1 if you really believe that Jesus is the Christ, you are born of God... in other words you are spiritual like God. During this time of crisis. Practice spirituality, be like Jesus, receive Jesus and Love! In life, if we are going to HEW out the evil within us, we need Spirituality. There is no such thing as spirituality without demonstrative Agape (unconditional) love which comes about by Jesus in you.

Hey Thessalonians lets make the HEWS a daily practice. It will not only help us through the covid 19, it will help us beyond Covid 19.

Stay connected Love Pastor Malobe

Remember 1John 4:18 There is no fear in love; but perfect love casts out fear; because fear involves torment. But he who fears has not been made perfect in love.

Thessalonians, your leadership is still working for you!

Next steps:

- Wednesday nights we will continue to have service through Zoom. Rev. Anderson and MIT Wyneisha are conducting the services for next several weeks.
- Sunday will be live streamed and recorded through audio, uploaded to our website.
- Our deacons will continue to look out for our seniors. Thank You Deacons!!!!
- The pantry is open for business – missionaries are doing a great job.
- New Members classes will be conducted through media (contact your new members teacher).
- We are working on ways to conduct regular Sunday School classes.
- Offerings will be collected through Givelify or they can be mailed to the church through checks. Or dropped off to any church official. 1Chronicles 16:39
- Communion service will be scheduled, stay tuned.
- Groups – Women, Men, Youth and Young Adults and Children should find ways to keep in connection with their people. Ministries must continue to function. Leaders must continue to communicate and up lift their communities.
- Ministers have created a 24-hour prayer and support line for the church. Coming soon.
- Trustees are maintaining scheduled visits and security measures for the church.
- The Welcome center is still open for business and mail.
- Everyone needs to be an evangelist at this time. Be a Witness and win souls.
- All VISA teams should be meeting via phone and praying every week with each other.
- Finally, Maintain your 5-W's Daily: Stay in your WORD – continue to WORSHIP – always be WELCOMING – maintain your WITNESS – and continue to WORK (while it is day...)

Stay informed for what's happening on Sundays and all upcoming events through TWC website.

Coming Soon!

The HEWS challenge. Send in Videos/photos and/or helpful tips to improve your HEWS!

Demonstration Videos on how to set up Zoom, Givelify, and other essential things.

Testimonial videos of God working in the body.

Further updates of important things going on in the body!