From the Heart of Bishop

Praise God for 21 days of prayer and fasting as we strive for unity like the Gideon 300!

What is fasting? It is not merely going without food for a period of time. Biblical fasting is refraining from food for a spiritual purpose. Fasting has always been a normal part of building a relationship with God. As expressed by the impassioned plea of David, in Psalm 42, fasting brings one into a deeper, more intimate and powerful relationship with the Lord. When you eliminate food from your diet for a number of days, your spirit becomes uncluttered by the things of this world and amazingly sensitive to the things of God.

In Psalms 42:7a, David penned, “Deep calls unto deep.” His hunger and thirst for God was greater than his natural desire for food. As a result, he reached a place where he could cry out from the depths of his spirit to the depths of God, even in the midst of his trial. Once you’ve experienced even a glimpse of that kind of intimacy with our God, our Father, the Holy Creator of the Universe, and the countless rewards and blessings that follow, your whole perspective changes. You will soon realize that fasting is a secret source of power that is overlooked by many.

Jesus started His earthly ministry with a 40 day fast. At the end of the fast He was tempted by Satan in three areas: The lust of the flesh, lust of the eyes and the pride of life. Where Adam had failed, Jesus withstood and overcame every test. If you are having problems in any of these areas fasting will help you over come.

In scripture we find these words in Matthew 17:14-21...

"A man brought his son to Jesus disciples to get a lunatic
Sunday 8:30 AM
MMCC Sanctuary

Managing Our Finances God’s Way
Sunday 8:30 AM
MMCC Administration Building

Youth Bible Class
Wednesday 6:00 PM
Fellowship Center

Prosperous Living
Wednesday 6:15-7:30 PM
MMCC Administration Building

Overcoming the Spirit of Rejection
Wednesday 6:30 PM -7:30 PM
MMCC Sanctuary

Ministries
Christian Education - Wanda Gibert
Children's Church - Joyce Russell
Dance Ministry - Syreeta Evans
Food Pantry - Daisy Newsome
Kitchen Ministry - Rosie Mayfield
Music Ministry - Rodney and Adria McNair
Transportation - Johnny Russell & Steve Young
Usher Board - Jo Johnson
Junior Ushers - Rufus Brown
Youth Directors- Kirk & Syreeta Evans

Deacon Board
Cecil Cross
John Gibert
Hobson Johnson
Marlon Mayfield
Marlon Moss
Kenneth Woodfolk

Trustees
Hazelle Cormartie
Kirk Evans
Harris Harden
Ralph McLean
Marlon Moss
Phyllis Qualls
John Slater Jr
Vickie Zackery

spirit cast out, but they could not cast the spirit out. They wanted to know why. And Jesus said to them, because of your unbelief; for verily I say unto you, If you have faith as a grain of mustard seed, ye shall say unto this mountain, Remove hence to yonder place; and it shall remove, and nothing shall be impossible unto you. Howbeit this kind goeth not out but by prayer and fasting.”

Whether you desire to be closer to God or are in need of a great breakthrough in your life, remember that nothing shall be impossible to you. Fasting is truly a secret source of power.

Love You,
Bishop Solomon and First Lady Arlene Smith

College Notes

FASTING IN COLLEGE by Christeon Mayfield

As college students, there is a lot that we deal with both spiritually as well as in the natural. Often times it is easy to become discouraged in your faith and in your studies with the increasing pressure of school. God has set in place tools for us to use in times such as those; one of which is fasting. During this month, the church body will be fasting corporately.

In 2 Chronicles 7: 13-15, God says,

“If I shut up heaven that there be no rain, or if I command the locusts to devour the land, or if I send pestilence among my people; If my people, which are called by my name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sin, and will heal their land. Now mine eyes shall be open, and mine ears attend unto the prayer that is made in this place.”

Fasting is a way of humbling yourself before God. By moving "self" and its desires out of the way, we allow the Holy Spirit to come in and reveal things to us.

You may feel that, as a college student, you are unable to participate in this fast. Maybe, you live in a dorm, and your meals have already been purchased. Maybe you have special, health-related dietary needs. That does not mean you have to feel left out. You may decide that you want to fast (denying all food except water) until a specific time, for a certain amount of days each week. You may decide to just do the Daniel Fast. You may even decide to fast from something that is not food at all. Whatever thing is distracting you from spending time in the Word and in prayer may be the thing you choose to deny during this time. This time last year, I started out doing a fast until
Volunteers Needed

We need God motivated volunteers to lead the following sections of the Newsletter:

**Newsletter Editor**
Looking for someone who is willing to learn Constant Contact.

**Department Writers**
Laughter, Good for the Soul

MMCC Birthday Announcements

If you are interested in volunteering or want to provide recommendations for enhancing our Newsletter please email media.manager@mmccwaukegan.org

New Website!

MMCC is pleased to announce the launching of our new website!! Please visit us at www.mmccwaukegan.org. Please sign up for online giving! Mount Moriah is very excited about this new feature. Giving online is easy and allows you to set up automatic reoccurring contributions and view your complete online giving history from anywhere you have access to the internet. More exciting features will be implemented soon, such as online reservations for the Ernestine Fellowship Center, Online Sermon's and more!

"When you practice some appetite-denying discipline to better concentrate on God, don't make a production out of it. It might turn you into a small-time celebrity but it won't make you a saint. If you 'go into training' inwardly, act normal outwardly. Shampoo and comb your hair, brush your teeth, wash your face. God doesn't require attention-getting devices. He won't overlook what you are doing; He'll reward you well."

MMCC Youth Explosion 2013 Update

The Youth Explosion of 2013 was surrounded by the theme of children leading by example. The two day event was a success, as the youth showed their dedication and love for the Lord through the demonstration of their various musical and instrumental talents.

On December 27, 2013, the Youth Explosion began its first night with a musical. We had various youth from Mt. Moriah and the community, showcase their talents for the Glory of God. We were blessed to have the following provide a word of encouragement or give a performance:

- "Shakira", Jesus Name Apostolic Church, delivered an insightful poem about youth standing for Christ.
- Shelby Obleton, Waukegan Community Church, gave an anointed vocal performance.
- Anointed Praise of Mt. Sinai, gave an awesome praise dance performance.
- Norris Johnson II, Reconciliation Ministries, led us in prayer.
- Trendsetters4Christ, Mt Moriah, led us in praise and worship as they sang songs unto the Lord.

Prior to our youth going forth in the ministry of music, Bishop Solomon Smith prayed for and anointed each youth with oil to go forth with a Spirit of Truth and Excellence as they honored the Lord with their gifts and talents.

The audience was also surprised and blessed with the rich, seasoned sounds of our very own Mt. Moriah Quartet. We praised and worshipped the Lord in spirit and truth. It was most wonderful to see

The following MMCC members contributed to this Month's Newsletter. Thank you all for your Godly service!

Christeon Mayfied - College Notes
our outstanding youth lead the entire event.

The second and last day of the youth explosion concluded with an inspirational and uplifting message from Taylor Moore, world renowned percussionist. Taylor has many accomplishments including playing for or behind many popular musical artist including Aretha Franklin. She has traveled the world to deliver her musical gift, and has had many opportunities flow her way due to her obedient, uncompromising lifestyle. Twenty-four year old Taylor preaches abstinence and encourages other youth to follow the path of purity until marriage as an honor to God. Youth received her compassionate, upbeat, down to earth message. She closed the night with two songs that reaffirmed her solid position of abstinence and a self worth. All who attended were truly blessed. If you want see a performance by Taylor Moore see video below.

Christmas Musical Update

"COME LET US ADORE HIM"
Christmas Musical
December 21, 2013

To usher in the joy of the Lord, the morning service started with the Willing Vessel Children's Choir blessing the congregation with song and a dramatic rendition of the nativity scene featuring: D'Nae Sykes as Mary, Jalen Snell, Rodney McNair and Chris Maggett as the three wise kings. As the children sang "Bless The Lord, O My Soul" and "Holy Is The Lamb" the church was given a visual picture as the three wise men bowed before the King. "O Come let us Adore Him” filled the sanctuary as the choir entered with a moving candlelight processional.

New comer to the choir, Jessica Brown, teased and tugged on the heart strings of those who truly are worshippers by leading "So Amazing”. Take the time to reflect and honor the Lord with some of
the words of the song: “I stand amazed at Your glory, I stand amazed at Your strength, I stand amazed at Your power.

So Amazing - AMAZING!” That was just the MORNING SERVICE!

The Four o'clock Christmas Musical opened with Directress, Minister Adria McNair giving an encouraging, uplifting and open arm welcome to all. Following in her footsteps, her daughter Arianna McNair recited the Musical’s Theme Scripture: LUKE 2:10-12.

The TRUE meaning of the Christmas season is to celebrate the birth of our Lord and Savior Jesus Christ! What better way to express that feeling than to joyous proclaim “JOY TO THE WORLD” and “HARK THE HERALD ANGELS SING”.

Guest Soloist, Yvette Freeman, turned up the praise to another level by singing ”The High Place”. Minister Adria McNair and Yvette Freeman, after singing together for about 15 years, praised the Lord as if there were no one else there but them and God.

We're not done yet... ANOTHER new comer to the choir, Jermel Williams, did more than 'JUSTICE' to "This Is The Season Of Miracles". I hope you caught what was said, IT'S YOUR TIME FOR A MIRACLE!

Psalist Yvette Freeman and Minister Adria McNair sang a duet, "I Love The Lord". What better way to give the Lord your heart and to surrender your all!

Inspirational Thoughts

GOD DESERVES SO MUCH MORE FROM US, BUT REQUIRES SO LITTLE FROM US

Scripture says:

GOD owns the cattle on a thousand hills, (Ps 50:10); GOD created the heavens and the earth, and all there is within, (Gen1:1); Heaven is his throne and the earth is his footstool (Acts 7:49); GOD spoke and created all things in existence, GOD parted the Red Sea for his people(Ex 14:16); tore down the walls of Jericho (Josh 5:13); controls the seasons (Eccl 3:5); uses catastrophes through nature to accomplish his will (Is 28:2-4); life and death are in his hands (Deut 32:39); and finally GOD so loved the world He gave his only son (John 3:16) to pay our sin debt, which covers a multitude of every human frailty within our flesh seen and/or unseen. What on earth could we possibly do for Him? How do you repay someone who gave you everything on this earth and the only thing He requires from us is US?

To present our bodies as living sacrifices holy and acceptable unto Him is our reasonable service! (Rom 12:1). Is this all that He requires from His greatest creation? To walk in His will? To hear His voice? To obey His commands?
Deut 10:12-14...

"And now Israel, "what doth the Lord thy God require of thee, but to fear the Lord thy God, to walk in his ways, and to love him, and to serve the Lord thy God with all thy heart and with all thy soul. To keep the commandments of the Lord, and his statutes, which I command thee this day for thy good? Behold, the heaven and the heavens of heavens is the Lord's thy God, the earth also with all that there is."

Why is such a small task so hard for his children?

God said in Matt 17:20...

"if ye have faith of a grain of mustard seed, we can say unto this mountain be moved and it shall be removed and nothing shall be impossible unto you."

God is telling us that we don't even have to have great faith, but a little faith can accomplish much. Can you imagine if you had great faith what could be accomplished? Joshua asked the Lord for the sun to stand still in the midst of heaven and the moon stayed until Joshua defeated the Amorites. What about the widow who only had a little oil and how the Lord blessed the little jar of oil into such an abundance she was able to pay all her debts and have what was left.

Does this make you think about how we can do better? We can never level the playing field with God. We can never give God more than He has already given us, but we can begin TODAY to recognize what we have in God and do better. The only thing he requires is US!

Scripture readings
Josh 10:12
2 Kings 4:1-7
Deut 11

Meet and Greet
Welcome December 2013 Members!
Jerianah Allen
Natasha Allen
Mikenyah Howard

Health and Wellness
Many people will begin 2014 with a mindset to make a resolution about their health and wellness. Sometimes people are successful and sometimes they are not. There are many reasons for success or failure, but the main reason for maintaining a healthy lifestyle should be the realization and understanding that our bodies are a temple.
1 Corinthians 6 v 19-20 says,

"What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God’s."

If we respond to this scripture, it will be easier for us to make better choices concerning our health & wellness. Before you make a resolution about health & wellness, first make a commitment to God and meditate on the scripture above. Use it as guidance to help you make positive changes regarding your health and wellness for the year of 2014! Remember you are not your own!

**O Taste And See**

**Supercharged Spaghetti!**

Heat approx 2-3 T. extra virgin olive oil in a skillet. Add the following diced veggies according to the size portions for your family: sweet or yellow onion, garlic, green pepper, mushrooms, zucchini, yellow squash and carrots. After veggies have soften, add All Natural Ragu Sauce (with no preservatives or additives). Season with salt, pepper, basil, and oregano to taste. Cook whole wheat pasta or Ramen noodles according to package instructions. Top with spaghetti sauce. Bon Appetite!

**Laughter Good for the Soul!**

A man had been lost and walking in the desert for about five days. One hot day, he comes to the home of a preacher. Tired and weak, he crawls up to the house and collapses on the doorstep. The preacher takes him in and nurses him back to health.

Feeling better, the man asks the preacher for directions to the nearest town. The preacher tells him the directions and offers to lend him his horse to make it. The preacher says, "However, there is a special thing about this horse. You have to say 'Thank God' to make it go and 'Amen' to make it stop."

Anxious to get to town the man says, "Sure, okay," and gets on the horse. He says, "Thank God" and sure enough, the horse starts walking. A bit later he says louder, "Thank God, Thank God," and the horse starts trotting. Feeling really brave, the man says, "Thank God! Thank God! THANK GOD!" and the horse is soon up to a full run!
About then he realizes he's heading for a huge cliff and yells, "Whoa!" But the horse doesn't even slow! It's coming up REAL QUICK and he's doing everything he can to make the horse stop. "Whoa, stop, hold on!" Finally he remembers, "AMEN!!!"

The horse stops a mere two inches from the cliff's edge, almost throwing him over its head. The man, panting and heart racing, wipes the sweat from his face and leans back in the saddle. "Oh!" he said, gasping for air, "Thank God."

- AUTHOR UNKNOWN -

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