



# POWER LUNCH

JANUARY 2008

*Bringing Worship to the Workplace*

## Music and Worship

*By* Michael White

Praise and Worship is the most powerful way to connect with God and is vital to the strength and growth of every believer. So often we consider Praise and Worship to be songs sung in a specific style of music, but it is not just what you do on Wednesdays to begin Power Lunch. It is the heart of your existence. It is what develops your relationship with God. When your worship is consistent, you will begin to recognize and hear the voice of God. Praise is adoration and thanksgiving to God for what He has done. In our worship service, it is characterized by excited expressions and lively responses that testify to the matchless love of God. We praise God with singing, shouting, dancing, musical instruments and most importantly, speaking forth all the many things He is to us. As you can see, these audible responses are commonly used for anything you are inclined to celebrate. This is why the word of God and the name of Jesus are so important. It is what separates your praise from that of crazed fans at a sports event. Hebrews 13:5 says, "Through Jesus, let us continually offer to God a sacrifice of praise – the fruit of lips that confess His name". Worship is relationship between you and God. It is you pouring out your heart with love and continuous conversation and dialogue with Him. Can you imagine being in a relationship with someone that you only spoke to when you needed something? So often this is how our relationship with God is, but that is not what HE wants. God wants to hear you call Him and say "I don't want anything; I just wanted to tell you that I love you and ask what can I do for you". When we move into corporate worship it leads us into the presence of God. It is a constant fellowship (Ephesians 5:19-20). Take time daily to pray and share your heart with God. Sing to Him and bow before Him. Worship is a decision, a lifestyle that does not change regardless of our circumstance. Whether at

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## A Testimony of Worship

*By* Rev. Steve White

For me, Music and Worship was the foundation of how I related to God. I can remember at the age of five, when my father spent time teaching all six of my brothers, sisters and I to sing. My dad, the Reverend Dr. Rudolph White, was the pastor of this small church in Virginia and he used us to inspire others to worship and praise the Lord. We ended up becoming his personal choir that he could use when

he had to preach revivals. As we grew, so did our abilities. My older brother Tony and Mike began to teach us how to sing. We were constantly improving our skills; we were always in the forefront of the worship experience.

As a young man, my connection to God began with my worship. I admired my older brother Tony for his vocal abilities and how he could inspire the people of God to worship with him. I often wondered why he could say

*Continued on Page 2***Founder  
& DC Facilitator****Rev. Matthew L. Watley**

## Prayer Request!

**The Power Lunch Prayer Team is ready to receive your request. If you are interested in joining The Prayer Team or have a request, it can be submitted online at [www.powerlunch.org](http://www.powerlunch.org).**

## ISSUE HIGHLIGHTS

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home or work, when things are great and even when all hell breaks loose, the peace of knowing God will guard your heart and mind through Christ Jesus. We respond to the reality of life's challenges with authority declaring over it a greater reality. God is more than able to do exceedingly, abundantly above all we could ask or think. (Ephesians 3:20)

Even in your worst moment when the enemy is getting the best of you, isn't it great to know that you have access to the Creator? Praise and Worship causes the presence of God to come into our midst. He is already there, but as we praise Him openly we begin to see Him. He then begins to show us His authority and rule over our environment. Your worship, your relationship takes you to the place where His glory dwells. In His presence there is fullness of joy and pleasures forevermore.

God has Power Lunch in His calendar every week. God is waiting to meet with you every Wednesday. Praise and Worship is the vehicle that prepares our hearts to meet Him and hear from Him. Your praise is vital to the worship experience. Each person magnifies the presence of God. Let's make a conscious decision as you press your way to Power Lunch, to worship God with all our heart, mind, soul and body; uplifted hands, shouting, dancing and declaring the love of Jesus. As we worship together on one accord the atmosphere is set for the move of God. Get Ready!

*Michael L. White is the Minister of Praise and Worship and Minister of Music to Youth and Young Adults at Reid Temple A.M.E. Church. His CD is titled "Conqueror" (MW True Praise Ministries, www.michaelwhitemusic.com).*

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so many things during a song; what I discovered later that it was because of his study of the word of God which helped me to look at studying the bible in a different light.

The most influential person in my life when it came down to music and worship was my brother Mike. His ability to take you into the inner courts of God and play with such an intimate spirit of love for God made me search my gifts to see what I could give back to an awesome God who has blessed me so.

As a man of God and pastoral candidate, my experience as a young man until now has created a love relationship with God that inspires me to continue to sing His praises and inspire others to do so. I have improved my gifts as a vocalist, songwriter, drummer, and producer to keep our family tradition of teaching others to worship and leading the people of God into His inner courts to adore Him and glorify Him. Worship is the backbone of every church service and every Christian's personal walk in relationship with our savior. It prepares our hearts and minds for the Word of God and the revelations of His Holy Spirit. So let us continue to bless the Lord with our worship for He is surely worthy of it all.

**Power Lunch News** **January's Monthly Focus  
Music and Worship****Announcements**

Power Lunch is now in seven cities. Washington, DC, Atlanta, GA, Baltimore, MD, Dallas, TX, Columbia, SC, Columbus, OH and Suitland, MD.

**It's Seeding Season!****Become a Partner Today**

The fruit that Power Lunch yields demonstrates that this ministry is good soil. Don't miss your chance to be a part of the harvest.

Sign-up forms are available at the product table and online at [www.powerlunch.org](http://www.powerlunch.org).

**Become a PL Volunteer!**

If you are interested in becoming a PL Volunteer please sign-up at the welcome desk. Your gifts and talents are needed.

**Write for the Newsletter!**

Are you gifted in the area of writing? Why not submit to The Power Lunch Newsletter. We are accepting articles & Testimonies to include in upcoming editions. The articles & Testimonies must be Bible based and must focus on applying Biblical principles in the workplace. Submit all articles to: [newsletter@powerlunchonline.com](mailto:newsletter@powerlunchonline.com)  
Submit today!

*Stay tuned for the February edition of  
The Power Lunch Newsletter!*