



POWER LUNCH

MAY 2008

Bringing Worship to the Workplace

The Birthing of Purpose

By Min. Krista Forbes

As women, we are the carriers of life – whether it's the birth of a child or the birth of a concept or an idea. We have been given an assignment by God to 'carry' His blessings; therefore, we are equipped to do great things! As 'Pregnant Women', we must look at our condition through a spiritual lens to determine our progress from trimester to trimester and to our delivery experience.

- 1. We must realize and accept immediately that which comes from God, is growing inside of us.**

Jeremiah 1:5-7 "Before I formed you in the womb I knew you, before you were born I set you apart; I appointed you as a prophet to the nations."

That which has been planted in us is the 'seed' assigned to us by God.

- 2. We must get under the Doctor's Care from the very beginning.**

Romans 8:9 "You; however, are controlled not by the sinful nature but by the Spirit, if the Spirit of God lives in you."

This is the first trimester of our 'pregnancy term'. We begin to really seek and go after God. We must regularly attend church and bible study. We begin to fast and pray, regularly. You must examine your habits, your circle of friends and your priorities according to the Word of God.

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What Are We Doing With Our Time?

By Pamela Jenkins

Time is a precious commodity that once gone, can never be replaced. The impact that time has in our lives rests in the value of knowing of how to utilize God's time wisely. We can all grow in this arena and become better stewards over the time that God has allowed.

Power Lunch is one of the most blessed 60 minutes of time one could encounter in the Union Station movie theater. It is there that the word has impacted my life and pointed me more in the direction God has been striving to move me towards. Sermons that dealt with God "separating the wheats from the tares" in our lives, may it be people or things He needs us separate from, (Matthew 13:24-30), or that in life we are going to deal with struggles and that we should commit to knowing that we are more than conquerors, are sermons that Rev. Watley so eloquently professed. We will not lose the battle, for as we know the battle is Not our, but the Lords.

As Christians Rev. Watley reminded us that we may struggle physically, emotionally physically, or spiritually, but we cannot lose because God's grace is sufficient for us and that within our struggle comes our strength. In fact, we were reminded that those who are in Christ Jesus should walk in the victory that God states is our own, our faith should never waver and we should definitely walk victoriously.

Messages like those strengthened me in my belief of becoming more victorious as I endured one of the most tremendous valley experiences I had yet to encounter: enduring eight long months without receiving a paycheck from my job. I went to church or power lunch repeatedly, and without fail, the answer for what I needed was in the rhema that was spoken. Each week

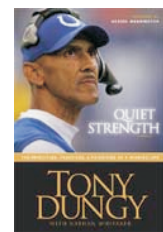
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Founder
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ISSUE HIGHLIGHTS

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3. Expect the discomfort that comes from change and growth.

1 John 4:4 "Greater is He that is in me, than he that is in the world."

This second trimester is when the real expansion of your body begins. When you are carrying the gift of ministry, whatever that gift may be for the expansion of God's Kingdom, there will be some pain. What we are carrying around will also become obvious to others, and everything around us must be adjusted to it.

4. Relax and breathe!

Philippians 4:6 "Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God."

While it is natural for us to rush to see what the end will be, we must stay in a position of prayer for what God is about to do. Even though we don't see it.

5. It's time! And it's called "labor."

James 2:26 "As the body without the spirit is dead, so faith without deeds is dead."

As servants in God's Kingdom, we must expect to work. There will be times of pain, sweat and tears, but all will be outweighed by the eternal glory.

Pregnant Women, those who know what you are carrying and those who don't, we have to see our calling through to full term. We are carriers of life, love, joy, peace, patience, kindness, and goodness. We must continue pressing forward until we deliver all that God has planted in us!

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Rev. Watley would ask us members of the praise team, "You doing ok? How's everything? Do you need anything?" Little did he know how badly I wanted to say, "Yeah brother, I'm broke, can you help a sista out?"

It amazes me how miraculous God is and how He uses our experiences to show His precious grace and mercy. I thank God for Philippians 4:19 which states that He (my God) shall supply all my needs according to His riches in glory by Christ Jesus. Throughout that experience that scripture became one in which I dared God to prove. To "make ends meet" I started doing hair in my kitchen. I will admit that I did not want to invite folks up into my kitchen, lean them back into my sink and shampoo the dirt out of their hair (in my sink). Thankfully, God saw something more as this being a part of His plan for my life for out of those hair sessions, out of that valley, came the opportunity to minister His word to those who had begun to turn their backs on Him and to pray for those whose situations were worse than my own. My valley experience was both humbling me and changing me as well. God began to teach me to be more "self-less" when I continued to want to be "selfish" and sometimes fall into a pity party. He was teaching me that in my valley experience, His purpose for my life would further be established.

God needs us to be His vessel in the earth realm so that His word can be manifested. He had to remind me that we His children are ambassadors for Him. Like Paul I to believe that for the joy that was set before me, I had to endure the pain, whether I wanted to or not. God needs us to walk in being a vessel He can use for His glory. We have to believe that He is going to take care of us. He is our Jehovah Jireh, our provider, our Jehovah Shalom, our peace and that in the earth realm He will allow various "joints" to aid us in what needs we need supplied.

As I approach my one year anniversary since joining Reid Temple AME Church and becoming a part of the Power Lunch Praise Team I asked myself, "What have I done with my time?" I realized that I had endured three fender benders, endured 8 months of having insufficient funds, constantly strove to pay my bills, while sometimes crying out to the Lord about when would it all end. All the while, I also noticed that my praise began to increase, my worship increased, my witness increased, my tithe never wavered, and my faith in God increased as well. I began to walk more in God's purpose especially last August when I began to put aside my inhibitions and began putting pen to paper to begin writing my first book. A book I pray and believe will only usher more souls into the kingdom of God.

So, as we continue going through life and dealing with the gas situation, the economy situation, or any other situation that comes our way, "What are we doing with our time?" in the meantime? Are we praising Him more, believing more, trusting more? I pray that we are keeping before us Hebrews 11:1 which states that "Now faith is the substance of things hoped for and the evidence of things unseen."

Power Lunch News

May Monthly Focus Women

Announcements

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

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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.

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

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*Stay tuned for the June edition of
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