



POWER LUNCH

JANUARY 2009

Bringing Worship to the Workplace

Praise and Worship

By Michael White

Christians! To have a daily relationship with the Lord let us start our day walk in worship, as a conqueror. No matter how the enemy tries to destroy your day, lean on your relationship with God. God will give you strength to come back from whatever comes your way. Do you remember that feeling you have when you first fall in love with someone? Your heart is beating heavily and you just can't keep still. You do everything in your power to remember what took place when you were together and your whole existence revolves around that love relationship. You can't wait to be in that person's presence. Well, that is the feeling the PL Praise Team would like you to feel as we minister in praise and worship to you. Remember and build your love relationship with the Lord Jesus Christ!

Music has and is a major part of my life. I started as a musician at the age of 11 for a preacher who happens to be my father. I started playing the piano simply because we needed someone and I asked God for that gift. God gave it to me... I did take piano lessons and started picking up things by ear. I have been a self-made musician through the anointing of God.

When I was 24, I came to the Washington, D.C. area from Berryville, Virginia. I did a

Continued on Page 2

My Testimony

By Haja Janneh

"O taste and see that the LORD is good, blessed is the man that trusteth in him." Psalm 34:8

All praise and honor belongs to my Lord and Savior Jesus Christ, because without him I would not have been where I am today.

I was born and raised in the West part of Africa to the best parents in the world who were very successful in what they did. In my formative years my mother had to stop working to become a full-time stay home mom to raise my three brothers and me. My father worked as a diplomat with the government for many years. Did I mention how strict my parents were especially my mother....so strict to the point our friends at school called our fence surrounding our house the Berlin Wall. In spite of all the very strict discipline and morals they instilled in us they spoiled us with love and we lacked nothing. Right after high school my parents decided to send me to the United States of America in search of a higher education. I was prepared and nurtured for a lot of things in life but one thing my parents forgot to mention were the storms of life. My perception back then was if I studied hard for a test I will pass; if I worked reasonably hard I will be successful and as long as I was diligent in what I did I will be okay like my parents. Boy was I wrong!!!

When I got to the US I felt liberated, I was now on my own, no parents to look out for and finally I was free to go out on a date. I knew at some point I wanted to get married and settle down, after all my parents got married young and are still married. It was not too long that I met and fell in love with this guy who later became my husband...we were married for many years. Life was great, married life was the best, I felt like I got my life strategy down to the T. I could not have asked for a better life, everything was going great just as I had planned. I enrolled at the University of North Carolina.

My husband and I had a well laid out plan for the rest of our lives and I felt like we were on course to achieve them. Well, let me tell you, just about my final year at UNC, my whole life crumbled. It was like a brick wall I had worked so hard to put up came tumbled down in one second. I was brought down to my knees. Everything you can possibly imagine went wrong. I suffered an Etopic pregnancy that was surgically removed, the transmission in my car blew up, suffered very tough marital problems that later ended up in a divorce, I became homeless because I could not afford the apartment. I was so close to graduating with a double major but I stood and watch it slipped away. When I thought of how close I was to graduation, my whole life literally flashed before my face and went up in smoke. I had no one...I mean no

Continued on Page 2

Founder
& DC Facilitator



Rev. Matthew L. Watley

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.

ISSUE HIGHLIGHTS

Praise and Worshio

By Michael White

My Testimony

By Haja Janneh

Continued from Page 1 Praise and Worship

recording with **Toby Palmer and Chosen Generation**. I began to minister with **Patrick Lundy**; I was actually the organist for his first two projects. In developing the Praise & Worship Ministry at Reid Temple in the spring of 1995, I found my true calling and purpose. In 2006, I was able to release my first project "Conqueror", which is a collection of praise and worship tunes. This CD aims to bring the lover of God into the ultimate presence of God. It comes out of **Romans 8:37** ... bringing that scripture to life. Therefore, when you go through something I would like you to remember this scripture, think on God's word and speak life into your situation. Just say I am more than a conqueror through Christ that strengthens me.

The Praise Team here at Power Lunch is committed to impacting worshippers with a fresh flow of praise and worship. The music will prepare you to receive the word from Rev. Matthew Watley. We thank you for coming and participating in praise and worship with us.

Michael White
Praise and Worship Leader PL DC

Continued from Page 1 My Testimony

one I could call other than my parents in Africa. I had lived such a private life that none of our friends knew what was going on. They had their suspicion of problems but none confirmed at least not from me, till the day they saw my stuff being hauled away in to a U-Haul truck.

To this day I remember one of the many instances that helped shape my life so vividly. I came home from school on this particular day and to occupy my wondering mind I decided to start boxing my stuff up to put in storage, besides, I only had few days to the end of the month I was supposed to vacate the apartment. My will to live another day was gone. At this point I was so broken that inspirational songs became my food and source of strength. As I boxed my stuff I had my CD player going just to break the constant silence in the room. Suddenly, Mary Mary's "Can't give up now" came on, I lost all cool. I was balled up in a fetal position in one corner of the room on the floor and cried myself to sleep. When I woke up the CD player was still going, all the lights were still on and the food I had in a slow cooker for dinner was all dried up. It took every bit of strength I had left to force myself to get up off the floor. I was contemplating a lot of things; you name it including quit school. I thought I had nothing to live for anymore.

At the end of the month, my stuff ended up in storage, I gave up the apartment and I ended up in the hospital with dehydration. While I was in the hospital one of my friend's whose dad was a pastor visited and prayed with me everyday. When I was released from the hospital I stayed with them. My intention at this point was to throw my hands up and give up and returned back home where I knew I was comfortable, but, on the back of my mind there were two constant voices, my mother telling me "baby, you are too close to give up" and Mary Mary's "Can't give up now". The lyric to the whole song was so profound but one particular line stuck out that moment "I don't believe he brought me this far to leave me". In spite of my storm I was sober enough to be very thankful for this family that did not know me from Adam and decided to take me in. So the following Sunday I went to church with my new family. When you think there was nothing else that can be said or done to hit me like a brick, the Pastor's message on that day was "When all you have left is God". Mind you I had just been released from the hospital few days prior; well, I made a return visit that night because I cried so much that I ran out of tears. I was released few days later.

To cut a long story short, it was apparent that all I had left was God so I made a conscious decision to rededicate my life back to HIM, attended church regularly, praised and thanked HIM every chance I got, prayed and studied about him daily. I got so close to him that I would hold a conversation with him regardless of where I was. I gradually became at peace with myself and my situation. Nothing at this point mattered to me anymore. I was so humbled that what ever came my way I was not moved. I felt like I had seen every facet of life at a young age. I was no longer the shallow, sheltered and Daddy's little brat no more. The verse "O taste and see that the LORD is good, blessed is the man that trusteth in him." Psalm 34:8 became clearer to me.

In conclusion, not too long, doors started opening. I graduated from UNC. I got a 1 year contract job as a programmer with an electric company in North Carolina without even applied for it. Mind you, I had never worked as a professional programmer. I later found out that my resume was pulled from UNC's databank; I was hung up on the fact that I was not worthy of such an opportunity, WHY ME, don't ask me how but I got the job. The company hired three people from UNC, two graduate students and me an undergrad. I made more money than I thought possible for a new graduate. After the one year contract was up they decided to hire me fulltime but I decided not to stay with the company or in North Carolina. Don't get me wrong the south was beautiful and good to me but it was time for me to move on. By then, my family had move to the US and stayed in the Maryland area so I decided to move to Maryland. To this day, I am very grateful for that opportunity that God made possible because it opened up a lot of doors for me. That opportunity led me to great companies like Northrop Grumman and now Amtrak. When I thought all was lost God was working behind the scenes for me. I can firmly say "with God ALL things are possible". Now, I am grateful and comfortable to say I am truly happy with myself and where I am in life that NO MATTER what comes my way does not matter anymore. So devil you can hit me with your best shot, brick or whatever else you got. I am solid in Christ as a rock....LOL...I feel truly bless, I'm happy.

Power Lunch News

January Monthly Focus

Music and Worship

Announcements

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.

Leadership Lessons

Pickup a copy of previous leadership lessons from Power Lunch at the welcome desk.

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

Submit today!

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