

FOR YOUR INFORMATION

**March Lunch Delivery
Ward 3**

Focus not Fearful

**Prayer Leaders
Senior Saints &
Women's Ministry**

Scriptures

Friday, March 20th

Romans 8:35 - 39

Saturday, March 21st

Psalms 34:6 - 10

Sunday, March 22nd

Romans 8:26 - 30

Monday, March 23rd

Psalms 84:8 - 12

Tuesday, March 24th

John 3:16 - 21

Wednesday, March 25th

2 Peter 3:8 - 13

Thursday, March 26th

Psalms 34:15 - 19

**First African Baptist
Church 23 Montgomery
Street Savannah, GA
31401 Sacrificial Solitary
Prayer Wednesdays @
6:00AM**

**For Transportation call
The Church office
@ 912.233.6597**



Turning Every Crisis into Opportunity

If you've been trying to stay afloat in the storms of life. . .if you need encouragement for the battles you're in. . .then. . .this teaching is just for you.

Mark 4:35-40 in the Amplified Bible says: "**35** On that same day [when] evening had come, He said to them, Let us go over to the other side [of the lake]. **36** And leaving the throng, they took Him with them, [just] as He was, in the boat [in which He was sitting]. And other boats were with Him. **37** And a furious storm of wind [of hurricane proportions] arose, and the waves kept beating into the boat, so that it was already becoming filled. **38** But He [Himself] was in the stern [of the boat], asleep on the [leather] cushion; and they awoke Him and said to Him, Master, do You not care that we are perishing? **39** And He arose and rebuked the wind and said to the sea, Hush now! Be still (muzzled)! And the wind ceased (sank to rest as if exhausted by its beating) and there was [immediately] a great calm (a perfect peacefulness). **40** He said to them, Why are you so timid and fearful? How is it that you have no faith (no firmly relying trust)?"

No matter how spiritual you are or aren't. . .there will come a time in your life when the storm clouds will fill your horizon, darkening the view of your destination, beating up your ship of state. . .making you wonder whether you will survive the howling winds and blowing rain of adversity.

If you draw a breath. . .you're considered dangerous to the devil. . .you will face a crisis in life from time to time. The question is not whether or not you will face a crisis but rather how you will respond to it. But in every crisis. . .you can find opportunity.

President John F. Kennedy once said:

"When written in Chinese, the word "**crisis**" is composed of two characters-one represents **danger**, and the other represents **opportunity**."

In **dictionary.com** the word crisis means:

"a stage in a sequence of events at which the trend of all future events, especially for better or for worse, is determined; turning point."

Every crisis we face in life will be a turning point. . .for better or worse. The decision for better or worse. . .is ours.

In fact, **Romans 8:28** in the Amplified Bible tells you everything you ever need to know about whatever crisis you will ever face. . .when it says:

"We are assured and know that [God being a partner in their labor] all things work together and are [fitting into a plan] for good to and for those who love God and are called according to [His] design and purpose."

It's important to understand that crisis will come and go. . .just like the changing tide of the ocean.

Psalm 34:19 in the Amplified Bible says:

"Many evils confront the [consistently] righteous, but the Lord delivers him out of them all."

If we're obedient to the Word of God. . .when trouble comes we have the confidence in knowing that God will deliver us out of it all.

Homebound Disciples

Ward 1: Saussy/Roberson

Sis. Marion Dobson
Dr. Ethel P. Stokes

Ward 2: Houston/Lawrence

Sis. Mattie Rouse
Sis. Thelma Tharpe
Bro. Jerome Williams
Sis. Joann Mouzon
Sis. Natasha Garvin-Holmes

Ward 3: Johnson/Sanders

Sis. Carolyn Mars
Sis. Sara Herring
Sis. Lillie Evans

Ward 4: Bush/Riles/Wright

Sis. Helen Braxton
Sis. Pearl Holmes
Bro. Gene Morris

Ward 5: Anderson/McGuire

Sis. Julia Rhaney
Sis. Irene Billups

Join us on the prayer
line each day at 6:33
AM!
Dial (712) 775-7465.
The Access Code is:
800021#.

Welcome to all of
our **F.R.A.N.s**
(*Friends, Relatives,
Associates &
Neighbors*) and all
other Guests

OTHER UPCOMING EVENTS

Sunday March 22nd @ 9:00am ~ Sunday School Empowerment Hour
Sunday March 22nd @ 10:00am ~ 4th Sunday Worship Experience
Wednesday March 25th @ 6:00am ~ Sacrificial Solitary Prayer
Thursday March 26th @ 12:noon ~ Hour of Power Bible Study
Thursday March 26th @ 6:00pm ~ Thursday Night Worship Factory

Important Information regarding Coronavirus- COVID19

Take steps to protect yourself



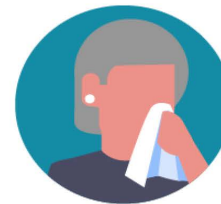
Clean your hands often

- **Wash your hands** often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use a **hand sanitizer that contains at least 60% alcohol**. Cover all surfaces of your hands and rub them together until they feel dry.
- **Avoid touching your eyes, nose, and mouth** with unwashed hands.



Avoid close contact

- **Avoid close contact** with people who are sick
- Put **distance between yourself and other people** if COVID-19 is spreading in your community.
- This is especially important for [people who are at higher risk of getting very sick.](#)



Cover coughs and sneezes

- **Cover your mouth and nose** with a tissue when you cough or sneeze or use the inside of your elbow.
- **Throw used tissues** in the trash.
- **Immediately wash your hands** with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.



Wear a facemask if you are sick

- **If you are sick:** You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then you should do your best to cover your coughs and sneezes, and people who are caring for you should wear a facemask if they enter your room. [Learn what to do if you are sick.](#)
- **If you are NOT sick:** You do not need to wear a facemask unless you are caring for someone who is sick (and they are not able to wear a facemask). Facemasks may be in short supply and they should be saved for caregivers.



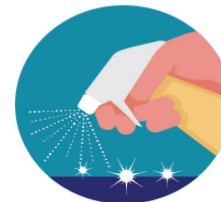
Stay home if you're sick

- **Stay home** if you are sick, except to get medical care.
- [Learn what to do if you are sick.](#)



Cover coughs and sneezes

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- **Throw used tissues** in the trash.
- **Immediately wash your hands** with soap and water for at least 20 seconds. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol.



Clean and disinfect

- **Clean AND disinfect frequently touched surfaces daily.** This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- **If surfaces are dirty, clean them:** Use detergent or soap and water prior to disinfection.