

The Testament

May 2020

Lincoln Memorial Baptist Church

Durham, NC

Conquering Our Peter Moments

- by Bro. Dean Jernigan

In Matthew's Gospel (14:22-33), we see a powerful illustration of maintaining our focus on Christ in our times of need. The story is very familiar to many of us. After feeding the multitudes with 2 fish and 5 loaves of bread, Jesus sent His disciples ahead of Him toward their next destination. The disciples got into a boat while Jesus went up into a mountain to pray.

Early in the morning, the disciples found themselves far away from the shore as the wind and waves had carried the boat out into the water. Terrified of their circumstance, they became frightened when they saw Jesus walking on the water toward them. "It's a ghost," they cried out. Hearing them, Jesus replied - "Don't be afraid - It is I". Peter challenged Jesus by saying that if it's really you, then tell me to walk on the water too. "Come" was the reply from Jesus and Peter began to walk on the water toward Him. But as he walked, he took his focus off of Jesus and began to notice the strong winds and the waves that were surrounding them. At that moment, Peter started to sink into the water and yelled out to Jesus for help. Jesus reached out and saved Peter and the two entered into the boat with the other disciples.

Our prior discussions in Bible study or Sunday School of this story have centered on the fact that Peter was able to walk on the water because of his faith in Jesus. He focused on Jesus at the start of his walk, but along the way he became distracted by his surroundings - the strong winds and the movement of waves. Focusing on his surroundings took his focus off of Jesus - the center of his faith, and as a result, he started to sink.

After Jesus saved Peter, he asked - "why did you doubt?" One interpretation of the question posed by Jesus is that since you trusted me enough to get out of the boat, why didn't you trust me enough to complete the journey to me?

The passage of scripture does not provide a response from Peter, but the story that is told could easily apply to the current state of our nation and our world. In our walk of faith, we focus on Christ, study His Word and constantly give our troubles and burdens over to Him. We do so because His Word instructs us to do so

and we have professed our belief in it. *Give your burdens to the Lord, and he will take care of you. He will not permit the godly to slip and fall. (Psalm 55:22 NLT)*



But sometimes, like Peter, we take our focus off of Christ and become consumed by our circumstances. Sickness, financial woes, family issues, stress and strife distract us and cause us to doubt and worry. We take our eyes off of Christ and we fail. Those are our Peter moments and you can be sure that the enemy is busy trying to make sure that Peter moments fill every second of our day.

So how do we conquer these moments? Currently, we are in the midst of a global pandemic that has altered our daily lives and consumes our local and national news cycle. We see incomparable sickness, staggering death tolls and mind-numbing incompetence from our nation's elected leader that provides little confidence in his ability to safely navigate the country through this pandemic.

In this environment, it's easy to be distracted by the noise - those images and sound bites that disturb us and tug at our emotions. In these moments, as hard as it may be, we have to reach deep down into our spiritual core and regain our focus. We have to recall the victories over the storms that our God has guided us through in the past. We have to pray like never before for peace and understanding. We have to remain confident in knowing that God has a plan, even if we can't understand it. *Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight. (Proverbs 3:5-6 NIV)*

Time after time, God has demonstrated His ability to deliver His people from adversity. When the Egyptians feared for their lives from Pharaoh's approaching army, our Heavenly Father miraculously opened the Red Sea and allowed them to safely pass through out of danger. When Daniel was tossed into a den of hungry lions and faced certain death, God stepped in and provided a layer of protection that spared his life. When Job endured unbearable tragedy and loss, God restored him and made him whole in the end.

Streaming Lincoln!



Just as adverse weather will not hinder the delivery of our mail, a deadly and menacing virus will not hinder the delivery of God's Word to His people. To that end, First Lady Marva adjusts her camera as she prepares to stream our morning worship service on Facebook Live. High above, Deacon Murphy readies his camera to live-stream the service on our website. Sis. Vera Hodge is also assisting with the live-stream effort. Lincoln members, including Bro. Reginald Davis, Bro. Tony Williams, and various individuals from our Usher, Trustee, and Music Ministries have participated in limited numbers to assist Rev. Atkins with continuing our worship service. Please join us online for:

Morning Worship Service:

On Facebook: go to LMBC

Church Website:

<https://mylmbc.org/sunday-morning-services>

Sunday School:

In your web browser, type:

meet.google.com/mzc-ybuq-iwk

For audio only for Sunday School and/or Morning Worship Service:

On your phone, call:

(234) 714-0382

PIN: 421 305 768#

Regardless of the threats, illnesses and circumstances that we face, God has promised to never leave or forsake us. Our duty is to remain focused on Him and maintain our faith in moments of crisis and uncertainty. Trust and believe that He will see us through to the end. *God is our refuge and strength, always ready to help in times of trouble. (Psalm 46:1)*

Around Lincoln...



Congratulations to Sis. Apryl Jernigan on being selected for the Phi Eta Sigma National Freshman Scholastic Honor Society at Fayetteville State University! Unfortunately, Apryl's induction ceremony was cancelled due to the virus pandemic. We salute her for her hard work and dedication. Best Wishes to Apryl as she continues her educational pursuits!

Happy Anniversary Lincoln!



Our church anniversary celebration will be different this year, but we will still give God all the honor and praise for another year of working in His vineyard for His glory. Never before has it been any truer that the church is not in the building, but it lies within us! *For where two or three are gathered together in my name, there am I in the midst of them. (Matthew 18:20)* **Happy Anniversary Lincoln! The Best is Still Yet to Come!**



Deacon in Training on Duty for the month of May

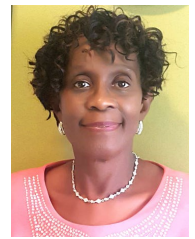
**Bro. Tony Williams
(919) 625-2829**

Minister's Corner

- by Rev. Patricia Lee

It Works For Me and It Works For

*Psalms 91; Isaiah 40:18, 21-31;
Romans 8:18-25; Psalms 118:1*



I listed some scriptures, which will assist us in dealing with the great "unprecedented crisis" of today. This is what our leaders call it.

As Christians and true believers of God, people will often come to us for answers. They desire comfort and assurance. Some also attempt to prove our walk of faith is not what we claim it to be. I seize this opportunity to share scripture that proves Jesus cares. It works for me. It will work for us all if we practice it.

Look at this true Bible story. Pharaoh was envious of the Hebrew nation so he made them slaves. In God's appointed time, He executed His plan of freedom for His children. He plagued the Egyptians with 10 deadly plagues but His own children were only involved with the final plague. This further illustrated His power and mercy using the blood of an unblemished lamb. Does that sound familiar?

Remember the Israelites were strategically placed in Goshen away from the sinful, idolatrous Egyptians. It was no accident. It is no accident for you to be where you are during this time of pestilence either. I boldly claim to be a Goshenite. It works for me to believe this.

Easter is our great reminder of our great hope and it is our very great assurance. Jesus: No Greater love. Jesus: the true powerful son of God. Jesus the Cross Bearer - died for me, suffered for me, this undeserving Goshenite.

So therefore there can be only one answer to this present situation and anything else the enemy tries to take us out with. What is it? Better yet - Who is it? ***The Answer is Jesus!!! Always has been and always will be. Works for me and it works for you. Let's sing along together. Jesus is the answer for the world today! Above Him there's no other. Jesus is the Way!!!***

He that dwelleth in the secret place of the most High shall abide under the shadow of the Almighty. I will say of the Lord, He is my refuge and my fortress: my God; in him will I trust.

Psalm 91:1-2

Black History Spotlight



Diahann Carroll

Actress

Actress Diahann Carroll was born July 17, 1935 in the Bronx, New York but grew up in Harlem. She received her education and her theater training at Manhattan's School of Performing Arts.

At the age of 19, Carroll received her first film role when she was cast as a supporting actress in the 1954 film *Carmen Jones* which starred Dorothy Dandridge and Harry Belafonte. After her film debut, Carroll starred in the Broadway musical *House of Flowers*. In 1959, she returned to film in Gershwin's *Porgy and Bess* where she performed with an all-star cast that included Sidney Poitier, Dorothy Dandridge, Sammy Davis Jr., and Pearl Mae Bailey.

In 1962, Carroll made history when she became the first African American woman to receive a Tony Award for best actress. She was recognized for her role as Barbara Woodruff in the musical *No Strings*. Another historical moment occurred when Carroll won the lead role for *Julia* in 1968, becoming the first African American actress to star in her own television series as someone other than a domestic worker. The show also broke ground by portraying Carroll as a single parent. She played a recently widowed nurse who raised her son alone. In 1968, Carroll won a Golden Globe Award for "Best Actress in a Television Series" for her work in *Julia*. One year later, she was nominated for an Emmy Award for her role in the series.

In 1974, Carroll was nominated for both an Academy Award and a Golden Globe award for best actress for her starring role in the film *Claudine*. Carroll played a struggling domestic worker single mother of six trying to make ends meet when she falls in love with a garbage collector portrayed by James Earl Jones.

During the 1980s, Carroll joined the cast of the prime time soap opera *Dynasty* where she played a wealthy socialite. In the 2000s, Carroll continued to perform, making guest appearances on several series, including *Soul Food*, *Grey's Anatomy*, *White Collar*.

Carroll survived breast cancer in the 1990s and then became an important advocate for breast cancer awareness. She suffered a recurrence of the disease and died due to complications from breast cancer on October 4, 2019. She was 84 years old. She is survived by her daughter Suzanne and two grandchildren.

www.blackpast.org

The Testament is produced monthly by our Newsletter Committee. Please send articles, photos or other items for publication to newsletter@mylmbc.org by the 3rd Sunday of each month.

Newsletter Committee

Reginald Davis • Willee Murphy
Joan Lofton • Marva Atkins • William Mayfield
Earleen Sharrock, Editor • Dean Jernigan, Chair

Happy Mother's Day!

*To all mothers and mother figures in the
Lincoln family!*



A Part of Me

*Lost memories clutter my mind,
Though distantly I can see
A glimmer in the mirror of
My mother, but it's only me.
How she gathered eggs, in her
White apron so tenderly
Or her homemade biscuits and gravy
For my brother and me.
A grandmother's smile
For all the world to see
I'm in her loving arms as
She gently cradles me.
A special aunt whose gift
Of praise, for only me to see
Who sang a sweet lullaby
Just a little off key.
I gather those memories of
Days I'll never see
But in so many faces
Who are all a part of me.
We touch a child's life
For a brief moment you see
For we're to pass it on
A part of you and me.
So many special faces
All collective memories
We humble ourselves before you
Lord, and give special thanks
To our mothers and Thee.*

- unknown
www.freechurchforms.com



Happy Birthday to our

May Birthday Celebrities!

*Maranda Leverette • Makiah Atwater
Hazel Parker • Heaven Williams
Edith Thorpe*

Best Wishes For Many More!!

Health and Wellness

**Women's Health
Awareness Day**
Transforming Communities
by Enhancing Women's Health



- submitted by Sis. Betty Jay, Chair

You Are Not Alone: Practice Physical Distancing and Social Connectedness

If you are feeling stressed or nervous during these days of social isolation, you are not alone. Take care of yourself while practicing physical distancing.

- ◆ Eat healthy - to keep your body in top working order.
- ◆ Exercise - reduces symptoms of depression and anxiety and keeps your body in top physical condition, whether we're working out at home or taking a solo jog around the neighborhood.
- ◆ Practice relaxation therapy. Focusing on tensing and relaxing muscle groups can help you relax voluntarily when feeling overwhelmed, stressed or anxious.
- ◆ Let sunlight in as it boosts the body's vitamin D levels and increases serotonin levels. For some people, increased exposure to sunlight can improve symptoms of depression and help you sleep better. Open the shades and let more sunlight in, sit in the sun for a few minutes during the day, take a walk on a sunny day while practicing physical distancing.
- ◆ Be kind to yourself! Treat yourself!!! Take a relaxing bubble bath or give yourself a pedicure! Give yourself the same compassion as you would a friend.
- ◆ Stay connected. Even if you cannot get together face-to-face, you can stay connected to friends, family and neighbors with phone calls, text messages, video chats and social media. If you are feeling lonely, sad or anxious, reach out to your social support networks. Share what you are feeling and offer to listen to friends or family members sharing their feelings. We are all experiencing this scary and uncertain time together.
- ◆ Monitor media consumption. While you might want to stay up-to the minute with COVID-19 news, too much exposure can be overwhelming. Balance media consumption with other activities you enjoy, such as reading, cooking or listening to music.

Reference: National Council for Behavioral Health, MHFA.org, March 2020

If you or someone you care about is in a crisis and feels overwhelmed with emotions like sadness, depression or anxiety, there is help. For support or help, you can contact the Substance Abuse and Mental Health Services Administration's (SAMHSA) Disaster Distress Helpline at 800-985-5990, or the National Suicide Prevention Lifeline at 800-273-8255.

***If you or others you know want to harm themselves or others
CALL 911***

Saluting Our Senior Adults!

Making Their Mark!

“Make Your Mark” is this year's national theme for Older Americans Appreciation Month. Here at Lincoln,



we don't have to look hard at all to see the indelible mark and presence of our valued and treasured senior adult members. From our ministries to our choirs to our pulpit, our senior adults are highly active and engaged. They share their talents and knowledge and do their part to help Lincoln to work the works of God to grow His Kingdom. ***Happy Senior Adult Appreciation Month to our seniors!***

Pressing Forward To Teach God's People

I press toward the mark for the prize of the high calling of God in Christ Jesus.

Philippians 3:14

Undeterred by the stay at home measures imposed across the nation as a result of the virus pandemic, our Sunday School Ministry has quickly adjusted to these changes by offering the lessons online each Sunday. Using the Google Meet videoconferencing tool, the teachers in the adult class have continued to teach and bring an understanding to God's Word. Adult Sunday School members are able to join the class online or they can call a special number to participate over the phone. Those joining online have the option to leave their camera turned off. The sessions are off to a good start and have allowed us to press forward in our continuing quest for knowledge and understanding.



Deacon William Mayfield teaches Sunday School online from the sanctuary.



Sis. Willa Clark teaches Sunday School online from the comfort of her home.



Rev. Atkins contributes to the Sunday School discussion from his office.

Focus On What Is Unchanging

When you go through deep waters and great trouble, I will be with you. When you go through rivers of difficulty, you will not drown! When you walk through the fire of oppression, you will not be burned up - the flames will not consume you.

Isaiah 43:2 (TLB)

When everything around you is uncertain, the key to stability is to focus on unchangeable truth. In the days ahead, you need to focus on what never changes: God's character and God's Word.

Here are some unchangeable truths you need to tell yourself during this time of uncertainty:

God sees everything you're going through. "The eyes of the LORD are on those who fear him, on those whose hope is in his unfailing love" (Psalm 33:18 NIV).

God cares about everything you're going through. "But I will watch for the LORD; I will wait confidently for God, who will save me. My God will hear me" (Micah 7:7 GNT).

God has the power to change what you're going through. "Ask, and you will be given what you ask for. Seek, and you will find. Knock, and the door will be opened" (Matthew 7:7 TLB).

God always acts out of his goodness to you. "And we know that in all things God works for the good of those who love him, who have been called according to his purpose" (Romans 8:28 NIV).

God's plan is always better than your plan. "'For I know the plans I have for you,' says the LORD. 'They are plans for good and not for disaster, to give you a future and a hope'" (Jeremiah 29:11 NLT).

God will never stop loving you. "For the mountains may move and the hills disappear, but even then my faithful love for you will remain" (Isaiah 54:10 NLT).

Once you have put your trust in Jesus Christ, you cannot lose your salvation. "I know the one in whom I trust, and I am sure that he is able to safely guard all that I have given him until the day of his return" (2 Timothy 1:12 TLB).

No matter what you go through, God is with you. "When you go through deep waters and great trouble, I will be with you. When you go through rivers of difficulty, you will not drown! When you walk through the fire of oppression, you will not be burned up—the flames will not consume you" (Isaiah 43:2).

To replace your panic with prayer, your worry with worship, and your anxiety with adoration, focus less on what social media is saying and more on God's unchanging truth.

Pastor Rick Warren
www.pastorick.com

KIDZ ZONE

-submitted by Sis. Earleen Sharrock

CELEBRATING MOMS AND MOTHER-LIKE FIGURES



When You Thought I Wasn't Looking



- When you thought I wasn't looking, I saw you hang my first painting on the refrigerator and I immediately wanted to paint another.
- When you thought I wasn't looking, I saw you make my favorite cake for me and I learned that the little things can be the special things in life.
- When you thought I wasn't looking, I saw you make a meal & take it to a friend who was sick and I learned what it means to serve one another in brotherly love.
- When you thought I wasn't looking, I heard you pray over me and kiss me goodnight and I felt loved & safe.
- When you thought I wasn't looking, I saw how you handled your responsibilities even when you didn't feel good and I learned what it means to glorify God in all things.
- When you thought I wasn't looking, I saw you give of your time & money to the church and people in need and I learned that God loves a cheerful giver.
- When you thought I wasn't looking, I saw tears come to your eyes and I learned that sometimes things hurt, but it's all right to cry.
- When you thought I wasn't looking, I saw that you cared and I wanted to be everything that I could be.
- When you thought I wasn't looking, I saw you praying and reading God's Word and I learned to depend on & trust in Him, too.
- When you thought I wasn't looking, I looked at you & wanted to say, "Thanks for all the things I saw... when you thought I wasn't looking."



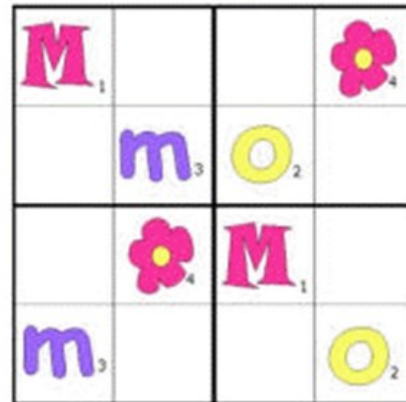
Dear God, Thank you for mothers or those special people who look after us. We know they work hard and show us lots of love. Help us to show our love and care to them and be thankful. In Jesus' name - Amen

KIDZ ZONE

-submitted by Sis. Earleen Sharrock



Mother's Day Sudoku



Each row, each column and each of the large four squares should have one of each image. Fill in the blanks!



Happy Mother's Day

Word Search



See how many of these newspaper related words you can find in the puzzle. The words can be forward, backward or diagonal.

- | | | | |
|------------|-----------------|-----------------|-------------|
| 1. Mothers | 6. Holiday | 11. Respect | 16. Giving |
| 2. Day | 7. Loving | 12. Thoughtful | 17. Special |
| 3. Moms | 8. Caring | 13. Family | 18. Happy |
| 4. Kids | 9. Children | 14. Considerate | 19. May |
| 5. Parent | 10. Grandmother | 15. Honor | 20. Spring |

May 2020

“Building the Church in the Community and the Community in the Church”

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
31 9:00am Worship Service	<p><i>*Conference Call Prayer Line: Dial (605) 475-3235 and enter the pin - 20396# after the prompt.</i></p> <p><i>To add an event to the church calendar, please contact Sis. Janice Campbell by calling the church at 919-688-1886. You may also reach her at churchcalendar@mylmbc.org.</i></p> <p><i>Please send articles, photos or information for The Testament to newsletter@mylmbc.org by the 3rd Sunday of each month.</i></p>					1 7:00pm Seventh Day Adventist	2 Seventh Day Adventist (All Day) 10:00am Trustees 12:00Noon Women of Faith 1:00pm Missionary Ministry
3 Senior Adult Appreciation Day	4 6:30pm Music Committee	5 6:30pm Pastor's Aide 6:30pm Sounds of Joy 7:00pm Seventh Day Adventist	6 6:00am *Conference Call Prayer Line 12:00Noon Noon Day Prayer & Bible Study 7:00pm Bible Study	7 1:00pm RTTC Community Group 6:30pm Sounds of Joy	8 7:00pm Seventh Day Adventist	9 Seventh Day Adventist (All Day) 10:00am Deaconess	
10 Mother's Day 8:00am Deacons 3:00pm Youth Missionaries	11 6:00pm Durham Ushers Union	12 6:30pm Voices of Praise 7:00pm Seventh Day Adventist	13 6:00am *Conference Call Prayer Line 12:00Noon Noon Day Prayer & Bible Study 7:00pm Bible Study	14 1:00pm RTTC Community Group 6:00pm Christian Education 6:30pm Voices of Praise	15 7:00pm Seventh Day Adventist	16 Seventh Day Adventist (All Day) 9:00am Layman's League	
17 Church Anniversary	18 6:00pm Health & Wellness	19 6:30pm Male Chorus 7:00pm Seventh Day Adventist	20 6:00am *Conference Call Prayer Line 12:00Noon Noon Day Prayer & Bible Study 7:00pm Bible Study	21 1:00pm RTTC Community Group 6:00pm Male Chorus 7:00pm Church Conference	22 7:00pm Seventh Day Adventist	23 Seventh Day Adventist (All Day)	
24 Ushers Meeting After Service	25 Memorial Day	26 6:30pm Mass Choir 6:30pm Computer & Technology 7:00pm Seventh Day Adventist	27 6:00am *Conference Call Prayer Line 12:00Noon Noon Day Prayer & Bible Study 7:00pm Bible Study	28 1:00pm RTTC Community Group 6:30pm Mass Choir	29 7:00pm Seventh Day Adventist	30 Seventh Day Adventist (All Day)	