

METRO UMC MESSENGER



SEPTEMBER 4, 2024

ABOUT US

VISION STATEMENT

*Transforming the World
through Jesus Christ*

MISSION STATEMENT

*Passionate Christians Making
Disciples of Jesus Christ*



MESSAGE FROM THE PASTOR

Dear Friends,

Grace and peace to you from God our Father and the Lord Jesus Christ. As we embark on a journey of spiritual growth and deepening our relationship with God, I want to invite each of you to participate in our 21 day fast and intercessory prayer period, beginning today, September 4th at 6:00 pm. This sacred time offers us an opportunity to draw closer to the Lord, seek His guidance, and intercede on behalf of others in our community and beyond.

Fasting is a powerful spiritual discipline that has been practiced by believers throughout the ages. It is a way to humble ourselves before God, to demonstrate our dependence on Him, and to seek His face with greater intensity. Scripture provides us with numerous examples of fasting, and its significance is beautifully illustrated in the life of Jesus Himself. In Matthew 4:2, we read, "After fasting forty days and forty nights, he was hungry." Jesus' time in the wilderness was a period of preparation and empowerment for His ministry, and it serves as a model for us.

Intercessory prayer, on the other hand, is the act of praying on behalf of others. It is an expression of love and compassion, as we lift up the needs, struggles, and hopes of our brothers and sisters before the throne of grace. The Apostle Paul encourages us in 1 Timothy 2:1, saying, "I urge, then, first of all, that petitions, prayers, intercession and thanksgiving be made for all people."

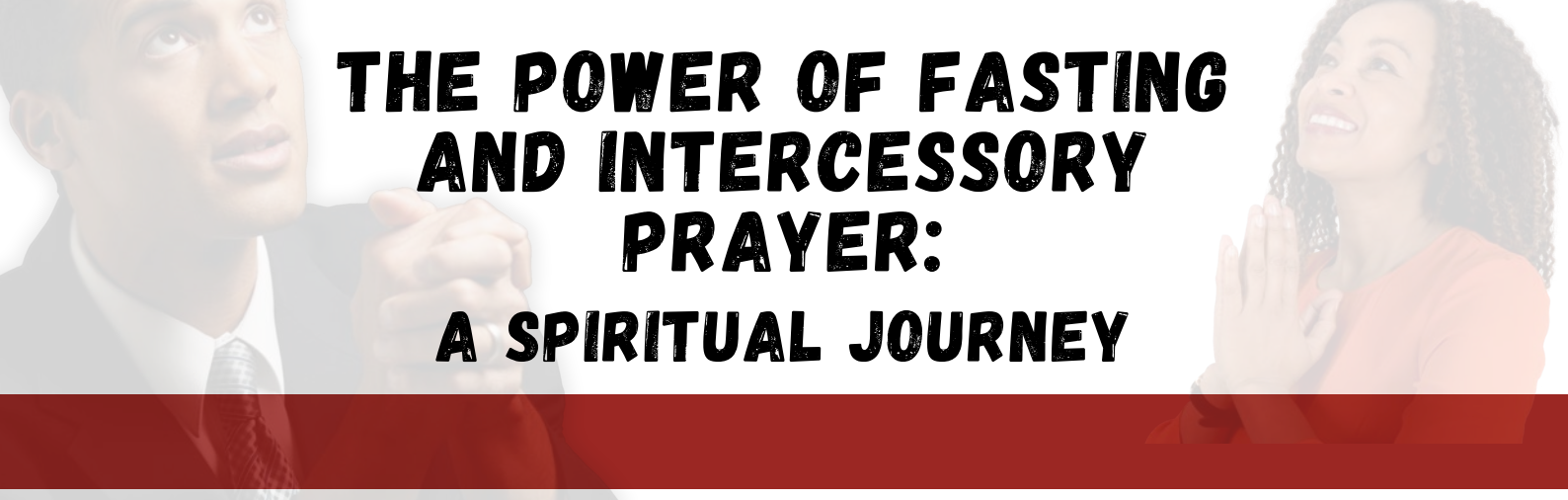
As we combine these two powerful practices—fasting and intercessory prayer—we can expect to see God move in extraordinary ways.

As we enter this period of fasting and prayer, let us do so with hearts full of faith and expectation. Let us seek God's face earnestly, intercede for our loved ones and community, and trust in His mighty power to bring about transformation and renewal.

May the Lord bless you and keep you during this time. May His presence be your strength and His grace your comfort. Together, let us press into the heart of God and witness His miracles unfold.

Pastor Faye





THE POWER OF FASTING AND INTERCESSORY PRAYER: A SPIRITUAL JOURNEY

In the hustle and bustle of modern life, finding moments for spiritual reflection can be challenging. Yet, the practices of fasting and intercessory prayer offer profound opportunities for deepening our faith and connecting with the Divine. These ancient disciplines are more than just religious rituals; they are powerful tools for personal transformation and communal outreach. This article will explore the definitions, descriptions, and guidance for fasting and intercessory prayer, enriched with scriptural references to deepen our understanding.

Fasting: Definition and Purpose

Fasting, in its simplest form, is the voluntary abstention from food (or certain types of food) for a specified period. More than a physical exercise, fasting is a spiritual discipline aimed at drawing closer to God. By setting aside physical needs, we create space to focus on spiritual growth, repentance, and seeking God's will.

Scriptural Insights on Fasting

The Bible offers numerous examples and teachings on fasting. Jesus Himself fasted for forty days and nights in the wilderness, setting a profound example for His followers (Matthew 4:1-2). In the Old Testament, fasting was often associated with repentance and seeking God's mercy, as seen in the story of Jonah and the people of Nineveh (Jonah 3:5-10).

Isaiah 58:6-7 beautifully encapsulates the deeper purpose of fasting: "Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke? Is it not to share your food with the hungry and to provide the poor wanderer with shelter—when you see the naked, to clothe them, and not to turn away from your own flesh and blood?"

Intercessory Prayer: Definition and Importance

Intercessory prayer is the act of praying on behalf of others. It is a selfless form of prayer where we lift the needs, struggles, and hopes of others to God, asking for His intervention and blessings in their lives. This practice emphasizes the communal aspect of faith, reminding us that we are all interconnected and called to support one another.

Scriptural Insights on Intercessory Prayer

The Bible is replete with examples of intercessory prayer. Moses interceded for the Israelites, pleading with God to spare them from His wrath (Exodus 32:11-14). The Apostle

Paul frequently mentioned his prayers for the early Christian communities, as seen in Ephesians 1:16: "I have not stopped giving thanks for you, remembering you in my prayers."

One of the most powerful examples is found in John 17, where Jesus prays for His disciples and all future believers. This heartfelt prayer underscores the importance of interceding for others, seeking God's guidance, protection, and unity for those we lift up in prayer.

Guidance for Practicing Fasting and Intercessory Prayer

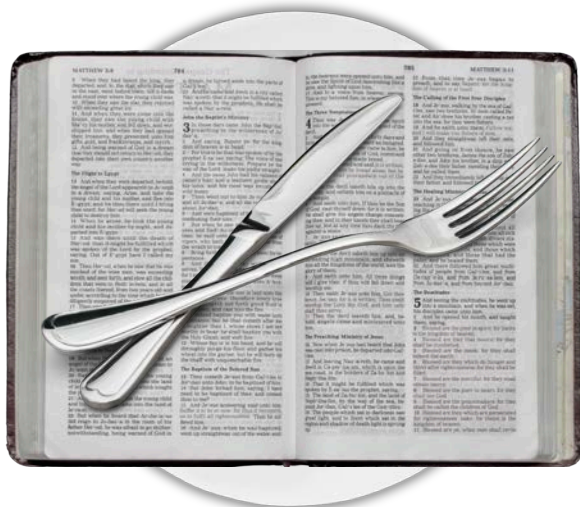
1. **Set Clear Intentions:** Before you begin fasting, take time to pray and clarify your intentions. What are you seeking to achieve spiritually? How can your fast honor God and benefit others?
2. **Start Small:** If you are new to fasting, start with a shorter duration or a partial fast, such as abstaining from certain foods. Gradually increase the length and intensity as you become more comfortable with the practice.
3. **Stay Hydrated and Healthy:** Ensure you drink plenty of water and listen to your body's needs. Fasting should not harm your health; consult with a healthcare professional if you have any medical conditions.
4. **Combine with Prayer and Meditation:** Use the time you would typically spend eating to pray, read scripture, and meditate. This will help you stay focused on the spiritual purpose of your fast.
5. **Pray for Others:** During your fasting period, dedicate specific times for intercessory prayer. Make a list of people and situations you want to pray for and lift them up to God with faith and compassion.
6. **Reflect and Journal:** Keep a journal to record your experiences, insights, and answered prayers. Reflecting on your journey can provide encouragement and deepen your spiritual growth.

Fasting and intercessory prayer are powerful spiritual disciplines that can transform our lives and positively impact the lives of others. By dedicating time to these practices, we draw closer to God, align our hearts with His will, and become conduits of His love and grace in the world. Let us embrace these ancient traditions with renewed vigor, trusting in the power of prayer and the transformative potential of fasting to guide and uplift us on our spiritual journey.

As we embark on this sacred period of fasting, we wish to remind our cherished older congregation and community members that your health is of utmost importance. Please continue to take your prescribed medications as directed by your healthcare providers. Fasting is a spiritual journey, and maintaining your well-being ensures you can fully partake in this blessed time. May you be blessed with good health and spiritual fulfillment.



THE FAQs OF FASTING



Participating in a spiritual fast can be a deeply rewarding experience, but it often comes with many questions. Here are the top 10 frequently asked questions (FAQs) along with their definitions, descriptions, and examples to help guide you through the process:

1. What is a spiritual fast? A spiritual fast is an intentional period of abstaining from certain foods or all food and drink for a set period to focus on spiritual growth and reflection. Unlike a regular fast that might be for health

reasons, a spiritual fast emphasizes prayer, meditation, and connection with a higher power.

2. Why do people engage in spiritual fasting? The practice of fasting for spiritual reasons. People fast to strengthen their faith, seek divine guidance, cleanse their spirit, or express devotion and humility.

3. How long should a spiritual fast last? The length of a spiritual fast can vary widely, from a single day to several weeks, depending on the individual's goals and health.

4. What can I consume during a spiritual fast? Some fasts allow only water, while others permit juices, herbal teas, or light foods. The specifics depend on the type of fast and personal or religious guidelines.

5. How should I prepare for a spiritual fast? Preparation involves both physical and mental readiness, such as gradually reducing food intake, increasing water consumption, and setting spiritual intentions.

6. What are the spiritual benefits of fasting? Benefits include heightened spiritual awareness, deeper connection to one's faith, increased discipline, and a sense of spiritual renewal.

7. Are there any health risks associated with spiritual fasting? While fasting can be safe, it can pose risks such as dehydration, dizziness, or nutritional deficiencies if not done properly. It's essential to consult with a healthcare provider.

8. How do I maintain my spiritual focus during a fast? Maintaining focus involves setting clear intentions, engaging in regular prayer or meditation, reading spiritual texts, and avoiding distractions.

9. What should I do if I feel the urge to break my fast? Recognize and accept the challenge, refocus on spiritual goals, seek support from a community, or engage in a spiritual practice to realign intentions.

10. How do I break a spiritual fast properly? Breaking a fast should be done gradually to avoid overwhelming the digestive system, starting with light, easily digestible foods and slowly reintroducing regular meals.

By understanding these aspects of spiritual fasting, participants can approach the practice with greater insight, ensuring a meaningful and healthy experience.

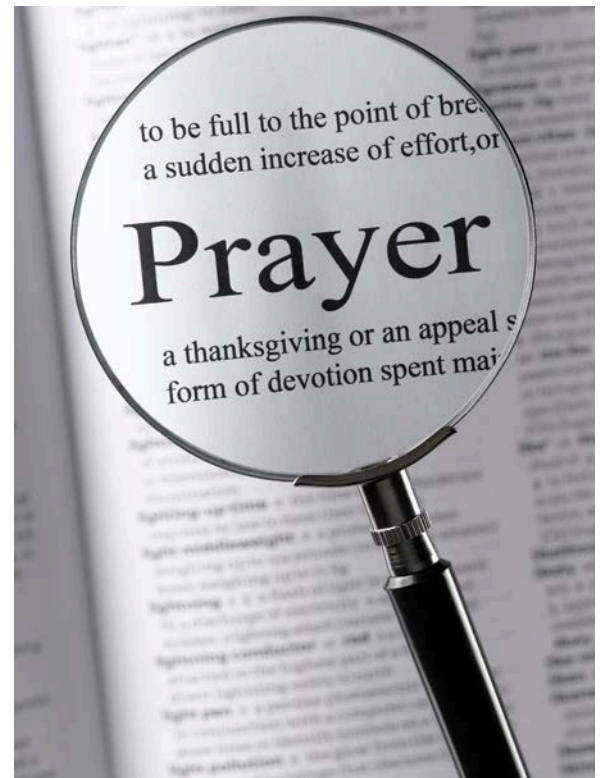
PRAYER REQUESTS

As we gather as a community of faith, we are reminded of the power and importance of prayer. The Apostle Paul encourages us in Philippians 4:6-7, "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

In this spirit, we invite you to join our prayer list, a sacred space where we can lift each other up in times of need, gratitude, and celebration. Whether you are seeking healing, guidance, comfort, or simply wish to offer praise, your intentions are welcome here.

We would like to pray for

Aaron Kane
Frank Boone
Girard Myers Family
Vernon Myers
Vivian Lewis
Merton and Kathy Myers
Kelston Whitaker
Thomas and Evelyn Dashiell
Felicia Greenfield and son Wilbur Greenfield
Spencer Stanislas, Jr. and Ayesha Claytor-Stanislas
Greg & Vivian Claytor
Vincent and Ethel Cooke
Kenny and Lorri Mason
Michelle Jordan
Shannon Stewart
John Jenifer, Sr., the Wood and Jenifer family
Clifford Samuels
Debra Newsome
The Cooper Family



To add your name or prayer requests to the list or to include someone you know who could use our collective prayers, please reach out to us. Let us come together in faith, knowing that where two or three gather in His name, there He is with us (Matthew 18:20). May our prayers be a source of strength and solace, and may they bring us closer to the heart of God.

Prayer requests can be submitted through the church's website metroumcindianhead.com/Prayer-Request or by clicking the QR code.



ANNOUNCEMENTS



SEPTEMBER

- **Wednesday, September 4** at 6:00 pm (*Via Zoom*) - Fasting & Intercessory Prayer
- **Thursday, September 5** at 7:00 pm (*Via Zoom*) - Bible Study
- **Sunday, September 8** - **Grandparents Day**
- **Sunday, September 8** - **NFL Team Spirit Sunday**
- **Sunday, September 8** at 11:00 am (*In Person*) - Trustee Meeting
- **Tuesday, September 10** at 7:00 pm (*Via Zoom*) - Finance Meeting
- **Wednesday, September 11** at 6:00 pm (*Via Zoom*) - Fasting & Intercessory Prayer
- **Thursday, September 12** at 7:00 pm (*Via Zoom*) - Bible Study
- **Saturday, September 14** at 10:00 am - Anniversary Choir Rehearsal
- **Saturday, September 14** - BWC Restructuring Meeting
- **Wednesday, September 18** at 6:00 pm (*Via Zoom*) - Fasting & Intercessory Prayer
- **Thursday, September 19** at 7:00 pm (*Via Zoom*) - Bible Study
- **Saturday, September 21** at 10:00 am - Anniversary Choir Rehearsal
- **Sunday, September 22** at 10:00 am - 156th Church Anniversary
- **Wednesday, September 25** at 6:00 pm (*Via Zoom*) - Fasting & Intercessory Prayer
- **Thursday, September 26** at 7:00 pm (*Via Zoom*) - Bible Study
- **Saturday, September 28** at 11:00 am (*In Person*) - United Methodist Men Meeting
- **Sunday, September 29** at 11:00 am (*In Person*) - United Women in Faith
- **Monday, September 30** at 7:00 pm (*Via Zoom*) - Unified Board

OCTOBER

- **Tuesday, October 8** at 7:00 pm (*Via Zoom*) - Finance Meeting
- **Thursday, October 10** at 7:00 pm (*Via Zoom*) - Bible Study
- **Sunday, October 13** at 11:00 am (*In Person*) - Trustee Meeting
- **Thursday, October 17** at 7:00 pm (*Via Zoom*) - Bible Study
- **Thursday, October 24** at 7:00 pm (*Via Zoom*) - Bible Study
- **Saturday, October 26** at 7:00 pm (*In Person*) - United Methodist Men Meeting

 **METROPOLITAN**
UNITED METHODIST CHURCH

Starting
September 4th

Wednesdays at
6:00 pm

Led by
Sis. Ava Morton &
Bro. John Countryman

21 / DAYS OF FASTING & INTERCESSORY PRAYER

Join us by Zoom:

<https://zoom.us/j/96616749159> Meeting ID: 966 1674 9159

Or by telephone:

(301) 715-8592 Meeting ID: 966 1674 9159

When asked for the Participant ID,
enter #, then press # again to enter the call.

Ezra 8:23

So we fasted and
petitioned our God
about this and he
answered our prayer.

 **METROPOLITAN**
UNITED METHODIST CHURCH

INVITES YOU TO
BIBLE STUDY
WITH PASTOR FAYE

Starting September 5th

THURSDAYS 7 PM
VIA ZOOM

GENESIS to REVELATION

*A Comprehensive Verse-by-Verse
Exploration of the Bible*

To connect using your smart phone, tablet or computer (video & audio)

<https://zoom.us/j/97076134594> Meeting ID: **970 7613 4594**

To connect using your telephone (audio only)

(301) 715-8592 - Meeting ID: 970 7613 4594

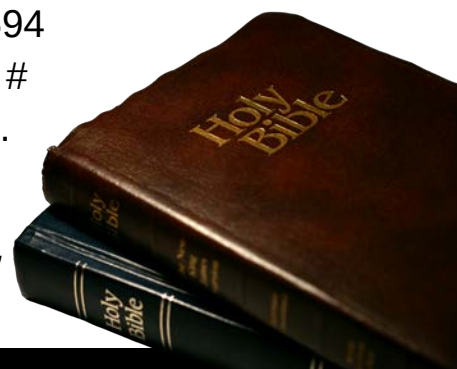
When asked for the Participant ID, enter #

Then press # again to enter the meeting.

To register



To get details about how to get the book,
call Metropolitan on (301) 375-9088



CHURCH ANNIVERSARY

156TH CHURCH ANNIVERSARY

SUNDAY SERVICES

Sunday, September 22, 2024
10:00 AM

Guest Speaker: Rev. Dr. Bryan K. Fleet, Pastor
Huntingtown Two Point Charge

DONATION REQUESTED: \$156.00

*Payments can be made in either a
lump sum or in installments*

*Donation envelopes are available
in back of Fellowship Hall*



Metropolitan United Methodist Church
3385 Metropolitan Church Road
Indian Head, MD 20640
Pastor Faye A. Johnson
www.metroumcindianhead.com



NFL TEAM SPIRIT SUNDAY

SHOW US YOUR TEAM SPIRIT!

Come dressed in your favorite team jersey or apparel the 2nd Sunday of each month.

Who do you think is going to Super Bowl LIX?
Make your prediction on the signup sheet in the back of the Fellowship Hall, starting September 8.



Metropolitan UMC *Community Dinners*



Join us for our
Community Dinners
EVERY WEDNESDAY from 4:00 - 5:00 pm
Free to the Community!

**OPEN TO ANYONE
WHO WANTS A MEAL**

Bring a Friend!

GRAB AND GO!

Make a Joyful Noise Unto the Lord

Join Our
156th Church Anniversary Choir

Rehearsals:

Saturday, Sept. 14 & Sept. 21
10:00 am

If interested, contact Sis. Sheila Myers on (301) 326-0369.



Dust Off Your Metro UMC Church Bank



Don't have one? See Sis. Diane Butler
SAVE YOUR LOOSE CHANGE FOR METROPOLITAN

Get a bank. Fill it up. Bring it back to church.
Get it back...and REPEAT

METROPOLITAN UMC FOOD PANTRY GIVEAWAY



Wednesdays 2:30 - 3:30 pm
Saturdays 10:00 - 11:00 am

3385 Metropolitan Church Road, Indian Head, MD

**OPEN TO THE
COMMUNITY**

What is the significance to the TREE OF LIFE?

It connects us to our
ancestral roots and divinity.

**Leaf: \$250 Acorn: \$500
Foundation Stone: \$1,000**

Monthly Installment Payment Plans Available

Pick up a brochure in the Fellowship Hall,
contact Sis. Sheila Myers on (301) 326-0369 or see Sis. Nickki Harris

By purchasing a leaf, an
acorn or a foundation stone,
you will

- Memorialize or honor someone special in your life
- Leave a permanent memorial to family and loved ones
- Support and commit to the spiritual development and growth of our church



WEEKEND BACKPACK FOOD PROGRAM

VOLUNTEERS NEEDED!

STARTING IN OCTOBER

VOLUNTEER POSITIONS:

STOCKERS

PACKERS

DRIVERS

For more information, contact
Sis. Sheila Myers on (301) 326-0369 or see Sis. Nickki Harris



Ways to Give



BY MAIL

Send your checks or money
orders to Metropolitan UMC
3385 Metropolitan Church Road
Indian Head, Maryland 20640
PLEASE DO NOT SEND CASH



ONLINE

Give online using our
Church Center App



Select Metropolitan United
Methodist Church

Offering envelopes are available at Metropolitan.
If you would like the offering to be applied to a
specific ministry or program, please make note of
that on the envelope or check.



IN PERSON

Give in person on Sundays or drop
contributions off in black box at
Metropolitan Church
Sun: 9-11 am;
Mon-Wed: 9 am - 12 pm
Sat: 9 am - 11 am

SERVICE **TIMES**

WORSHIP SERVICE

Sundays at 10:00 am

Join us for In-Person or Virtual Worship Services

Join us on Zoom

Connect using your smartphone, table or computer (video and audio)

Meeting ID: 961 1274 4083

Connect using your telephone (audio only)

Dial: (646) 558-8656

Meeting ID: 961 1274 4083

When prompted for the Participant ID, enter #
Then press # again to enter meeting

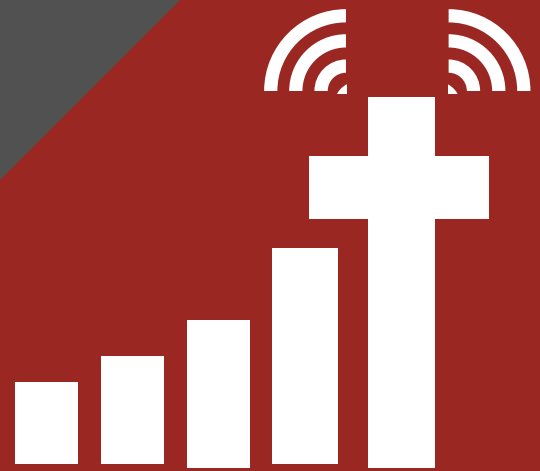
Join us on Facebook

Visit our YouTube Channel

BIBLE STUDY

Thursdays at 7:00 pm

GET **STAY** CONNECTED



CONTACT US:



(301) 375-9088



www.metroumcindianhead.com



metroumc.ofc@gmail.com



3385 Metropolitan Church Road
Indian Head, Maryland 20640



YouTube

DOWNLOAD OUR CHURCH CENTER APP

