



PRAY

WASH YOUR HANDS

KEEP YOUR DISTANCE

The Three Duties of Every Christian: Giving Prayer and Fasting

Fasting makes Giving and Prayer become a Three-fold Cord

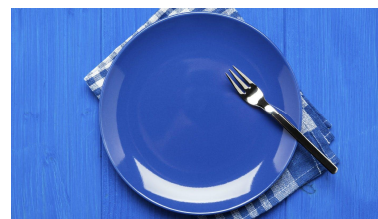
Continuing the inspirational series on spiritual growth, Pastor Willis Sunday lesson focused on fasting. In the past he has taught on Giving and last week the focus was on Prayer. Our lesson on fasting was a lead in to this week's 3 day church-wide fast. The main points were found in Matthew 17:14-21 which affirmed the power of fasting and prayer to remove unbelief in us and create miracle healing prayer for the sick and afflicted.



Please Remember...

- ◆ Remember to pray for one hour each day.
- ◆ Corporate prayer Sundays and Wednesdays.
- ◆ Listen to the lesson on Hope aired on 3/29/2020 and write your report to turn in.
- ◆ Commit Bible scripture to memory.
- ◆ Pray during this fast.

FASTING
AND PRAYER



PRAYING ALWAYS

Biblical Words of Encouragement

Make sure you test
positive for *Faith*.
Keep distance from
Doubt, and isolate
from *Fear*. Trust
God through it all.

CROSSMAP PRAYERS



BUILD SOME MUSCLE

Strength training compliments cardiovascular exercise by toning muscles and burning fat. In addition, proper strength training can improve daily functional movements, decreasing the chance of injury. The American Heart Association recommends getting in two days of moderate to high-intensity strength training each week.



JUNE BIRTHDAYS

Michael Evans
Felix Hernandez
Manuel Lopez
Wilhemina Walker
Ursula Banks
Edward G. Banks
Lacey Bridges
Lawrence Calip, Jr.
Jackie Guice
Mary McQueen
Eddie Polk, II
Quiniesha Warren
Christine White
Sheila Williams
Landy Cucul (Belize)

During this unique time, the Cornerstone will only publish names in the birthday listings. Since we have begun having our newsletter online, we are now more visible to the public. This means names with birth dates are at risk from cyber-criminals for identity theft. Prayerfully supporting this ministry means keeping the church safe.

—Cornerstone Staff