



7 Prayer Points to be Remembered

- ◆ Pray daily for one hour.
- ◆ Record time in Prayer Journal for turn in. Prayer Journal is found on church website.
- ◆ Turn in report on March 29th lesson on Hope.
- ◆ Remember to hold corporate prayers Sunday and Wednesday.
- ◆ Glorify God for the corporate 3 day fast and prayers for sickness and unbelief.
- ◆ Pray for the world-wide pandemic that is gripping the world and our nation.
- ◆ Pray for the social and political unrest due to inequality which is destabilizing and dividing for country.



God the Father has ordained fatherhood on all the earth. Sunday is Father's Day and here at the New Covenant Church, it is considered one of the most important observances every year along with Mother's Day. Giving all honor to God first, we want to wish our Pastor as our father through his gospel oversight, each Father, step-father, adapted-father and all in fatherhood (present and future), a very blessed and Happy Father's Day. To God be the Glory! The 2016 Father's Day memory below shows our sisterhood and children rendering the Fatherhood a program.



GIVING - PRAYER - FASTING

Biblical Words of Encouragement

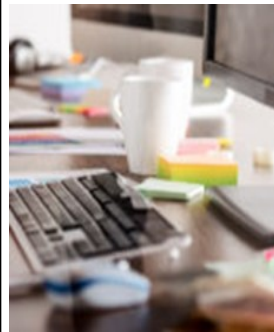


When a prayer becomes your habit, Miracles become your lifestyle.



LIMIT JUNK

To reap the full benefits of a heart-healthy diet, it's important to limit intake of nutrient-poor junk foods. Added sugars, saturated fat and excessive sodium can all negatively impact heart health, as well as overall physical health. These foods, when eaten in excess, can cause weight gain, raise blood pressure and clog arteries, which are all risk factors for heart disease.



STRESS LESS

Stress increases cortisol, which leads to weight gain, a key risk factor for heart disease. In addition, stress can lead to other unhealthy habits, making it harder to stick to a heart-healthy program. Stress can also decrease overall happiness and increase the risk for anxiety and depression. Practicing positive self-talk and incorporating mindfulness meditation breaks throughout the day helps relieve stress.

The fruit of the righteous is a tree of life; and he that winneth souls is wise.
Proverbs 11:30 KJV