



Walking in the Spirit of Excellence

THE MESS^{Church}NGER

Mount Moriah MB Church

May 2024 Edition



From The Pastor Gregory McGee's Desk

Mother- (Meter: May'tare) a: a female parent, who carries, gives birth to, and cares for a child.

b (1): a woman in authority; specifically: the superior of a religious community of women (2): an old or elderly woman

"A MOTHER'S INSTRUCTION":
DO WHAT JESUS SAY DO!!!

Luke 2: 40-52

***Mary did not know what Jesus was going to do, but she trusted him to do the right thing.

Mothers have the gift of insightfulness- Seeing beyond what a child sees.

Even though we don't know what Jesus is doing or going to do in our lives, we must trust in Him (Have Faith) and know that Jesus has a Plan to improve our situations!

Whatever difficult situation we are facing or will face, we must have Faith that Jesus is going to work it out in the best way possible.

It may not be the way we would want it to work out but allow Him to deal with our problems as He sees fit!

That's what a Good Godly Mother will instruct her child or children to do. Let Jesus Work it out, You just DO WHAT HE SAYS DO!!

As we approach Mother's Day, Your Spiritual Mom in the Faith (Only Lady McGee) will share with you:

Jesus knows what he is doing, I trust He will do the right thing in your life and in your Heart.

Do what He says Do!!!

HAPPY MOTHER'S DAY!!

Pastor Gregory McGee Sr..

WE ARE
KINGDOM
REPRESENTATIVES



Here we are, then, speaking for Christ, as though God himself were making his appeal through us. We plead on Christ's behalf: let God change you from enemies into his friends!

2 Corinthians 5:20 (GNT)



The Origin and Roles of a Mother as a Kingdom Representative in the Christian Faith

In the Christian faith, mothers play a vital role as Kingdom representatives. Rooted in biblical principles, the roles of a mother are deeply significant, reflecting the nurturing, compassionate, and sacrificial nature of God.

Origin of Motherhood in Christianity

The role of motherhood finds its origin in the very beginning of the Bible, in the book of Genesis. Genesis 1:27-28 states:

"So God created mankind in his own image, in the image of God he created them; male and female he created them. God blessed them and said to them, 'Be fruitful and increase in number; fill the earth and subdue it. Rule over the fish in the sea and the birds in the sky and over every living creature that moves on the ground.'"

In these verses, God commands humanity, both male and female, to be fruitful and multiply, giving them stewardship over all living creatures. This command lays the foundation for the role of mothers as co-creators with God, nurturing and caring for the next generation.

Roles of a Mother as a Kingdom Representative

1. Nurturer and Caregiver: Just as God nurtures and cares for His children, mothers are called to nurture and care for their families. Titus 2:4-5 instructs older women to teach younger women to love their husbands and children, to be self-controlled and pure, busy at home, kind, and subject to their husbands so that no one will malign the word of God.

2. Teacher of Wisdom: Proverbs 1:8-9 emphasizes the importance of a mother's teaching:

"Listen, my son, to your father's instruction and do not forsake your mother's teaching. They are a garland to grace your head and a chain to adorn your neck."

Mothers are tasked with imparting wisdom and

knowledge to their children, guiding them in the ways of the Lord.

3. Prayer Warrior: A mother's prayers are powerful. 1 Thessalonians 5:16-18 encourages believers to pray continually, and James 5:16 affirms that "The prayer of a righteous person is powerful and effective." A mother's prayers for her family are essential in seeking God's guidance, protection, and blessings.

4. Example of Faith: Mothers are called to be examples of faith to their children. Proverbs 22:6 instructs:

"Start children off on the way they should go, and even when they are old they will not turn from it."

By living out their faith daily, mothers instill a lasting legacy of faithfulness in their children.

5. Comforter and Supporter: Just as God comforts and supports His children, mothers are called to do the same. Isaiah 66:13 says:

"As a mother comforts her child, so will I comfort you; and you will be comforted over Jerusalem."

Mothers provide a source of strength, love, and comfort for their families in times of need.

Conclusion

The roles of a mother as a Kingdom representative in the Christian faith are deeply rooted in biblical principles. Through nurturing, teaching, prayer, and example, mothers play a crucial role in shaping the next generation and furthering God's Kingdom on earth. As they fulfill their God-given roles with love and devotion, they exemplify the sacrificial and nurturing nature of God Himself.

A Mother's Devotion



A Mother's Prayer

A Mother's Devotion

In the hush of dawn's first light,
She kneels before the throne of grace,
With fervent prayers that take flight,
Her heart's devotion finds its place.

With hands that toil, with love they serve,
A mother's touch, a soothing balm,
In every joy, in each curve,
Her love, a never-ending psalm.

In wisdom's book, she finds her guide,
Her words, a beacon in the night,
With faith as strong as ocean tide,
She leads her children to the light.

Through trials deep and valleys low,
Her faith unwavering, her spirit bold,
In every storm, in every woe,
Her love, a shelter from the cold.

A mother's love, a sacred flame,
That burns with grace, that lights the way,
In Jesus' name, she'll never shame,
Her love, an echo of His sway.

So let us honor, let us praise,
The mothers who in faith endure,
Their love, a song of endless praise,
A testament forever sure.

A Mother's Prayer

In the quiet of the night, I bow my head,
With humble heart, these words I spread.
Before the Lord, I lift my voice in prayer,
For my precious children, in His loving care.

Grant them, Lord, wisdom, and sight,
To walk in Your truth, to follow Your light.
May they find strength in times of need,
And in Your word, may they always feed.

Guard their hearts from evil's snare,
Keep them safe in Your tender care.
Guide their steps along the narrow way,
And lead them closer to You each day.

Give them grace to love and forgive,
Teach them the way they ought to live.
May they shine Your light for all to see,
Reflecting Your love, for eternity.

Lord, hear this mother's earnest plea,
Draw my children close to Thee.
May they know Your presence near,
And feel Your love, forever dear.

In Jesus' name, I humbly pray,
A mother's prayer, for each new day.
With grateful heart, I trust in You,
To guide my children, faithful and true.

MENTAL HEALTH

Awareness

MONTH



Mental Health Awareness: Understanding, Recognizing, and Addressing Mental Illness

Synopsis

Mental health awareness is a critical aspect of healthcare that addresses the emotional, psychological, and social well-being of individuals. It encompasses a broad spectrum of conditions that affect mood, thinking, and behavior. According to the World Health Organization (WHO), mental health is "a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community."

Mental health awareness aims to remove the stigma surrounding mental illness, increase understanding, and promote early intervention and treatment. Recognizing the signs and symptoms of mental health disorders is the first step toward seeking help and support. With proper care and support, individuals with mental health conditions can lead fulfilling lives.

Symptoms of Common Mental Health Disorders

1. Depression:

- Persistent sadness or low mood
- Loss of interest or pleasure in activities once enjoyed
- Changes in appetite or weight
- Difficulty sleeping or sleeping too much
- Fatigue or loss of energy
- Feelings of worthlessness or excessive guilt
- Difficulty concentrating or making decisions
- Thoughts of death or suicide

2. Anxiety Disorders:

- Excessive worry or fear
- Restlessness or feeling on edge
- Difficulty concentrating
- Irritability
- Muscle tension
- Sleep disturbances
- Panic attacks (sudden, intense episodes of fear)

3. Bipolar Disorder:

- Periods of unusually intense emotion, changes in sleep patterns, activity levels, and unusual behaviors
- Manic episodes: Elevated mood, increased energy, racing thoughts, decreased need for sleep, reckless behavior
- Depressive episodes: Persistent sadness, lack of energy, changes in appetite or sleep patterns, feelings of hopelessness or worthlessness

4. Schizophrenia:

- Delusions (false beliefs not based on reality)
- Hallucinations (seeing or hearing things that others do not)
- Disorganized thinking
- Disorganized speech
- Diminished emotional expression
- Social withdrawal
- Lack of motivation

5. Post-Traumatic Stress Disorder (PTSD):

- Flashbacks, reliving the traumatic event
- Nightmares or intrusive memories
- Avoidance of situations or activities that remind them of the traumatic event
- Negative changes in beliefs and feelings
- Hyperarousal, feeling on edge, difficulty sleeping

Conclusion

Mental health awareness is crucial for individuals, families, and communities. By understanding the signs and symptoms of common mental health disorders, we can recognize when someone may be struggling and offer support and resources. It's essential to break down the stigma surrounding mental illness and promote an environment where individuals feel comfortable seeking help and accessing the care they need. Remember, mental health is just as important as physical health, and with the right support, recovery is possible.

Mental Health Assessment

Instructions:

Please answer the following questions honestly based on how you have been feeling over the past two weeks. Choose the response that best describes your experience.

1. Over the past two weeks, how often have you felt down, depressed, or hopeless?

- Not at all
- Several days
- More than half the days
- Nearly every day

2. Over the past two weeks, how often have you had little interest or pleasure in doing things you normally enjoy?

- Not at all
- Several days
- More than half the days
- Nearly every day

3. Have you experienced changes in your appetite or weight over the past two weeks?

- No
- Yes, I have had a decrease in appetite or weight loss
- Yes, I have had an increase in appetite or weight gain

4. Have you experienced changes in your sleep patterns over the past two weeks?

- No
- Yes, I have had trouble falling asleep
- Yes, I have been sleeping too much
- Yes, I have been waking up early and have trouble getting back to sleep

5. Over the past two weeks, have you experienced feelings of fatigue or loss of energy?

- Not at all
- Several days
- More than half the days
- Nearly every day

6. Have you experienced feelings

of worthlessness or excessive guilt over the past two weeks?

- Not at all
- Several days
- More than half the days
- Nearly every day

7. Over the past two weeks, have you had difficulty concentrating, making decisions, or thinking clearly?

- Not at all
- Several days
- More than half the days
- Nearly every day

8. Have you had thoughts of death or suicide over the past two weeks?

- No
- Yes, but I have no intention of acting on them
- Yes, and I have had some thoughts of how I might do it, but I won't
- Yes, and I have had serious thoughts of suicide

9. Have you experienced excessive worry or fear over the past two weeks?

- Not at all
- Several days
- More than half the days
- Nearly every day

10. Have you had panic attacks over the past two weeks?

- No
- Yes, but only once or twice
- Yes, and they have been occurring more frequently

11. Have you experienced periods of unusually intense emotion, changes in sleep patterns, activity levels, and unusual behaviors over the past two weeks?

- No
- Yes, I have had manic episodes
- Yes, I have had depressive episodes

12. Have you experienced delu-

sions or hallucinations over the past two weeks?

- No
- Yes, I have experienced delusions
- Yes, I have experienced hallucinations

13. Have you experienced disorganized thinking or speech over the past two weeks?

- No
- Yes, I have experienced disorganized thinking
- Yes, I have experienced disorganized speech

14. Have you experienced diminished emotional expression or social withdrawal over the past two weeks?

- No
- Yes, I have experienced diminished emotional expression
- Yes, I have experienced social withdrawal

15. Have you experienced flashbacks, nightmares, or intrusive memories of a traumatic event over the past two weeks?

- No
- Yes, but only once or twice
- Yes, and they have been occurring more frequently

16. Have you experienced avoidance of situations or activities that remind you of a traumatic event over the past two weeks?

- No
- Yes, but only once or twice
- Yes, and I have been avoiding them whenever possible

17. Have you experienced negative changes in beliefs and feelings about yourself or others as a result of a traumatic event over the past two weeks?

- No
- Yes, but only once or twice
- Yes, and these changes have been persistent

18. Have you experienced hyperarousal, feeling on edge, or difficulty sleeping as a result of a traumatic event over the past two weeks?

- No
- Yes, but only once or twice
- Yes, and these symptoms have been persistent

Scoring:

For questions 1-8, a response of "Several days," "More than half the days," or "Nearly every day" scores one point each.

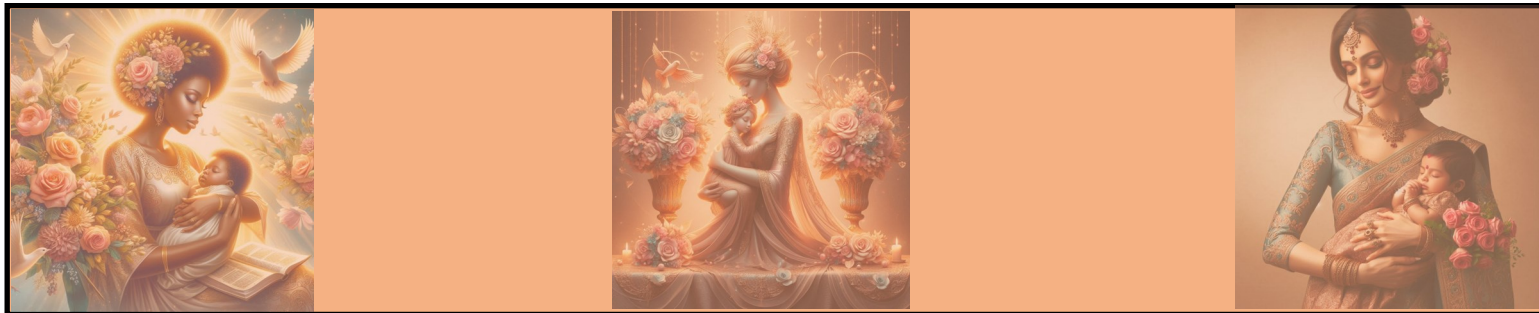
For questions 9-18, a response of "Several days," "More than half the days," or "Nearly every day" scores one point each, except for question 8, which scores two points for "Yes, but I have no intention of acting on them," and four points for "Yes, and I have had serious thoughts of suicide."

Interpretation:

- 0-4 points: Minimal to no symptoms of mental health disorders.
- 5-9 points: Mild symptoms of mental health disorders. Consider seeking support from a mental health professional if symptoms persist.
- 10-14 points: Moderate symptoms of mental health disorders. Seek support from a mental health professional.
- 15-27 points: Severe symptoms of mental health disorders. It is crucial to seek help from a mental health professional immediately.

Conclusion:

A mental health assessment can provide valuable insights into your emotional well-being. If you are experiencing symptoms of mental health disorders, it is essential to seek support from a mental health professional. Remember, you are not alone, and help is available.



A Message to the Mothers of Mount Moriah Baptist Church

Dear Mothers,

As we celebrate Mother's Day, I want to take a moment to honor each and every one of you for the invaluable role you play in our church and in your families. Your love, wisdom, and strength are a true testament to God's grace and faithfulness.

In Proverbs 31:25-26, we read: "She is clothed with strength and dignity; she can laugh at the days to come. She speaks with wisdom, and faithful instruction is on her tongue." This verse beautifully captures the essence of motherhood and the qualities that you embody each day.

As mothers, you are not just caregivers and nurturers, but you are also Kingdom representatives, guiding your families in the ways of the Lord. In Titus 2:4-5, we are reminded of the important role of mothers in teaching and nurturing the next generation: "Then they can urge the younger women to love their husbands and children, to be self-controlled and pure, to be busy at home, to be kind, and to be subject to their husbands, so that no one will malign the word of God."

Your prayers, your love, and your dedication to your families do not go unnoticed by our Heavenly Father. Your role as a mother is a sacred one, and your influence extends far beyond the walls of your home.

As you continue to walk in faith and obedience to God, may you find strength and encouragement in His word. Remember Philippians 4:13, "I can do all things through Christ who strengthens me."

Happy Mother's Day! May God bless you abundantly today and always.

With love and gratitude,

Mount Moriah Baptist Church

WORSHIP SERVICES AND CLASSES

Life Class	Sundays	10:00 a.m.
Worship Service	Sundays	11:00 a.m.
Noon Day Bible Study	Wednesdays	12:00 p.m.
Bible Study	Wednesdays	7:00 p.m.
Power Hour of Prayer	Saturdays	8:00 a.m.
Holy Communion	First Sunday of Each Month	

THIS NEWSLETTER IS BROUGHT TO YOU BY — THE MMMBC NEWSLETTER MINISTRY

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