



Greetings, MMBC family and friends!

We are excited to welcome you to our October edition of *The Messenger*! This month, our theme is "**Lord, Develop Me More as Your Disciple**," drawn from Isaiah 64:8:

"Yet you, Lord, are our Father. We are the clay, you are the potter; we are all the work of your hand."

As we dive deeper into this transformative scripture, let us reflect on how we can grow and be shaped by God's hands into faithful disciples, committed to living out His word and sharing His love.

October also brings two important causes to the forefront—**Breast Cancer Awareness** and **Domestic Violence Awareness**. Both affect our communities in profound ways. In this issue, we'll explore how we can support those battling breast cancer and stand as advocates against domestic violence, bringing light to these vital topics with faith, hope, and compassion.

We hope you enjoy this month's edition, and may it inspire you to take steps toward personal growth, understanding, and outreach in our shared walk with Christ.

Blessings,
MMBC Newsletter Ministry

**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)



Lord, Develop Me More As Your Disciple

Lord, Develop Me More as Your Disciple

Isaiah 64:8

In Isaiah 64:8, we read, *"Yet you, Lord, are our Father. We are the clay, you are the potter; we are all the work of your hand."* This image of God as the potter and us as the clay beautifully illustrates how we are shaped and molded by His hand. Just as clay is pliable and shaped by the potter's hands, we too are called to submit ourselves to God's will and allow Him to develop us into true disciples of Christ.

The Journey of Discipleship

Being a disciple means continually growing, learning, and transforming to reflect Christ more and more each day. In Luke 9:23, Jesus said, *"Whoever wants to be my disciple must deny themselves and take up their cross daily and follow me."* This statement reminds us that discipleship is an ongoing process of self-denial, obedience, and following Jesus, no matter the cost.

Like clay in the potter's hands, we must be moldable—yielding to God's corrections, lessons, and shaping. This can be uncomfortable at times, as God may stretch us beyond our comfort zones, test our faith, or lead us through seasons of trial. Yet, we must trust the process because the potter has a vision for the finished product. Romans 12:2 encourages us, *"Do not conform to the pattern of this world, but be transformed by the renewing of your mind."* As we surrender to God, He renews our minds, helping us grow in spiritual maturity.

The Call to Bear Fruit

Discipleship is not just about personal growth but also about bearing fruit for God's kingdom. In John 15:5, Jesus says, *"I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing."* This scripture shows us that our connection to Christ is the key to bearing fruit. Our lives, words, and actions should reflect Christ's love, compassion, and righteousness to the world around us. As we remain rooted in Him, He equips us to share the Gospel and positively impact the lives of others.

Shaped for a Purpose

As we allow the Lord to develop us, we must also remember that we are shaped for a purpose. Ephesians 2:10 reminds us, *"For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do."* God has uniquely designed each of us to fulfill a particular calling. Our skills, experiences, and even our hardships serve as tools that God uses to shape us into effective servants of His kingdom.

Embracing God's Discipline

Another aspect of being molded by God is learning to embrace His discipline. Hebrews 12:6 tells us, *"The Lord disciplines the one he loves, and he chastens everyone he accepts as his son."* Discipline is not a sign of God's displeasure but rather His love for us. Like a master potter correcting imperfections in the clay, God corrects us to make us better disciples, removing sin and weaknesses that hinder our spiritual growth.

A Daily Surrender

The process of being molded into a disciple is not a one-time event but a daily act of surrender. As we yield our hearts, minds, and lives to God each day, we acknowledge that He knows best. Proverbs 3:5-6 encourages us, *"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."* When we submit to God, He directs our steps and shapes us according to His divine plan.

In conclusion, asking God to "develop us more as His disciples" is an invitation for Him to mold us into the people He has called us to be. It requires humility, faith, and perseverance as we walk in obedience to His Word. May we continue to trust God, our divine potter, as He forms us into vessels that bring Him glory.

Let us pray, *"Lord, develop me more as Your disciple. Mold my heart, shape my mind, and guide my steps so that I may walk in Your will. Help me to be a vessel that reflects Your love and serves Your purpose. Amen."*



OCTOBER IS
BREAST CANCER
AWARENESS MONTH

Breast Cancer Awareness: Understanding, Compassion, and Faith

Breast cancer is a significant health challenge that affects millions of people worldwide, with many of us knowing someone who has faced this battle. October is designated as Breast Cancer Awareness Month, a time when we focus on spreading knowledge about the symptoms, treatments, and how we can support those going through this difficult journey. As a faith community, we are called to offer our support with compassion, prayer, and practical care, trusting in God's healing power and presence.

Understanding the Symptoms

Breast cancer often develops silently, but there are symptoms to watch for. According to medical experts, common signs include:

- A lump or thickening in the breast or underarm area.
- Changes in breast size or shape.
- Dimpling or puckering of the skin on the breast.
- Unexplained pain in the breast or nipple.
- Nipple discharge that isn't breast milk, particularly if it is bloody.

Early detection is key in the successful treatment of breast cancer. Regular self-examinations, mammograms, and clinical breast exams are essential for early identification. Proverbs 27:12 teaches us, *"The prudent see danger and take refuge, but the simple keep going and pay the penalty."* This scripture reminds us of the importance of being proactive in safeguarding our health.

Treatments for Breast Cancer

If diagnosed with breast cancer, treatment options vary depending on the stage and type of cancer. These can include:

- **Surgery:** Removal of the tumor or affected breast tissue.
- **Radiation therapy:** Using high-energy rays to kill cancer cells.
- **Chemotherapy:** The use of drugs to destroy cancer cells.
- **Hormone therapy:** Used for cancers that are hormone receptor-positive, this treatment blocks the body's natural

hormones that can fuel cancer growth.

- **Targeted therapy:** Drugs that target specific characteristics of cancer cells, such as proteins that allow them to grow rapidly.

Each person's journey through treatment is unique, and it can be physically and emotionally challenging. During these times, we are reminded of God's promise in Isaiah 41:10: *"So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand."* God's strength is a source of hope for those in the midst of treatment.

Supporting Those with Breast Cancer

As a faith community, we are called to be a source of support and encouragement for those affected by breast cancer. Galatians 6:2 encourages us, *"Carry each other's burdens, and in this way you will fulfill the law of Christ."* Supporting someone with breast cancer involves more than just words; it requires action, prayer, and love. Here are some ways we can help:

1. **Be Present:** Sometimes, just being there is the best support. Whether it's attending doctor appointments, sitting with someone during treatments, or simply being a listening ear, your presence can offer comfort.
2. **Provide Practical Help:** Many people going through breast cancer treatment experience fatigue and physical limitations. Offering practical help—such as cooking meals, running errands, or helping with childcare—can make a huge difference. Matthew 25:40 reminds us, *"Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me."*
3. **Offer Emotional Support:** The emotional toll of breast cancer can be overwhelming. Those affected may feel fear, anxiety, or uncertainty. Offering words of encouragement and praying with them can bring peace and hope. Philippians 4:6-7 reminds us, *"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."*
4. **Pray for Healing:** As believers, we know the power of prayer. James 5:14-15 teaches us, *"Is anyone among you sick? Let them call the elders of the church to pray over them and anoint them with oil in the name of the Lord. And*

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the prayer offered in faith will make the sick person well; the Lord will raise them up." We should continually pray for God's healing hand to be upon those facing breast cancer, trusting in His ability to heal and restore.

5. **Encourage Regular Health Checks:** Encourage women in our community to take charge of their health by performing regular breast self-exams and scheduling mammograms. Early detection saves lives, and as Proverbs 31:17 tells us, *"She sets about her work vigorously; her arms are strong for her tasks."* We must prioritize our health and encourage others to do the same.

Finding Hope in God

For those going through breast cancer, the journey can be long and arduous, but hope can be found in Christ. Psalm 46:1 reminds us, *"God is our refuge and strength, an ever-present help in trouble."* Though the path may be difficult, we can trust that God is with us, offering comfort, strength, and healing.

In conclusion, as we observe Breast Cancer Awareness Month, let us stand together in faith and love. Whether we are walking alongside a loved one through treatment or advocating for awareness and prevention, we are called to reflect Christ's compassion and grace. Through prayer, practical support, and education, we can make a meaningful difference in the lives of those affected by breast cancer.

May we continually lift up those in need, asking God to surround them with His peace, healing, and hope.

Breast Cancer in Men: Recognizing the Risks and Offering Support

When most people think of breast cancer, they often associate it with women. However, breast cancer also affects men, albeit in smaller numbers. It's important to raise awareness about this issue because early detection and treatment are just as vital for men as they are for women. While men have far less breast tissue than women, they are still susceptible to developing breast cancer, especially as they age. By increasing awareness, we can help more men recognize the symptoms, understand their risks,

and receive the support they need during their treatment journey.

Understanding Male Breast Cancer

Though breast cancer in men is rare, it is a serious condition. The American Cancer Society estimates that about 1 in 833 men will develop breast cancer in their lifetime. The causes of male breast cancer aren't fully understood, but several factors can increase the risk, including:

- **Age:** Men over the age of 60 are more likely to develop breast cancer.
- **Genetics:** Men who carry certain genetic mutations, such as BRCA1 or BRCA2, have a higher risk.
- **Family History:** A history of breast cancer in close relatives can elevate the risk.
- **Hormonal Imbalances:** Higher levels of estrogen due to conditions such as liver disease or certain medications may contribute.
- **Radiation Exposure:** Men who have had radiation therapy to the chest area are at greater risk.

Symptoms to Watch For

The symptoms of breast cancer in men are similar to those in women. Men should be vigilant about any unusual changes in their breast area. Common symptoms include:

- A lump or thickening in the breast tissue, often painless.
- Changes in the skin over the breast, such as dimpling or puckering.
- Nipple retraction (when the nipple turns inward).
- Redness or scaling of the nipple or breast skin.
- Discharge from the nipple.

Early detection is critical, but because men don't usually think of breast cancer as something that affects them, many may delay seeking medical attention until the cancer is more advanced. Proverbs 4:7 reminds us, *"Wisdom is the principal thing; therefore get wisdom: and with all thy getting get understanding."* Seeking wisdom about our health and taking action on early signs is crucial for survival.



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Treating Breast Cancer in Men

Treatment for breast cancer in men typically mirrors that for women. Depending on the stage and type of cancer, treatments can include:

- **Surgery:** Most men undergo a mastectomy to remove the breast tissue affected by cancer.
- **Radiation Therapy:** High-energy rays are used to destroy remaining cancer cells after surgery.
- **Chemotherapy:** Drugs are administered to target and kill cancer cells throughout the body.
- **Hormone Therapy:** Since many male breast cancers are hormone receptor-positive, hormone therapy can block the effect of estrogen and slow the growth of cancer.
- **Targeted Therapy:** Drugs may be used to target specific proteins that help cancer grow.

How We Can Support Men with Breast Cancer

Men facing a breast cancer diagnosis often experience unique challenges, including the stigma or embarrassment that can come with having what is seen as a "woman's disease." As a faith community, we must offer support, compassion, and understanding to men going through this difficult experience. Galatians 6:2 calls us to *"Carry each other's burdens, and in this way you will fulfill the law of Christ."* Here are ways we can help:

1. **Raise Awareness:** Talk openly about the reality of breast cancer in men. Educating others can break down the stigma and encourage men to seek help early.
2. **Encourage Early Detection:** Remind the men in our lives to be aware of the symptoms and to consult a doctor if they notice any changes in their breast area. As with all cancers, early detection increases the chances of successful treatment.
3. **Offer Emotional Support:** Breast cancer can bring about feelings of fear, shame, and isolation in men. Providing a safe space for them to share their feelings, pray together, and find comfort in God's Word can be incredibly healing. In 2 Corinthians 1:4, Paul writes, *"[God] comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God."*

Through God's comfort, we can support and uplift those in need.

4. **Help with Practical Needs:** As with any serious illness, men undergoing breast cancer treatment may struggle with daily responsibilities. Offer help with tasks like preparing meals, running errands, or providing transportation to medical appointments. These simple acts of service can make a huge difference in their journey.

5. **Pray for Healing and Strength:** As people of faith, we believe in the power of prayer. James 5:16 reminds us that *"The prayer of a righteous person is powerful and effective."* We should continually lift up those battling breast cancer in prayer, asking for God's healing hand and strength for their journey.

Faith in the Face of Illness

For men facing breast cancer, the road ahead can feel uncertain and overwhelming. But in these moments, we are reminded that we are never alone. Psalm 46:1 declares, *"God is our refuge and strength, an ever-present help in trouble."* As a community of faith, we can be a source of encouragement and hope, standing alongside those who are suffering and trusting that God is present in their struggle.

In conclusion, while male breast cancer may be less common, it is no less significant. By raising awareness, offering support, and encouraging early detection, we can help men recognize the risks and take action when necessary. Through prayer, compassion, and practical care, we can walk alongside those battling breast cancer, reminding them that they are not alone—and that, with God, all things are possible.

Domestic Violence: Breaking the Silence and Offering Hope

Domestic violence is a heartbreaking and widespread issue that affects individuals and families across all demographics, including those within our faith communities. October is Domestic Violence Awareness Month, a time to bring attention to the realities of abuse and to offer support to those who are suffering. As Christians, we are called to respond with compassion, wisdom, and action, standing against all forms of abuse and advocating for the safety and dignity of every person.

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Understanding Domestic Violence

Domestic violence is more than physical abuse; it includes emotional, verbal, sexual, financial, and psychological abuse. It is a pattern of behavior used by one person to control or dominate another in an intimate relationship. While anyone can be a victim, women are disproportionately affected, though men can also suffer from abuse.

Domestic violence is contrary to God's design for relationships. Ephesians 5:25 calls husbands to *"love your wives, just as Christ loved the church and gave himself up for her."* This scripture emphasizes the sacrificial, selfless love that should define all relationships. Abuse, on the other hand, is rooted in selfishness, manipulation, and control, all of which contradict the love of Christ.

Biblical Perspective on Abuse

The Bible is clear that love and respect should be at the core of all relationships. In 1 Corinthians 13:4-7, Paul describes love as *"patient, kind, not envious or boastful, not proud, dishonoring, or self-seeking."* Abuse is the opposite of these qualities. Any form of violence, coercion, or manipulation is a direct violation of God's will for how we are to treat one another.

Furthermore, in Colossians 3:19, husbands are instructed, *"Husbands, love your wives and do not be harsh with them."* This reflects God's heart for relationships characterized by kindness, tenderness, and respect. Any behavior that harms, belittles, or terrorizes another person is sinful and unacceptable in the eyes of God.

Recognizing the Signs of Domestic Violence

Domestic violence can often be hidden, with victims feeling ashamed, afraid, or trapped in silence. It's important to be aware of the signs of abuse, which may include:

- Physical injuries or frequent unexplained bruises.
- Fear of a partner or signs of being controlled (such as restricted access to money, friends, or family).
- Emotional withdrawal, depression, or anxiety.

- Frequent accusations, threats, or belittling by a partner.
- A partner's unpredictable temper or use of intimidation to exert control.

Proverbs 31:8-9 instructs us, *"Speak up for those who cannot speak for themselves, for the rights of all who are destitute. Speak up and judge fairly; defend the rights of the poor and needy."* We must be the voice for those who feel silenced by fear, offering them a safe place to turn for help and guidance.

What the Church Can Do

As believers, we have a responsibility to support those affected by domestic violence and to be a part of the solution. Galatians 6:2 tells us, *"Carry each other's burdens, and in this way you will fulfill the law of Christ."* When someone is suffering from abuse, we are called to come alongside them in love and support. Here are ways the church can respond:

1. **Create a Safe Environment:** Churches should be safe havens for individuals experiencing domestic violence. Leaders and members need to foster an environment where victims feel comfortable sharing their stories and seeking help. By addressing the issue openly and without judgment, we can break the silence that often surrounds domestic abuse.
2. **Offer Practical Support:** Victims of domestic violence may need practical help, such as transportation to a safe place, legal assistance, or financial support. The church can provide resources or partner with local organizations that specialize in helping victims escape abusive situations.
3. **Provide Counseling and Spiritual Care:** Abuse deeply affects a person's emotional and spiritual well-being. Offering pastoral counseling or connecting victims to licensed professionals can provide healing for those who have been hurt. It's important to remind survivors that God loves them, and His heart grieves over the injustice they have experienced. Psalm 34:18 reassures us that *"The Lord is close to the brokenhearted and saves those who are crushed in spirit."*
4. **Encourage Accountability and Change:** It's essential that abusers are held accountable for their actions. Domestic violence is not a private matter; it is a violation of God's laws and human dignity. Abusers must be confronted with

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their sin and encouraged to seek repentance and transformation through God's grace. In James 5:16, we are called to *"confess your sins to each other and pray for each other so that you may be healed."* True healing requires both accountability and change.

5. **Pray for Healing and Deliverance:** Prayer is powerful. We should pray for the protection of those enduring abuse, for their strength to escape dangerous situations, and for their healing and restoration. We should also pray for the hearts of abusers to be transformed, that they may come to repentance and seek God's help in changing their destructive behavior.

Restoring Hope through God's Love

For those who have experienced domestic violence, it can be difficult to believe that a loving relationship or peace is possible again. But God is a God of restoration. Jeremiah 29:11 reminds us, *"For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future."* Even in the darkest situations, God offers hope and the promise of a future free from abuse.

The church must stand as a beacon of hope for those suffering in silence, offering compassion, practical help, and spiritual guidance. We must advocate for justice, healing, and the end of domestic violence in our communities. Together, through God's love and grace, we can help restore broken lives and families.

In conclusion, domestic violence is an issue that no one should face alone. As a community of faith, we must take action to support victims, provide resources, and stand against the sin of abuse. Let us remember Jesus' words in John 13:34, *"A new command I give you: Love one another. As I have loved you, so you must love one another."* True love does no harm. May we live out that love as we work to protect and uplift those who are suffering.

can also be victims of abuse in intimate relationships. Unfortunately, societal stigma and stereotypes often keep male victims from coming forward. Domestic violence against men includes physical, emotional, verbal, and psychological abuse, and it is just as damaging as any other form of abuse.

Scripture reminds us that all people deserve to be treated with dignity and respect. Ephesians 4:29 says, *"Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs."* This reflects the standard of care and respect that should define relationships. Abuse, in any form, violates the love and respect God intends.

If you or someone you know is experiencing abuse, know that seeking help is a sign of strength, not weakness. The church community can be a source of support and healing, as Galatians 6:2 encourages us to *"Carry each other's burdens, and in this way you will fulfill the law of Christ."* Let us break the silence around domestic violence against men and ensure that no one suffers in isolation.

Domestic Violence Towards Men: Breaking the Silence

While domestic violence is often associated with women, men

In The Spotlight MMMBC's Women's Ministry

In The Spotlight: MMMBC's Women's Ministry

Mount Moriah Missionary Baptist Church's Women's Ministry is a vibrant and essential part of our church community. With a focus on spiritual growth, fellowship, and service, the Women's Ministry empowers women of all ages to deepen their relationship with Christ while building strong, supportive bonds with one another. Proverbs 31:30 reminds us, *"Charm is deceptive, and beauty is fleeting; but a woman who fears the Lord is to be praised."* This ministry is dedicated to nurturing women who seek to honor God in every aspect of their lives.

Through Bible studies, prayer groups, community outreach, and special events, our Women's Ministry creates opportunities for women to serve, grow, and lead. Whether it's through supporting the church's mission, mentoring young women, or engaging in acts of kindness within the community, the women of MMMBC are committed to living out their faith in action.

The ministry encourages unity, love, and service, reflecting Christ's heart for all. As Colossians 3:23 reminds us, *"Whatever you do, work at it with all your heart, as working for the Lord, not for human masters."* The Women's Ministry is a shining light in our church, leading the way in service, faith, and fellowship.

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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