

# THE LOGOS



Christ, Our Soon Coming King

“Lord Transform Me”

A Weekly Publication of the South Bahamas Conference of Seventh-day Adventists

Editor: Lavern A. Sturrup

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## THE POWER OF PRAYER



I have often wondered about the significance of prayer and I have wrestled in my mind if prayer has any power. No doubt growing up in a Christian home and in a country that claims Christianity, as its main religion, I have heard Christian leaders espouse the idea that prayer has power.

More so, recently I decided to see what the Bible has to say on the matter of prayer and to investigate this as a means of bringing clarity to my mind. Here are a few passages that I discovered and would like to share with you:

"Now to Him who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us, to Him be glory in the church by Christ Jesus to all generations, forever and ever. Amen." - Ephesians 3:20.

"And this is the confidence that we have in him, that, if we ask anything according to his will, he heareth us: And we know that we have petitions that we desired of him." - 1John 14-15.

Listen to what the Bible claims God can do for you! God "is able to do exceedingly abundantly above all that we ask or think!" Secondly, whatever we ask according to His will he hears us and grants to us the petitions requested of us.

Do you hear what I hear? That sounds like a God who has indescribable power. Nothing is beyond the reach of my God. Whatever we need if we go to God in prayer we will receive.

Over the last ninety (90) days many persons around the world and in the Bahamas have been engaged in the 100 days of prayer initiative. Many can attest to the fact that prayer has power as we have seen God move in a mighty way. What am I speaking about? Well, persons have been healed, relationships have been mended, financial breakthroughs have been received, and most importantly individuals have developed a closer walk with Jesus. Though these few facts may seem small, I am reminded that they are critical enough to testify that the power of God still works when we pray. Perfectly illustrated in the life of Nehemiah who humbled himself before the divine potentate, he confessed his sins and that of his people and patiently sought the Lord and thus the Lord answered abundantly through his perceived enemies.

Ellen White, in commenting on the life of Nehemiah stated: **"The success attending Nehemiah's efforts shows what prayer, faith and wise energetic action will accomplish."**

*I want to encourage us as the people of God to pray every time, all the time, in season and out of season as we seek to build our spiritual lives. May we experience the power of prayer manifested in our lives at all times.*

Pastor Leonardo Rahming  
Executive Secretary.



### ADMINISTRATIVE NOTES INTERCESSORY PRAYER TRAINING

The entire membership of the South Bahamas Conference is invited to a special training seminar on intercessory prayer that will be conducted by the Inter-American Division on Wednesday July 1, 2020 at 7:00p.m. The link for this meeting will be provided by your pastors who will disseminate it to the membership. All churches are asked to participate in this spiritual program.

### CLIMAX TO 100 DAYS OF PRAYER

On July 3, the Inter-American Division will commence at 7:00p.m a time of prayer and fasting as together we celebrate what God has done throughout the 100 Days of Prayer initiative.



Atlantic Caribbean Union Mission is responsible for the first hour and so we are asking that each member participates in this time of celebration. Please watch for the schedule from your pastors as to which church in our Conference will be responsible for each hour. Thanks in advance for your support.

--Administration.



### SOUTH BAHAMAS CONFERENCE DISASTER PREPAREDNESS COMMITTEE SPECIAL REQUEST - First Responders Volunteers

All persons interested in volunteering as First Responders in the event of a disaster, please contact Nathelyn LaCroix, Health Ministries Director at 323-0610 or 826-8486 (Whatsapp). - Committee Correspondence.



### BIBLE CLASS

The South Bahamas Conference of Seventh-day Adventists continues its Bible Class on **Sunday June 28, 2020** from the book of Revelation on the topic: *"Crown Him with Many Crowns"* with Pastor Lynden Williams. The session will begin at 6:30p.m. to 8:00p.m.

For further information please contact Pastor Lynden Williams via email at [lwilliams@sbcadventist.org.bs](mailto:lwilliams@sbcadventist.org.bs)

-- Pastor Lynden Williams, Bible Studies & Spirit of Prophecy Coordinator.



**CHILDREN & ADOLESCENT  
MINISTRIES (CHAM)  
DEPARTMENT  
VACATION BIBLE SCHOOL  
EXPERIENCE**

**Theme: HEREOS - 'Making a Big  
Difference in Small Ways.'**

This year the exciting program  
will be held online.

Each church will host a customized VBS  
program for their church family and  
community friends.

**WATCH HERE FOR MORE  
INFORMATION.**

--Mrs. Lavern Sturup, CHAM Director.



**WOMEN'S MINISTRIES**

Please note that due to this COVID19  
pandemic, our regular submission format has  
changed.

This week and every week thereafter, we will  
stay connected thorough our "Sisters for  
Sisters" words of empowerment and  
inspiration, coming from women across our  
Conference. The submission this week is from  
*Sister Annette Dorsett, Music Coordinator,  
South Bahamas Conference of Seventh-day  
Adventists.*

***The Soothing Effects of Music***

Given the constant demands of both our  
personal and professional lives and the  
intrusion of COVID-19, people from every  
stratum of society are suffering from stress. We  
know that ongoing stress can lead to a wide  
range of negative conditions including high  
blood pressure, stomach ulcers, depression, and  
other illnesses. The good news is that we don't  
have to continue to suffer from stress that  
causes illnesses.

One way to deal with stress is through music.  
Soothing music can reduce blood pressure and  
anxiety. The right kind of music can soothe the  
mind and calm the emotions. Listening to  
soothing music can lower your body's levels of  
cortisol, a hormone that contributes to feelings  
of stress and anxiety. An example of the  
calming effect of music on the mind is found in  
1 Samuel 16:23. When David played his harp,  
the evil spirit left Saul, and he was "refreshed."

Music is a 'universal language' that has a way of  
making us feel more connected to others. It does  
not need words to express emotion or validate  
what you're feeling. Appropriate music can  
take away sad and nervous feelings and make  
you happy, calm, and peaceful. The following  
words by an anonymous writer explain how  
music soothes our souls:

***Music speaks what cannot be expressed,  
Soothes the mind and gives us rest,***

***Heals the heart and makes it whole,  
Flows from heaven to the soul.***  
—Anonymous.

**As worshippers make their way quietly to  
their seats, the melodious sounds of the  
organ fill the sanctuary. Deeply moved by  
the music, one woman whispers to her  
neighbor, "What beautiful music! 'Hover  
O'er Me Holy Spirit' is my favorite hymn."  
The organist continues to play while another  
old lady weeps softly, as she thinks of her  
frailty and God's keeping power.**

*Undoubtedly, music has a soothing effect on the  
soul. So, take time out to listen to some soothing  
music and be refreshed.*

— *Written by Ms. Annette Dorsett, Music  
Coordinator, South Bahamas Conference of  
Seventh-day Adventists.*

**"Fighting Your Fears"**

Join the women of the Philadelphia Church  
with their Special Guest Gianna Snell from  
Huntsville, Alabama on Sunday, June 28<sup>th</sup> at  
4:00p.m. for this exciting and transforming  
program.

Zoom ID: 645 673 1650 Password: 790539

**Upcoming Event**

"Unplugged...but Connected?" Stay tuned for  
more details on this Women's Ministries event.

**Pause and Pray Wednesday.**

Don't forget our weekly Pause and Pray  
appointment on Wednesdays at noon.

--Mrs. Jacqueline Gibson, Women's Ministries  
Director.



**PHILADELPHIA CHURCH**

**"...Our Neighbours As Ourselves..."  
Community Food Distribution - Thursday  
June 18<sup>th</sup>, 2020.**

*Our Mission:*

1. To feed the hungry – Matthew 25 : 34 - 40 "34....Come, ye blessed of my Father, inherit the kingdom prepared for you from the foundation of the world: 35 For I was an hungered, and ye gave me meat: I was thirsty, and ye gave me drink...." 40"...Verily I say unto you, Inasmuch as ye have done it unto one of the least of these my brethren, ye have done it unto me."

2. To raise awareness of our Church's presence  
– Acts 2: 47, "...having favour with all the  
people. And the Lord added to the church daily  
such as should be saved." Isaiah 58: 10, "And if  
thou draw out thy soul to the hungry and satisfy  
the afflicted soul; then shall thy light rise in  
obscurity, and thy darkness be as the  
noonday...."

*Our Goal:* To distribute one hundred (100) or  
more pre-packaged bags of "essential" grocery  
items to non-church members who have been  
adversely affected economically by the Corona  
Virus pandemic in our immediate church  
community of Elizabeth Estates.

*Our Method:* In compliance with COVID-19  
protocols, members excitedly distributed flyers  
in the community; happily shopped;  
industriously packaged bread, rice, grits, oats,  
sugar, cream, tomato paste, tuna, mackerel,  
Kraft dinner and tissue along with health  
literature in bright yellow reusable tote bags  
labeled with our special tag ready for  
distribution.

On the morning of June 18, 2020, residents  
came by to collect their love packages. The  
original intent was to feed 100 persons but the  
word really got out and we are praising God that  
we were able to distribute 50 additional  
packages. Some of them expressed their  
gratitude on the spot while others phoned in  
saying how grateful they were to receive their  
love packages.

Mission accomplished! We give God praise!  
Our desire is to always be the hands and feet of  
Jesus in our Church community.

This exciting initiative was done by the  
Philadelphia Church's Community Services  
Department in partnership with their Personal  
Ministries Department & Warriors for Christ  
Adventurer and Pathfinder Clubs, private  
donors and ASI Bahamas.

*Submitted by – Ms. Shandera Smith.*



***Please Email Weekly Announcements***

To: sbclogos@gmail.com  
Or logos@sbcadventist.org.bs  
***By Tuesday at 3:00p.m.***

Visit the Conference website:  
**http://southbahamasconference.org**  
for the Logos publication archives & the  
ATV658 NEWS, as well as weekly  
programming.



**CALL 341-4021  
SUN SETS NEXT  
SABBATH  
July 4, 2020 - 8:03p.m.**

***Happy Sabbath!***