

My Bible, My Declaration & Belief

This is my Bible.

It contains the message of the everlasting gospel of the kingdom which is the power of God unto salvation.

I believe and hold the truth written on its pages to be self-evident, undeniable and all powerful. It is the indestructive, authoritative, self-explanatory, all-encompassing and all-embracing Word of God that goes beyond the ordinary limits of time and space.

I believe I am who it says I am. I believe in what it says I can do because each day, as I read, hear and meditate upon the Word of God, it is being written, indelibly printed, upon my heart and mind by the Holy Spirit.

It is renewing, reinforcing and strengthening my inner man constantly after the likeness of my Creator, making me, by faith, completely confident that my life in this world is actually the life of Christ being lived out in me.

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BACK



Metro New York World Ministry

End of Year Service 2025

"Biblical Meditation: The Path to Eternal Life"

December 31, 2025 @ 1:30pm EST

Join us for our
Communion and Candlelight Services

Call in Numbers

646-307-1873 / 605-562-0162

Access Code: 13514#

O how love I thy law!
It is my meditation all the day.

- Psalm 119:97

www.metromenspm.com

Order of Service

Scripture Reading: Psalm 100.....	T. Wold
Music: Instrumental.....	J. Scott
Opening Prayer.....	K. Phillips
Welcome.....	D. Gordon
Song.....	S. Johnson
Song.....	S. Welch
Court: Bible Reading vs Biblical Meditation	
the Path to Eternal Life P1	
Song.....	S. Welch
Scripture Reading:.....	M. Bates
Court: Bible Reading vs Biblical Meditation	
the Path to Eternal Life P2	
Testimonies	K. Phillips
Song	S.. Johnson
Court: Bible Reading vs Biblical Meditation	
the Path to Eternal Life P3	
Invitation to Service.....	A. Espinet
Prayer.....	A. Espinet

Scripture Reading	T. Wold
Court: Bible Reading vs Biblical Meditation	
the Path to Eternal Life P4	
Song.....	J. Scott
Message.....	D. Gordon
Communion Service.....	D. Gordon
Song.....	K. Phillips
Candlelight Service.....	A. Espinet
Song.....	M. Harris
Vote of Thanks/Benediction/Prayer	D. Gordon/M. Harris
Closing song.....	M. Harris

Communion Service

He that eateth my flesh, and drinketh my blood, dwelleth in me, and I in him. John 6:56

Instruction on the Communion Service.....D. Gordon

The Bread: The Body of Christ

Scripture Reading.....T. Wold
Musical Selection.....M. Harris
Commentary & PrayerD. Gordon
Instructions to Partake of the BreadD. Gordon

The Fruit of the Vine: The Blood of Christ

Scripture Reading.....A. Singh
Musical Selection.....M. Harris
Commentary & Pray-



Candlelight Service

God desires to rescue everyone from spiritual darkness, many unaware of their state, and bring all those in darkness into His marvelous light. Jesus, who is the image of God, came to illuminate the way for the spiritually blind as He is the light of the world (*John 8:12*). So, God has chosen the believers of the Way to be the bearers of this light of the gospel of the Kingdom to the world. (*2 Corinthians 4:4, 1 Peter 2:9*). Our purpose as light -Bearers is to **Illuminate, expose and dispel** the darkness of this world. So “Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven”.

Consecration Pledge

I _____ Commit myself in total obedience to God's will according to His word as written in the constitution of scriptures and the indwelling power of the Holy Spirit, to yield to all His instructions at all times making it first in my life. I will cheerfully, sacrificially, and regularly give, my time, talent and resources to support the spreading of the everlasting gospel for the advancement of the kingdom of God here on earth as the Holy Spirit prepare a people for the second coming of Christ.

The Transforming Power of Biblical Meditation

Most people are reading the bible and are walking away feeling unchanged, but the word of God was not meant to be skimmed or treated as religious routine. It is actually a divine invitation to slow down, breathe in truth and allow God's voice to resonate through every part of your life. **Joshua 1: 8** is essentially saying to each of us "let my word live in your thoughts. Let it shape your decisions. Let it guide your step".

When you meditate on God's word it is more than filling your mind with pleasant ideas. You are allowing truth to take root in your heart, your mind, which is the core where real change begins. In a world that is moving at lightening speed, where distractions are rampant and is the norm, biblical meditation slows you down and trains you to be still. It silences the noise so that you can hear the soft whispers of God. You begin to catch the little details you'd normally overlook. You will begin to hear his voice in verses you have read hundreds of times before. And, suddenly scripture doesn't just speak, it pierces, it comforts, it convicts, it lifts. When you meditate on scripture, it becomes part of you, it starts reshaping the way you see the world.

Laughter: The Best Medicine

The Bible doesn't have a particular definition for laughter however, portrays it as a multifaceted human expression used in various contexts to reflect a wide range of emotions and attitudes, which can be either positive or negative.

While the Bible does not explicitly state "laughter is the best medicine," it strongly advocates for a cheerful heart, joy, and gladness as part of a healthy, God-intended life. **Proverbs 15:13, Proverbs 17:22, Job 8:21, Psalm 126:2.**

Laughter has been said to have healing power which can improve physical health, enhance mental well-being and strengthen social bonds. It triggers a cascade of physiological responses within the body which offers a wealth of health benefits some short term some long term .



Some of the benefits include: the release of happy hormones called endorphins in the brain that bind with special receptors that causes pain relief.. Serotonin, a natural antidepressant is also released which causes relaxation and improved mood. The immune system is also affected with increase release of cells that will fight cancer .

Remember laughter acts as a natural tonic for the body, fostering a state of physical wellness and vitality through the multifaceted effects on various bodily systems.