

WEBVTT

1

00:00:00.359 --> 00:00:09.900

Carrington Moore: Still waiting on us to Atlanta to do with us as well so grateful that we have some time together as we're talking about mind, body and worship.

2

00:00:10.290 --> 00:00:17.310

Carrington Moore: As we're moving into a new series called the abundant life the abundant life is not just rooted in our ability or

3

00:00:17.820 --> 00:00:21.990

Carrington Moore: To grow in our own spiritual knowledge, but God has called us to take care of our bodies.

4

00:00:22.470 --> 00:00:31.050

Carrington Moore: To keep care of our minds and take care of our hearts and certainly looking at the idea of the abundance of life from that vantage point, we're so grateful to have so many people with us.

5

00:00:31.530 --> 00:00:42.900

Carrington Moore: Today, we're still waiting on I think our guests worship leader, but I'm with you all on today. Let's open up in prayer. Let's open up in prayer, everyone. If you can assume your own posture of prayer.

6

00:00:45.990 --> 00:00:51.540

Carrington Moore: Let us pray. God, we thank you for today. We thank you for your goodness and for your mercy.

7

00:00:51.900 --> 00:01:01.830

Carrington Moore: We thank You Lord God for being God. God, we thank You Lord God for the opportunity. Lord God to talk about the power of the abundant life for God, the power

8

00:01:02.160 --> 00:01:12.750

Carrington Moore: Of having good practices for mental health, the power, Lord God of exercising up by we're thankful for all the many panelists, or God or with us on today. Lord God I pray that you

9

00:01:12.960 --> 00:01:20.610

Carrington Moore: Are worth their mouths and give them what the same Lord God let this be a fruitful time. Let this be a good time. This you pray in Jesus name Amen

10

00:01:20.760 --> 00:01:21.450

With

11

00:01:22.680 --> 00:01:33.960

Carrington Moore: Him at this time I want to see if I believe we have brother Jason Rosen day with us, my good brother, all the way from next time. Oh, how we're so grateful to be with us. He's one of my favorite worship leaders.

12

00:01:34.440 --> 00:01:45.960

Carrington Moore: He is phenomenal brother. I've known him for a long time, definitely look up to him. So I'm really grateful for him to be with us today, brother. Jason in your own way Minister roles and dairy. If you want to unmute yourself and I will just wanna I just

13

00:01:45.960 --> 00:01:47.010

Jason Rosendary: Wanna work.

14

00:01:49.830 --> 00:01:52.140

Jason Rosendary: All right. Praise God. How's everybody doing today.

15

00:01:52.380 --> 00:01:53.490

Jason Rosendary: Hopefully I were

16

00:01:57.090 --> 00:02:11.610

Jason Rosendary: To give a little bit of worship today lift him up not law prolong the time too much button. Do you right into worse just begin to get your minds and your hearts just prepared so we can lift him up in spirit and in truth.

17

00:02:13.380 --> 00:02:28.110

Jason Rosendary: We serve a great a mighty an awesome God is nobody like him. I say this all the time, but it's just so true puts a smile on my face now begin to think about his goodness and think about who he is all that he's done and just his greatness.

18

00:02:29.280 --> 00:02:31.200

Jason Rosendary: I can't help it, man.

19

00:02:32.910 --> 00:02:33.810

Jason Rosendary: Let's sing this song.

20

00:02:35.820 --> 00:02:43.830

Jason Rosendary: Song says, Thou art by God and I will praise the

21

00:02:47.910 --> 00:02:51.720

Jason Rosendary: Now, my God, I will

22

00:02:53.820 --> 00:02:54.420

Jason Rosendary: Be

23

00:02:55.980 --> 00:02:56.670

Jason Rosendary: For your

24

00:03:00.090 --> 00:03:00.720

Jason Rosendary: Mind.

25

00:03:01.980 --> 00:03:03.360

Jason Rosendary: And I will

26

00:03:05.190 --> 00:03:06.720

Jason Rosendary: See

27

00:03:10.050 --> 00:03:14.160

Jason Rosendary: Now, my God. Hi. We're back.

28

00:03:17.940 --> 00:03:18.870

Jason Rosendary: For y'all.

29

00:03:21.270 --> 00:03:21.750

Jason Rosendary: Y'all

30

00:03:32.040 --> 00:03:32.460

Jason Rosendary: Y'all

31

00:03:37.620 --> 00:03:38.880

Jason Rosendary: Y'all Chawla

32

00:03:41.310 --> 00:03:47.400

Jason Rosendary: Saying say now by God and I will

33

00:03:52.320 --> 00:03:52.710

Jason Rosendary: Lift up

34

00:03:54.150 --> 00:03:57.660

Jason Rosendary: Our mind God I will

35

00:04:00.150 --> 00:04:00.900

Jason Rosendary: Be

36

00:04:02.160 --> 00:04:02.820

Jason Rosendary: For your

37

00:04:05.160 --> 00:04:05.670

Jason Rosendary: Job.

38

00:04:10.650 --> 00:04:11.340

Jason Rosendary: Your

39

00:04:16.080 --> 00:04:16.500

Jason Rosendary: Show.

40

00:04:21.990 --> 00:04:22.530

Jason Rosendary: Me. Oh.

41

00:04:30.300 --> 00:04:32.850

Jason Rosendary: My God, my God, you're

42

00:04:48.540 --> 00:04:49.320

Jason Rosendary: Here a

43

00:04:53.040 --> 00:04:58.590

Jason Rosendary: Few am to bow down here and to say that Jordan, Mike.

44

00:05:00.450 --> 00:05:00.960

Jason Rosendary: You

45

00:05:03.420 --> 00:05:04.620

Jason Rosendary: Hear me to

46

00:05:06.630 --> 00:05:10.440

Jason Rosendary: You to save your mind.

47

00:05:12.240 --> 00:05:15.030

Jason Rosendary: Whoa, whoa.

48

00:05:16.380 --> 00:05:17.220

Jason Rosendary: Whoa.

49

00:05:20.850 --> 00:05:21.270

Jason Rosendary: Whoa, whoa.

50

00:05:37.380 --> 00:05:38.760

Jason Rosendary: Decided to be more like you

51

00:05:45.900 --> 00:05:47.940

Jason Rosendary: Anything that's not right. Taking out

52

00:05:49.110 --> 00:05:50.310

Jason Rosendary: Purge me with his

53

00:05:52.020 --> 00:05:53.310

Jason Rosendary: Hers me with his sins.

54

00:05:54.600 --> 00:06:00.660

Jason Rosendary: Wash me, that I may be whiter than snow. Oh, you are the pot.

55

00:06:02.700 --> 00:06:07.920

Jason Rosendary: Hi, I am the claim. Oh, me, me, me, me.

56

00:06:09.300 --> 00:06:10.170

Jason Rosendary: Me. Me.

57

00:06:11.820 --> 00:06:12.570

Jason Rosendary: Make me

58

00:06:14.760 --> 00:06:15.480

Jason Rosendary: Make me

59

00:06:18.150 --> 00:06:19.380

Jason Rosendary: Make me. Oh.

60

00:06:21.840 --> 00:06:23.910

Jason Rosendary: Song. It says, Make me

61

00:06:28.500 --> 00:06:29.430

Jason Rosendary: Make me

62

00:06:33.750 --> 00:06:34.980

Jason Rosendary: Make me

63

00:06:37.230 --> 00:06:38.070

Jason Rosendary: Oh god.

64

00:06:39.270 --> 00:06:40.410

Jason Rosendary: Make me

65

00:06:43.800 --> 00:06:47.730

Jason Rosendary: Sing it sing the law, me, me.

66

00:06:52.200 --> 00:06:53.820

Jason Rosendary: Me. Me.

67

00:06:58.290 --> 00:06:59.790

Jason Rosendary: Me. Me.

68

00:07:02.790 --> 00:07:04.080
Jason Rosendary: Me. Me.

69
00:07:08.610 --> 00:07:09.780
Jason Rosendary: Me. Me.

70
00:07:11.730 --> 00:07:13.470
Jason Rosendary: What time will make me over saying

71
00:07:15.660 --> 00:07:17.280
Jason Rosendary: Me. Me.

72
00:07:21.720 --> 00:07:22.500
Jason Rosendary: Me.

73
00:07:27.990 --> 00:07:28.470
Jason Rosendary: Me.

74
00:07:31.560 --> 00:07:32.940
Jason Rosendary: Me. Me.

75
00:07:37.620 --> 00:07:38.730
Jason Rosendary: Me. Me.

76
00:07:43.680 --> 00:07:44.970
Jason Rosendary: Me. Me.

77
00:07:49.710 --> 00:07:50.520
Jason Rosendary: Me make me

78
00:07:53.580 --> 00:07:56.340
Jason Rosendary: Cuz he he's Micah.

79
00:07:57.780 --> 00:08:01.050
Jason Rosendary: Time frame see

80
00:08:03.990 --> 00:08:15.030
Jason Rosendary: That real fast now on Micah time Ty we praise the

somebody say for y'all. He

81

00:08:16.890 --> 00:08:18.570

Jason Rosendary: Will give him praise wherever you are.

82

00:08:20.070 --> 00:08:23.100

Jason Rosendary: Give him what he deserves. He's an awesome, awesome God

83

00:08:24.510 --> 00:08:26.610

Jason Rosendary: The song says Make me over again.

84

00:08:27.720 --> 00:08:40.500

Jason Rosendary: We are constantly, constantly just cleansing ourselves of all the things that are coming in daily. We have to constantly present stuff out. So, lesson great song. Great worship the Lord make me over again today.

85

00:08:42.090 --> 00:08:44.850

Jason Rosendary: Make me over and continue to make me more and more like you

86

00:08:46.050 --> 00:08:49.920

Jason Rosendary: God the praise of move forward. Turn back over to the hands of Carrington.

87

00:08:50.850 --> 00:08:53.280

Carrington Moore: Thank you so much. Jason appreciate you.

88

00:08:53.460 --> 00:09:07.620

Carrington Moore: Are my favorite worship leaders. We can clap it up for a minister rose and during one more time. Thank you so much. We're going to make sure that he comes back and worship with us a little bit more that song is so fitting for today's conversation Lord make me over again.

89

00:09:07.980 --> 00:09:15.600

Carrington Moore: It's also great from a jump right into it. I know that my brother, brother manual he SS to dip out pretty quickly because he has an emergency has to

90

00:09:15.600 --> 00:09:25.020

Carrington Moore: Attend to but I just want to introduce our panelists with us on today. We have less than Michelle. She's a worship leader at the wonderful willow church in Chicago. She

91

00:09:26.040 --> 00:09:30.750

Carrington Moore: Christian thought leader who was always working at the intersection of women is the

92

00:09:31.200 --> 00:09:42.570

Carrington Moore: Theology of thinking about how we can form new and beautiful our worship practices that can speak to our minds to our bodies and to our souls and some so great for less than to be with us today. We have our own system Oculus girls.

93

00:09:42.960 --> 00:09:50.730

Carrington Moore: She is a mental health counselor and thought leader in trauma and healing through the arts as she as well travel for work can be seen all across the world.

94

00:09:51.030 --> 00:09:59.160

Carrington Moore: She hasn't left such an imprint on so many people. So we're so grateful for our expertise and all that she knows and all that she's going to share with us.

95

00:09:59.370 --> 00:10:07.290

Carrington Moore: On today we're so thankful for our own our dear brother. Why a Jackson, every time I talk to why I get like 10 sermons, because why it is so wonderful.

96

00:10:07.710 --> 00:10:12.690

Carrington Moore: Why is the Emmy award winning musician choreographer and community leader, all the things that he does not community.

97

00:10:12.960 --> 00:10:20.400

Carrington Moore: With our young people merging worship with the arts is something that we're able to see almost every Sunday well before kogut but even now even

98

00:10:20.790 --> 00:10:27.600

Carrington Moore: Through our zoom. We can can see my why it's great

work and all that he does for our community. And last but not least, my friend.

99

00:10:27.840 --> 00:10:33.390

Carrington Moore: Brother Emanuel Williams. He's a personal trainer nutritionist and the owner of unified fitness gym.

100

00:10:33.660 --> 00:10:44.910

Carrington Moore: Located in Boston that wonderful facility they I was with Brother manual this morning and he happy doing a workout and I had to. I had to say Lord make me over again because I was struggling, but I'm so grateful for my dear brother.

101

00:10:45.570 --> 00:10:48.060

Carrington Moore: Matter of fact, if I could be honest I Minister Rosen day

102

00:10:48.720 --> 00:11:00.780

Carrington Moore: I actually asked him today to play that song because while I was working out with rather than manual. He is my personal trainer helping me get my niece stronger. We're talking about God and literally I had to fight back tears as that.

103

00:11:01.110 --> 00:11:06.240

Carrington Moore: Song was playing in the background. And God spoke to me. He said during the

104

00:11:16.170 --> 00:11:16.710

Carrington Moore: Life.

105

00:11:16.920 --> 00:11:19.710

Carrington Moore: That you thought couldn't be here on brother mangled you with us on today.

106

00:11:19.830 --> 00:11:32.520

Carrington Moore: We're going to jump right into it. If you talk about the power of my body and worship. Everybody say that with me put in the chat. I want everybody to sit with me. I put in chat see mind.

107

00:11:32.910 --> 00:11:34.560

Carrington Moore: Mind Body.

108

00:11:34.860 --> 00:11:35.400

Emanuel Williams: Why

109

00:11:35.850 --> 00:11:48.390

Carrington Moore: And worship for the manual, we're going to turn it over to you. If you cannot answer this. Quick question one. How did you get into the work that you do with personal training in nutrition.

110

00:11:48.960 --> 00:11:52.440

Carrington Moore: And for you. Is that a spiritual practice.

111

00:11:53.970 --> 00:11:54.660

Emanuel Williams: Um,

112

00:11:56.070 --> 00:12:18.210

Emanuel Williams: I guess I got in about 20 years ago when I was, I used to be 400 pounds and I wanted to, I need to lose some weight and it's around 2011 2000 2001 sep tember 11 when I used to used to be a bus driver.

113

00:12:19.320 --> 00:12:23.340

Emanuel Williams: And now what I thought was from my bad end up and for my good

114

00:12:24.540 --> 00:12:26.760

Emanuel Williams: Nice job for me and

115

00:12:28.020 --> 00:12:40.710

Emanuel Williams: When, when the, when the planes into buildings and stopped everything going in September 11 2001 and open up a door for me to stop taking care of myself.

116

00:12:41.280 --> 00:12:53.610

Emanuel Williams: You know, and so I started going to the gym. I've had more time, I was working 7080 hours a week, my time don't know was around 400 pounds and I changed my stuff.

117

00:12:54.600 --> 00:13:03.240

Emanuel Williams: I dropped 200 pounds in six to eight months with

with which opened the door for me that helped people with all my journey. I began to help others.

118

00:13:05.220 --> 00:13:12.330

Emanuel Williams: With weight loss and body transformation. The mind transformation to the campaign provide unless you change your mind.

119

00:13:12.720 --> 00:13:27.810

Emanuel Williams: And the Bible is true, you change by the renewing of your mind. So when I renew my mind I was able to change myself and maybe take a second thing that I need to in order to do that, and so

120

00:13:28.560 --> 00:13:35.490

Emanuel Williams: Doing that for myself, I was able to help other people do the same thing for themselves. So it became a

121

00:13:36.510 --> 00:13:50.730

Emanuel Williams: spiritual and physical and the spiritual work for me because it changed by the renewing of your mind just works both in all facets of life, you know, and that's just not something that I teach every day.

122

00:13:54.240 --> 00:13:58.500

Carrington Moore: Amen. Thank you so much. Brother Manny for sharing that with us. I love this scripture

123

00:13:58.800 --> 00:14:07.590

Carrington Moore: Be not conformed to this world, but be transformed by the renewing of our mind brother and sister is half the battle that we face, like when the manual showed us. It happens.

124

00:14:07.830 --> 00:14:15.420

Carrington Moore: Not always in our body, not without halos around us, but often the Battle of life happens in our mind. So thank you.

125

00:14:15.870 --> 00:14:19.350

Carrington Moore: For Starting us off with that we want to turn it over to Sister less than you could answer.

126

00:14:19.710 --> 00:14:32.220

Carrington Moore: That same question. This question you can answer the

outer you want I'm giving you all freedom of the Holy Spirit to kind of move. I'm just trying to help facilitate the conversation. But you all got all the knowledge and expertise. If you can walk, talk with us, what

127

00:14:33.390 --> 00:14:48.240

Carrington Moore: What do you see in the intersection of the mind and the body and the soul, and how does that reflect in the work that you do and and kind of, how did you kind of come to this word in the first place. I actually like three or four different questions but you gotta, you can, yes.

128

00:14:49.050 --> 00:14:52.260

Leslie Michele: So honestly, so she was saying I appreciate

129

00:14:52.380 --> 00:14:53.670

Leslie Michele: Sharing. Can you all hear me.

130

00:14:55.740 --> 00:14:57.120

Leslie Michele: Yes, yes, you can. Okay.

131

00:14:58.380 --> 00:15:07.980

Leslie Michele: So I think the first question is really powerful. The mind, body and soul has in many ways been separated

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00:15:08.460 --> 00:15:21.150

Leslie Michele: In how we engage we're either addressing the mind or we're addressing the body or we're doing spiritual work. And really, they're all one they all are meant to

133

00:15:21.690 --> 00:15:36.930

Leslie Michele: Have conversation with each other. And so the convergence of the three is really where healing begins and in my own life how I've come to the place where I am a thriving and

134

00:15:37.560 --> 00:15:46.020

Leslie Michele: Really basking in who I am created to be is because I began to reassess as a woman.

135

00:15:46.800 --> 00:16:02.040

Leslie Michele: As an African American woman and as a Christian how my

mind and my body and my spirit could be live liberated from the many ways that the theological framework that I was

136

00:16:02.610 --> 00:16:14.880

Leslie Michele: Really interested in how I could be liberated and still have a relationship with God. So it was a really intense journey where I had to do a lot of digging and I'm learning and relearning

137

00:16:15.420 --> 00:16:30.300

Leslie Michele: And so my passion is really to be a create a space of soothing where empathy really flows freely so that people can experience healing.

138

00:16:31.980 --> 00:16:41.220

Carrington Moore: Amen. Amen. Thank you so much. Leslie appreciate what you share that with Brother manual share. We have to turn it over to online if you want to answer. Kind of a similar question I plan on how did you come into the work

139

00:16:41.700 --> 00:16:49.350

Carrington Moore: That you do. I was actually looking, I was looking. I was perusing the internet, looking at the work that you do. I didn't know you spoke at Urbana

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00:16:50.070 --> 00:16:54.960

Carrington Moore: In 2018 just so you all know Urbana, it's the largest missions conference in the world.

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00:16:55.650 --> 00:17:05.970

Carrington Moore: One of the largest in the world. And it's about what want to say I plan about maybe 30,000 students who go there, everything ears. I went back in 2006 and 2009 with anniversary Christian fellowship

142

00:17:06.300 --> 00:17:14.190

Carrington Moore: And it was life changing. And one day I was like one day I'm going to speak at our banner. But lo and behold, for an old person that has spoken there already. So

143

00:17:15.180 --> 00:17:23.820

Carrington Moore: To answer that question for us, like, you know, as you come into the work that you do. Why is this intersection of the

mind, the body and worship. But why is that important.

144

00:17:25.020 --> 00:17:28.770

Akinlana B: Why so am I. Am I being heard clearly

145

00:17:30.720 --> 00:17:37.410

Akinlana B: Okay, wonderful. So thank you. Thank you so much for inviting me to this conversation. The

146

00:17:38.760 --> 00:17:44.700

Akinlana B: Short version of my story is being on a mission field.

147

00:17:46.440 --> 00:17:55.110

Akinlana B: I was called to Kenya in East Africa as well as being able to work throughout

148

00:17:56.130 --> 00:18:12.180

Akinlana B: Other nations in East Africa as a sound engineer and hold and in the work of sound engineering, you have to be so attuned like your mind has to be connected to your ears, which has to be connected.

149

00:18:13.890 --> 00:18:24.930

Akinlana B: And that attunement while he was there in my work, I was able to then integrate it in to the next.

150

00:18:25.440 --> 00:18:32.760

Akinlana B: Step of ministry, whereas I was recording the scriptures and mother tongue languages.

151

00:18:33.240 --> 00:18:47.070

Akinlana B: And during that time of recording the Scriptures. We also be quoted stories and the oral traditions of the different communities over 20 something different communities and some of the oral traditions were traumatic.

152

00:18:47.640 --> 00:19:03.690

Akinlana B: And some of the stories that I heard from countless women and children in these communities or were trauma stories and I realized that while I was recording them. I also wanted to take it a step further and do something about.

153

00:19:04.740 --> 00:19:23.580

Akinlana B: Healing that trauma or in some way, removing the negative effects of the trauma, which speaks so much to what Jesus. His work has been, and when he shared the Gospel and share the word

154

00:19:24.810 --> 00:19:31.680

Akinlana B: WHEN HE WAS ON THE AMOUNT THERE WAS trauma of hunger. So he came to the miracle and out of here.

155

00:19:33.930 --> 00:19:51.510

Akinlana B: To address the trauma of hunger before that word was able to go for us. And what I found was that being able to use some form of like an injection or a

156

00:19:52.260 --> 00:20:06.750

Akinlana B: Transformation and an operation of removing the negative effects of trauma and God's purpose and his power and his strength is able to go for us. And so

157

00:20:07.200 --> 00:20:28.380

Akinlana B: I'm an artist sing, dance, writing and using the arts, especially in the African people of African descent and on the continent is so organic and so natural to our culture and who we are that being able to

158

00:20:29.280 --> 00:20:38.310

Akinlana B: Intersect and and be able to integrate integrate both the arts, with the psychology and with the healing and with counseling.

159

00:20:39.360 --> 00:20:40.500

Akinlana B: Together.

160

00:20:41.520 --> 00:21:04.380

Akinlana B: Accessing the mind accessing the body would then bring forth that transformation of the whole human being. And what that transformation. Okay, the glory of the Lord can shine through. And his word can like really land with that fat destruction of

161

00:21:06.840 --> 00:21:16.470

Carrington Moore: Goodness. That's a good starting point, as well as we're thinking as you're going to move closer into this idea of how

this worship. How does care for the body.

162

00:21:16.740 --> 00:21:28.230

Carrington Moore: How does care for the mind helping the healing of the traumas of our live. And so I can I thank you so much for getting us started there. I'm gonna turn it over to my good brother why again why he's got about 30 sermons live in the side of malls.

163

00:21:29.910 --> 00:21:35.310

Carrington Moore: STORY, STORY. I think there was one of the overnights that ministry telling a

164

00:21:35.760 --> 00:21:42.780

Carrington Moore: Range of times on the call. When a clap it up from his family and all that she does for young people was here raised over and I think was two years ago, I believe.

165

00:21:43.080 --> 00:21:49.290

Carrington Moore: And she had a brother why of calm and we have a drum circle with some of the young brothers. There was a brother wire brother, Chris.

166

00:21:49.950 --> 00:21:56.100

Carrington Moore: Elder Jamison and myself and brother wide talked about the power of the African drum

167

00:21:56.790 --> 00:22:06.210

Carrington Moore: And he related that to the power of hip hop that we see now in beta. And you could literally see the minds of our young people writing

168

00:22:06.450 --> 00:22:14.100

Carrington Moore: More and more as they hit the drum and as they heard the sound of the drum do a connecting the president with their own African ancestry. He was

169

00:22:14.370 --> 00:22:29.970

Carrington Moore: Absolutely beautiful Wyatt, if you can talk to us a little bit one. How did you come into the work that you do. Like you talk to us a little bit about the importance of how the it. It's all to be engaged and worship, like you talk about that real quick.

170

00:22:30.330 --> 00:22:39.270

Wyatt Jackson: Sure. So thank you so much for having me. And this is a conversation that I'm just all into and you know I huge shout out to my sister Arkema who

171

00:22:40.590 --> 00:22:45.900

Wyatt Jackson: Lives what she's talking about and very thankful that she joined Bethel.

172

00:22:48.090 --> 00:22:49.530

Wyatt Jackson: While she's here on her journey.

173

00:22:52.050 --> 00:23:00.330

Wyatt Jackson: I'll take it back a little bit. I'll be short. I want to get into the full array of things I want to talk about. But I started this journey in high school.

174

00:23:01.410 --> 00:23:12.180

Wyatt Jackson: I tried football and my friends who were football players they changed up on me when I got on the field. They started calling me all kinds of names to intimidate me

175

00:23:12.510 --> 00:23:19.650

Wyatt Jackson: To get me to not play that well because they really wanted to be the stars. So I said footballs out. Then I went over the basketball.

176

00:23:20.160 --> 00:23:25.290

Wyatt Jackson: And people knew that I was going to be probably six foot something because I was tall and lanky at that time.

177

00:23:25.860 --> 00:23:33.000

Wyatt Jackson: And there was a brother who used to bully me in the locker room on the same team now is the bully me push me in the stomach. After games.

178

00:23:33.630 --> 00:23:47.280

Wyatt Jackson: And I'm like, wait a minute. We're on the same team. So why you punch me in the stomach and say, I come from a family that if I had told them I was getting bullied. The whole place would have blown up. If I had told them, so I couldn't stick around this. I left

basketball.

179

00:23:48.300 --> 00:23:51.810

Wyatt Jackson: And I was walking by the auditorium one day.

180

00:23:53.280 --> 00:23:54.810

Wyatt Jackson: And I heard Earth, Wind and Fire

181

00:23:57.240 --> 00:24:07.620

Wyatt Jackson: Get away. The song Ghana away and I opened up the door and Andrea Herbert major who's now in her. I think late 70s.

182

00:24:08.790 --> 00:24:13.140

Wyatt Jackson: She had a bunch of young people up there dancing on the stage and

183

00:24:15.030 --> 00:24:22.680

Wyatt Jackson: For some reason, I knew that this is what I was supposed to be doing. I went down to introduce myself. And she said, you're the first guy to come through like this. So,

184

00:24:23.190 --> 00:24:40.830

Wyatt Jackson: Here's what you got to do. And there started the journey because we went through all kinds of transformation. I can go into a whole bunch of stories, but the school responded to me because the school at the time you make a play in high school.

185

00:24:41.880 --> 00:24:45.330

Wyatt Jackson: Was where all the gang members from Boston, with the school.

186

00:24:46.830 --> 00:24:47.340

Wyatt Jackson: And

187

00:24:48.990 --> 00:24:53.880

Wyatt Jackson: I had to partner dance with the girlfriends of these gangsters.

188

00:24:55.710 --> 00:25:11.670

Wyatt Jackson: And so I was fearful like you wouldn't believe during

these concerts assemblies, because I didn't know if the boyfriends would come and say okay partment my girl. I'm going to see you after school. We're going to do this. But what happened was, y'all.

189

00:25:13.110 --> 00:25:20.910

Wyatt Jackson: The main gangster. The big one. The guy who was like in charge of all kinds of territory in Boston, his girlfriend was my first partner and dance.

190

00:25:22.590 --> 00:25:25.140

Wyatt Jackson: We had this moment on stage.

191

00:25:27.690 --> 00:25:28.950

Wyatt Jackson: After the thing was over.

192

00:25:30.120 --> 00:25:30.990

Wyatt Jackson: This brother.

193

00:25:32.310 --> 00:25:43.080

Wyatt Jackson: Who was packing guns, knives and everything came up to me and extended his hand and said, You made my girl look great out there, man.

194

00:25:45.000 --> 00:25:52.980

Wyatt Jackson: And when he said that I kid you not. This whole warm flash came over my body like this is what I'm supposed to be doing.

195

00:25:54.660 --> 00:26:01.590

Wyatt Jackson: And and that starts the journey. So I'll stop right there and it's something in that that will dissect and unpack, but we'll stop right there for now.

196

00:26:02.100 --> 00:26:12.450

Carrington Moore: Your man. That's good. That's good. We're gonna come back to that. Right. Otherwise, because that that's that's a, that's a beautiful story. I know brother manual has to go soon. So I want to ask them this one question regarding the body.

197

00:26:13.110 --> 00:26:15.900

Carrington Moore: The body. You know, you know, the Bible says.

198

00:26:16.410 --> 00:26:27.060

Carrington Moore: What does it say about the body, Miss Italia it says present your bodies a living sacrifice, holy and acceptable unto God, which is your reasonable act of worship as be

199

00:26:27.390 --> 00:26:38.370

Carrington Moore: present your bodies a living sacrifice, which is a reasonable act of worship and do believe that God has called us to care for our bodies, but in many ways. I want to submit to you. I'll put myself in that burden manual

200

00:26:38.940 --> 00:26:49.440

Carrington Moore: This so times we're not comfortable or our own bodies brother manual. What, what, what can talk about the importance of being comfortable with your own body.

201

00:26:49.920 --> 00:27:01.710

Carrington Moore: But having a healthy body and how that improves your worship life resume cute. Cute, cute. Talk to us about that one, but I know that's not the question that I sent to you, but the Holy Ghost told me to ask that question. So, I'm sorry.

202

00:27:02.760 --> 00:27:03.420

Carrington Moore: That's my question.

203

00:27:05.040 --> 00:27:06.810

Emanuel Williams: Oh, I'm

204

00:27:07.830 --> 00:27:17.670

Emanuel Williams: To be comfortable, you have to be first to be comfortable in. And since different situations in life. Everyone expense. We have to be first.

205

00:27:18.660 --> 00:27:38.640

Emanuel Williams: Go in ourselves. And a lot of times you know we we put up different Louis is hiding. What we don't want about ourselves. And because of that, you know, we send out mixed signals and people pick up on that, whether we know it.

206

00:27:39.810 --> 00:27:51.120

Emanuel Williams: So to be to be a richer in life and the teacher, we

must come as we are right and change, but we want to change.

207

00:27:51.570 --> 00:28:13.140

Emanuel Williams: And that means we need to we need to decide to commit to that thing that we really want, we just we kind of paint your body, then it's a commitment is required. We try to change our mindset, a commitment is required to become the desert environment for everything that we decide

208

00:28:14.610 --> 00:28:25.590

Emanuel Williams: I'm so we yes before in our spiritual lives in our natural life, you know, in order to, to, to carry God's word properly, we have to

209

00:28:26.820 --> 00:28:40.920

Emanuel Williams: Take care of his body that is getting to get any given given to us and for years we preach and we teach and we jumped on the screen and we live our bodies that just breaking down

210

00:28:41.280 --> 00:28:44.760

Emanuel Williams: Jesus, you know, we tell people to pricing.

211

00:28:46.590 --> 00:28:57.960

Emanuel Williams: Right, and he can do it, but we do not take care of ourselves when people see when people see it, you know, he told me God to heal.

212

00:28:58.830 --> 00:29:09.930

Emanuel Williams: Guys away. Make a visor provider, but your body. Nobody got diabetes, your body is breaking down because

213

00:29:10.710 --> 00:29:26.010

Emanuel Williams: Of a disease, cancer, or any or anything like that is because of our choice. Most of our sentences in this world come from simply from our choice what we decide to put in our body. That's it.

214

00:29:27.330 --> 00:29:36.000

Emanuel Williams: And if we can control that. And if we can take care of that will just be better independent and then putting

215

00:29:37.200 --> 00:29:37.920
Emanuel Williams: Putting that in

216
00:29:38.940 --> 00:29:46.260
Emanuel Williams: Our spiritual lives or we can carry the dogs work across the world because people to do

217
00:29:48.690 --> 00:29:56.610
Carrington Moore: You prefer right i want to stay in that Bama comes to Atlanta. I just so you all know brother man was was going to help you preach a sermon to

218
00:29:57.060 --> 00:30:02.400
Carrington Moore: Bible study in two weeks, and we were actually talking about this very thing about a week ago he was talking about.

219
00:30:03.240 --> 00:30:12.840
Carrington Moore: Some time he's just said it sometimes we're hiding because we don't like ourselves, you don't like our bodies. We don't. We were not comfortable with rebounding from our mistakes.

220
00:30:13.200 --> 00:30:23.190
Carrington Moore: We don't like the choices that we made. And it's caused us to high and what he told me that we are working out man about Charlotte and caught the Holy Ghost all over again.

221
00:30:23.520 --> 00:30:33.300
Carrington Moore: Other than since our submit to you that sometimes our bodies because we have not taken care of our bodies. I don't know. I'm not being i'm not blaming I'm including myself in that

222
00:30:33.930 --> 00:30:43.680
Carrington Moore: Sometimes, because we have not taken care of our bodies. The way that we want to it's caused us to have our own insecurities. It has caused us. Hi.

223
00:30:44.700 --> 00:30:48.300
Carrington Moore: It's caused us to how how preaching to me trying to preach to you know

224
00:30:52.620 --> 00:30:55.470

Emanuel Williams: I hate, I hate for four years.

225

00:30:57.300 --> 00:31:00.000

Emanuel Williams: And you know, you tried to hide all

226

00:31:01.110 --> 00:31:20.700

Emanuel Williams: This for me though the roles and sit in church and I'm a deacon was a deacon time dirt and trying to sit in up trying to hide in the role and just being uncomfortable, but it was when when when I decided to let God work in my life. And it wasn't me.

227

00:31:21.840 --> 00:31:30.960

Emanuel Williams: Right. It wasn't THE God that lives in me that gave me the mind to do the simple when no man, no surgeries.

228

00:31:32.100 --> 00:31:33.960

Emanuel Williams: This, this is what you need.

229

00:31:35.100 --> 00:31:46.620

Emanuel Williams: Mr admit to this to up to a structure diet plan and a fitness plan and watch and see what I do and when he changed that.

230

00:31:47.790 --> 00:32:07.230

Emanuel Williams: We change that that door open my competence me right then my business check gym open done then my house came, he is opened up this this whole Avenue, because he changed this this this the thing I need to change at high

231

00:32:08.220 --> 00:32:16.500

Carrington Moore: Yes, sir. That's good. I want to build on that and brothers and sisters, no we're not trying to engage in any type of body shaming. We're all hiding in our own ways, right.

232

00:32:16.920 --> 00:32:29.130

Carrington Moore: And so from nice for some of us, we've been hiding because of the trauma that has happened to us right and it's caused for hiding to take place. But I hear the Holy Spirit saying the brother man. Anybody else on the panel and

233

00:32:29.520 --> 00:32:37.290

Carrington Moore: It's time to stop hiding sister Carolina want to

talk about how spiritual inflammation exist in our body.

234

00:32:39.810 --> 00:32:42.480

Carrington Moore: That I want to one of my

235

00:32:43.560 --> 00:32:52.050

Carrington Moore: My therapist, a couple of years ago should ask this question, I Cubana she would say Carrington, and I would tell her myself that she would say Carrington.

236

00:32:52.560 --> 00:33:00.270

Carrington Moore: Not just how you feel. But what do you feel in your body and stalking line when she was saying that East and i know i everything in me.

237

00:33:00.930 --> 00:33:14.460

Carrington Moore: Because I was out. I don't know. I don't remember to say caring for the next time you go through that I want you to pay attention to how your body, your physical body is responding just talking about it as you can talk to us about

238

00:33:16.020 --> 00:33:31.530

Carrington Moore: How do we overcome or how do we help our bodies heal. Like, we believe that trauma is literally existing in our physical bodies to talk a little bit more about that and talk a little bit about how do we help

239

00:33:32.100 --> 00:33:37.290

Carrington Moore: Our bodies physically heal. I know that's a good question you can answer, however you want to.

240

00:33:37.950 --> 00:33:38.610

Yeah.

241

00:33:39.780 --> 00:33:57.750

Akinlana B: So just like you said, that's where I was going to begin is that our body that trauma does lie in the body. There's a wonderful book by professor, Professor Vander cold called the body keeps the score and it's speak specifically to how

242

00:33:59.190 --> 00:34:14.970

Akinlana B: So many different levels of trauma. So, how we can hold anything from low level stress, say in our and some people will make keep a stress in their shoulders and it makes me tense and I

243

00:34:15.720 --> 00:34:24.570

Akinlana B: Person I love massages haven't had one in so long since you've coded since coven of the streets, but I remember when I had my, my beloved

244

00:34:25.260 --> 00:34:29.460

Akinlana B: Christine shout out to her seem and homicide wonderful massages.

245

00:34:29.970 --> 00:34:43.020

Akinlana B: That she was a Oh your shoulders, and I'm like, Yeah, I keep a lot of stress in my shoulders or stress comes sometimes like when I would do acupuncture, I would get acupuncture and have the stress would lie in my stomach.

246

00:34:43.530 --> 00:35:07.380

Akinlana B: Or sometimes it's in my lower back and I realized that that's just one level of stress and one level of trauma, which compounded imagine when we get to the level of PTSD and or to the level of I'm going to keep it real PTS s post traumatic slave syndrome jack to join the group.

247

00:35:08.400 --> 00:35:21.750

Akinlana B: And when it comes down to how we are able to acknowledge the first step is to acknowledge that exists because a lot of us. We move, myself included, we move

248

00:35:22.230 --> 00:35:40.050

Akinlana B: Constantly and we're on the go, that we never really get an opportunity to just stop and listen to our bodies first. So being able to recognize that stillness and attunement

249

00:35:41.070 --> 00:35:44.310

Akinlana B: With ourselves first and then

250

00:35:45.420 --> 00:35:55.320

Akinlana B: Bringing the spiritual component into it a tuning ourselves to our Creator, because he's the one who created us in the

first place.

251

00:35:55.650 --> 00:36:11.700

Akinlana B: And have him share and show us reveal to us where that trauma exists so that we're not as reactive. But we're being more proactive in the way in which we address different situations.

252

00:36:12.390 --> 00:36:28.050

Akinlana B: That's the, that's the second step is is aligning ourselves as well with him. Then, once we've aligned ourselves and we've acknowledged, what is there now bringing in breath.

253

00:36:31.140 --> 00:36:36.030

Akinlana B: And I say breath because we take breath for granted is automatic.

254

00:36:37.710 --> 00:36:48.570

Akinlana B: Right, like if we had to depend on telling our mind to tell our but our mouth to tell our lungs to breathe. We would all be dead. Dead me I'll be the first one.

255

00:36:51.450 --> 00:37:06.030

Akinlana B: But the breath and I hear the breath of life and is life giving, and the breath comes with intentionality. And that's where mindfulness comes into play.

256

00:37:09.240 --> 00:37:16.320

Akinlana B: And the breath of mindfulness is now I'm intentionally engaging

257

00:37:17.400 --> 00:37:18.360

Akinlana B: My mind.

258

00:37:19.530 --> 00:37:44.190

Akinlana B: I'm intentionally now because my mind is engaged. I'm engaging my body, my body is becoming aware of all of the knots all of attention or any nausea or any shaking or any movement that is unnatural to the equilibrium in which God created us to be

259

00:37:45.510 --> 00:37:48.270

Akinlana B: And so now when I take that breath.

260

00:37:50.940 --> 00:37:57.180

Akinlana B: It brings me back in alignment with him and with myself.

261

00:37:58.590 --> 00:38:05.610

Akinlana B: So that ultimately wherever that disconnection or that dysfunction is and lies.

262

00:38:07.680 --> 00:38:10.170

Akinlana B: It's brought back into the fold.

263

00:38:11.490 --> 00:38:15.660

Akinlana B: And then I'll even add another component that may shift us a bit

264

00:38:16.680 --> 00:38:20.880

Akinlana B: And that goes with intentional movement because it talks about

265

00:38:23.370 --> 00:38:29.340

Akinlana B: We move and have our being. And so when our mind is connected

266

00:38:30.450 --> 00:38:39.600

Akinlana B: And his intention of working with intentionality through mindfulness in our body is intentional spiritually our worship is intentional.

267

00:38:41.250 --> 00:38:46.230

Akinlana B: And we're not just moving just to be moving

268

00:38:47.460 --> 00:38:49.620

Akinlana B: There's that intention now ality

269

00:38:50.670 --> 00:38:58.590

Akinlana B: That not only heals us as the mover in our body, but it heals the witness

270

00:39:00.990 --> 00:39:02.850

Akinlana B: And so that alignment.

271

00:39:03.870 --> 00:39:04.950

Akinlana B: Is threefold.

272

00:39:06.570 --> 00:39:09.990

Akinlana B: Father, Son, Holy Spirit, father.

273

00:39:11.730 --> 00:39:13.950

Akinlana B: Vessel receiver.

274

00:39:16.140 --> 00:39:28.740

Carrington Moore: That's good, that's good. I know brother wants to jump in and we're going to go to brother. Why, and then I'm gonna switch gears a little bit of as Leslie, Michelle. A question I brother, why wouldn't go to you if you want to build off of what slack Lana said, that'd be great.

275

00:39:29.190 --> 00:39:37.110

Wyatt Jackson: Yes, so this is in line with what I was going to get into a little later in the narrative. We're going to some breathing.

276

00:39:37.620 --> 00:39:44.520

Wyatt Jackson: And we're going to do some moving just for about a minute, two minutes every month, Reverend Liz Walker has

277

00:39:45.510 --> 00:39:52.980

Wyatt Jackson: A forum called, can we talk and what that is is it started off as just a way for mothers who had experienced

278

00:39:53.460 --> 00:40:06.090

Wyatt Jackson: Violence, you know, sons or daughters, whoever getting killed on the street. These women could common that she would have an open microphone and should we just let these women come and just talk about their experiences.

279

00:40:07.440 --> 00:40:17.550

Wyatt Jackson: And then she asked me, and a couple of other artists to be on standby to dance or sing or play saxophone in between stories.

280

00:40:18.750 --> 00:40:19.440

Wyatt Jackson: So,

281

00:40:21.570 --> 00:40:22.800

Wyatt Jackson: The trauma piece.

282

00:40:24.060 --> 00:40:38.340

Wyatt Jackson: I started, I got introduced to that through this ministry that Reverend Liz started after church now that we're in coven we still do it. And what we now do is we do this on zoom. So

283

00:40:40.020 --> 00:40:41.160

Wyatt Jackson: Everyone sit

284

00:40:44.460 --> 00:40:56.130

Wyatt Jackson: With your with your shoulders too far back. Try to center yourself. All right. Alright, what we're gonna do is we're going to do for this call for for we're going to breathe in for four counts.

285

00:40:56.700 --> 00:41:05.070

Wyatt Jackson: Hold for for accounts exhale for four counts and then hold for four counts and then bring it back in again for for comes

286

00:41:05.640 --> 00:41:20.460

Wyatt Jackson: After that, about three times. We're going to do that three times. Then we're going to use our wings, which is going to take some deep breaths. Inhale and exhale as we come down. Okay, so, along with our kulina dress. Here we go.

287

00:41:20.640 --> 00:41:26.040

Carrington Moore: Alright, so I can you repeat that real quick, just so we can all make sure that we got the direction you to repeat the direction

288

00:41:27.660 --> 00:41:40.530

Wyatt Jackson: So this is called for, for, for what we're going to do is, inhale for four counts. I'll give you the full accounts, then you're going to hold your inhale for four counts. Hold that.

289

00:41:41.670 --> 00:41:43.920

Wyatt Jackson: Then exhale for four accounts.

290

00:41:45.000 --> 00:41:52.260

Wyatt Jackson: And then hold in between your next breath hold that for
for accounts and then we're going to do it again. Okay, so you're
going to see me go like this.

291

00:41:54.600 --> 00:41:55.950

Wyatt Jackson: Okay ready

292

00:41:57.120 --> 00:41:57.540

Wyatt Jackson: All right.

293

00:42:00.870 --> 00:42:01.650

Wyatt Jackson: Inhale.

294

00:42:16.320 --> 00:42:17.040

Wyatt Jackson: Exhale,

295

00:42:29.160 --> 00:42:29.910

Wyatt Jackson: Inhale.

296

00:42:30.990 --> 00:42:42.810

1234123

297

00:42:44.160 --> 00:42:45.090

Wyatt Jackson: Exhale,

298

00:42:47.790 --> 00:42:53.340

Wyatt Jackson: 234 hold one

299

00:42:57.360 --> 00:42:58.170

Wyatt Jackson: Last time

300

00:42:59.190 --> 00:43:12.870

Wyatt Jackson: Inhale 1231234

301

00:43:14.040 --> 00:43:19.020

Wyatt Jackson: Exhale 123

302

00:43:20.490 --> 00:43:22.320

Wyatt Jackson: Then hold one

303

00:43:24.390 --> 00:43:27.720

Wyatt Jackson: Now we're going to inhabit the wings. Just three times.
Inhale.

304

00:43:29.790 --> 00:43:30.300

Wyatt Jackson: To the heavens.

305

00:43:33.060 --> 00:43:33.960

Wyatt Jackson: And exhale

306

00:43:39.330 --> 00:43:40.080

Wyatt Jackson: Inhale.

307

00:43:42.750 --> 00:43:43.770

Wyatt Jackson: Look up to the heavens.

308

00:43:45.420 --> 00:43:45.750

Wyatt Jackson: And

309

00:43:48.900 --> 00:43:50.310

Wyatt Jackson: Last time, inhale.

310

00:43:55.020 --> 00:43:56.250

Wyatt Jackson: And exhale and say,

311

00:43:57.270 --> 00:43:58.110

Wyatt Jackson: As you exhale

312

00:44:00.240 --> 00:44:03.360

Wyatt Jackson: PUT THAT SMILE ON FOR A SECOND. All right.

313

00:44:04.590 --> 00:44:10.260

Wyatt Jackson: And now what that has done, there's a whole bunch of

wonderful things that just happen. Okay.

314

00:44:12.180 --> 00:44:18.360

Wyatt Jackson: I can, I can give you the science. I'll just give you a little bit of the narrative, from my perspective, whenever I fly.

315

00:44:20.040 --> 00:44:29.640

Wyatt Jackson: Never I'm about to go even if it's an hour flight to Jersey, New York, I will do the fall for for when we're on the runway.

316

00:44:30.930 --> 00:44:45.150

Wyatt Jackson: And that just takes everything that I'm feeling and just puts puts me in line with what ultimately I need to do, which is just go with the flight and get there. Right. And I'm relaxed.

317

00:44:46.230 --> 00:44:49.290

Wyatt Jackson: By the time we get to our cruising altitude. I'm, I'm good.

318

00:44:51.270 --> 00:45:02.220

Wyatt Jackson: So this is something that you can connect to worship you can connect to, when you're having a stressful day when you're on ZOOM TOO MANY HOURS when you're

319

00:45:02.850 --> 00:45:10.110

Wyatt Jackson: Dealing with clients you go from one client to another client, there's a space in between. We have a few minutes and get yourself together you can do

320

00:45:10.680 --> 00:45:25.680

Wyatt Jackson: This breathing piece or just before administering you're about to go up on the pulpit, or you're about to minister and worship, you can do the 444 and there's a whole bunch of wonderful science that goes with what we just did.

321

00:45:27.690 --> 00:45:38.400

Carrington Moore: Man, that's good, that's good. That's a great practice. I hope that we can practice that daily. I think most of time or somebody said they do a breathing exercise when they go to work, whatever it might be less important.

322

00:45:38.880 --> 00:45:41.580

Akinlana B: I'm actually happy my question, I just wanted to interject.

323

00:45:41.640 --> 00:45:53.190

Akinlana B: For those of you who would like to get more information and be able to practice on your own. I just put a link in the chat box, another way in which they call it, brother. Why we

324

00:45:54.240 --> 00:45:57.750

Akinlana B: As I say, in in Swahili in Kenya to Copa merger.

325

00:45:57.870 --> 00:46:10.830

Akinlana B: We are together because I think like you would just like reading my script like that's the exact breath that I wanted to do and I just did like it twice or two sessions today so I love

326

00:46:11.760 --> 00:46:15.660

Akinlana B: Some of people call it box breathing. So maybe four by four.

327

00:46:16.230 --> 00:46:31.080

Akinlana B: Sometimes the visual and you'll see it, but sometimes a visual for some people, helps where it's like you're breathing in, or you're inhaling for for one side of the box and then you're holding at the top of the box and then exhaling at the

328

00:46:31.650 --> 00:46:46.500

Akinlana B: At the one side and then holding again at the bottom. And this is a practice that's been scientifically adopted by navy seals and we all know the importance of the Navy SEALs job in that they have to make

329

00:46:47.790 --> 00:47:04.470

Akinlana B: spur the moment decisions underwater life changing decision. So they advocate, if that if that's what they adopted and it worked for them to get that calmness in the body and be able to get that clarity of thought, then it should be good enough for me.

330

00:47:05.010 --> 00:47:05.760

And my clients.

331

00:47:08.490 --> 00:47:16.710

Carrington Moore: Good happy I should put that in the tenants. You all want to look up and learn more about what some I called box breathing. You can go to the link that I

332

00:47:17.130 --> 00:47:23.160

Carrington Moore: Put in the chat. I encourage you all in your own lives. You might need to practice where you need to ensure practice breathing.

333

00:47:23.550 --> 00:47:31.500

Carrington Moore: In your daily life. And so I do believe that belt was done a solid job of talking about the importance of our own mental health.

334

00:47:31.920 --> 00:47:40.620

Carrington Moore: We understand, in many ways, the importance of taking care of our body or in the Middle East, the lesson now is I wonder doing cove at 19

335

00:47:41.550 --> 00:47:58.050

Carrington Moore: Are we struggling with worship can come into the church where zoom in going to four or five different churches every Sunday heading up a zoom Bibles to the here and there and has affected our sensibilities of what worship is listen, you can talk to us a little bit

336

00:47:59.070 --> 00:48:06.840

Carrington Moore: About what is worship and how do we adjust to worship and then Mr.

337

00:48:08.190 --> 00:48:11.130

Carrington Moore: You can please if you can answer that for us please. Yeah.

338

00:48:11.940 --> 00:48:13.290

Leslie Michele: I love this question.

339

00:48:14.640 --> 00:48:16.200

Leslie Michele: Because even before

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00:48:17.940 --> 00:48:39.780

Leslie Michele: This pandemic but surrounding us. I have been really asking the question of what is worship in the context that we kind of house did in and I appreciate that our experiences in worship have been shaken up they needed to be shook up in my opinion and really

341

00:48:41.160 --> 00:48:54.540

Leslie Michele: I appreciate what I was saying when it comes to the breath. One of the beliefs that has been settling in my spirit is that

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00:48:55.500 --> 00:48:56.850

Leslie Michele: The ability to be

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00:48:57.030 --> 00:49:06.090

Leslie Michele: Present to be attentive and intentionally, be aware is in itself an act of worship.

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00:49:07.320 --> 00:49:21.540

Leslie Michele: And that's powerful because we've relegated worship to a specific spaces in specific ways. And I, I want to be very clear that I believe that the Community.

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00:49:22.620 --> 00:49:25.560

Leslie Michele: In the communal experience of worship is powerful.

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00:49:25.860 --> 00:49:27.870

Carrington Moore: And necessary but

347

00:49:27.900 --> 00:49:30.000

Leslie Michele: In the Bible it says even the rocks cry out

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00:49:30.840 --> 00:49:34.800

Leslie Michele: So our ability to worship on a

349

00:49:34.890 --> 00:49:37.380

Leslie Michele: Daily basis, moment by moment.

350

00:49:38.220 --> 00:49:57.090

Leslie Michele: Is really what we're doing, whether we know it or not.

And it's really what we are worshipping because we are giving praise to something. And so when you move into and understanding that being intentional and everything you do.

351

00:49:58.740 --> 00:50:06.300

Leslie Michele: And I want to be clear, as often in in certain circles with in church. We talk about being excellent

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00:50:07.080 --> 00:50:27.870

Leslie Michele: And that's not what I'm saying. Because that has a tinge of dominant culture to it. That is not healthy. I'm talking about being intentional and present so that the Holy Spirit can be heard seen taste it and smell right and when we set that kind of

353

00:50:29.370 --> 00:50:46.740

Leslie Michele: Space and and purpose in what we're doing, whether we're sitting down to dinner with friends. We are on zoom church or we're at work and we're honoring what's before us and we're present that is worship.

354

00:50:47.910 --> 00:50:56.310

Leslie Michele: And also in terms of shaping up worship or what can worship be in this new time

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00:50:58.440 --> 00:51:00.840

Leslie Michele: Rest is worship.

356

00:51:01.950 --> 00:51:16.830

Leslie Michele: Rest is calling out to empathy and empathy and our growth in empathy and understanding that rest and empathy are connected because rest is honoring yourself.

357

00:51:17.700 --> 00:51:28.950

Leslie Michele: And that way, you're growing in empathy for yourself and creating space to have empathy for others, not just sleep but rest from the doings.

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00:51:29.550 --> 00:51:43.410

Leslie Michele: So when we rest from the doings. We create space for empathy and compassion and there were able to pay that forward and that creates an atmosphere of prey.

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00:51:44.400 --> 00:52:00.510

Leslie Michele: So often we think of praise is clapping our hands and singing, but that quiet space where compassion is flowing freely back in for his powerful worship powerful as Atlanta said

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00:52:01.680 --> 00:52:17.430

Leslie Michele: intentionality. And so worship can look so many ways. And we, I really want to call us to expanding our idea of what worship is

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00:52:18.030 --> 00:52:37.710

Leslie Michele: Literally, going to the park on a sunny day sitting next to a tree that's 200 years old and basking in God's creation is worship, just like the the Sunday morning praise song and having that kind of

362

00:52:41.040 --> 00:52:42.750

Leslie Michele: I call it softness.

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00:52:43.950 --> 00:52:59.280

Leslie Michele: It's so precious to our experience as humans our humanity is crying out for those moments in the park near the tree, under the sun. And for many this

364

00:53:00.180 --> 00:53:21.510

Leslie Michele: Pandemic I've called it freedom building time has allowed us to Bree because I agree that breathing creates that that centering and that ability to be present. And so I invite us to really assess how

365

00:53:22.290 --> 00:53:33.360

Leslie Michele: Beautiful and vast and profound worship is because every breath. We take is a celebration of yes God I'm alive.

366

00:53:36.180 --> 00:53:39.840

Carrington Moore: That's a good y'all are y'all are we can clap it up for that one.

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00:53:39.930 --> 00:53:41.790

Carrington Moore: That was a good word unless we get

368

00:53:42.630 --> 00:53:49.350

Carrington Moore: Time is really near we can all calls on that one. I think from brother why it has to be honest, unless like I want a name for us.

369

00:53:50.070 --> 00:54:00.810

Carrington Moore: This intersection of mind, body and worship at some practices that we can engage it once rather Wyatt lead us in the power breathing. That will be the Holy Spirit is turn this right now. And we need to practice breathing.

370

00:54:01.380 --> 00:54:09.480

Carrington Moore: Now we need to pause and learn to breathe. And so to acknowledge you can put that link in the chat. One more time, just in case it or somebody else could put in the chat.

371

00:54:09.780 --> 00:54:18.840

Carrington Moore: Because I want us to if we commit to anything we want to end this week commit to breathing taking your time to be relaxed and to breed.

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00:54:19.170 --> 00:54:31.050

Carrington Moore: To Leslie, she told us about the power of being intentional, not, not in the sense of attributing our petition Natalie to capitalism and dominant culture where we're trying to do something, but being intentional with being present.

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00:54:31.500 --> 00:54:39.870

Carrington Moore: And enjoy what God has given to us sometimes we're so worried about tomorrow and our future in the X rays of the next promotion and the mess next house, then

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00:54:40.080 --> 00:54:51.360

Carrington Moore: The next blue thing someone's got a blue thing. I can't wait to get ready you I'm willing to enable that. So there's a waiting for what's next. And God is saying, I want you to enjoy the right here and now.

375

00:54:51.930 --> 00:54:58.980

Carrington Moore: And that's where we can often feel the power of God, moving in our life. And the other thing, Leslie. Share with us.

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00:54:59.430 --> 00:55:05.430

Carrington Moore: That worship doesn't have to be confined to the trip. We can't go to church. If you go to church. You don't get it.

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00:55:06.090 --> 00:55:10.290

Carrington Moore: You can get it. You gotta keep like so you gotta create

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00:55:10.590 --> 00:55:23.910

Carrington Moore: New worship practices and here's the thing. These pressure practices. There were available to us all alone, but we were told that all you can do is talk to your hands and shout hallelujah. And do you dance in church, but God is saying.

379

00:55:24.420 --> 00:55:39.750

Carrington Moore: That you can worship every day all the time and your sense of being is a form of worship Buddha clogging up our panelists. That's good. I'm gonna, we're gonna will engage and one more question, otherwise I can't dance. I love dance.

380

00:55:41.670 --> 00:55:49.290

Carrington Moore: So, so the way I will dance when we come back to church who were talking about this yesterday. I'm going to do that. The best bands. I've ever done in my life.

381

00:55:50.040 --> 00:55:58.830

Carrington Moore: But I can't do this. Like, why, but I can dance. There was great power and the movements of our body. You have to the real Nick beats ago

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00:55:59.910 --> 00:56:02.640

Carrington Moore: And I want to if you can't for a little bit.

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00:56:03.810 --> 00:56:10.620

Carrington Moore: If you can help us understand why is it important to move our bodies.

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00:56:11.340 --> 00:56:23.280

Carrington Moore: As a form of worship. It's just ocular you can you got no you are excellent dancer to you engage in the ministry of dance. If you cannot, you can answer that question to after. Why did

you want to, but I really want you to answer that for us.

385

00:56:23.670 --> 00:56:31.620

Wyatt Jackson: So part of the conversation was talking about the high school experience where I had this thing that happened. Part two was

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00:56:33.060 --> 00:56:34.920

Wyatt Jackson: Getting to my 20s and

387

00:56:36.030 --> 00:56:47.010

Wyatt Jackson: Everybody's saying you should be in the Alvin Ailey American dance theater, you should be in the app, you should be on Broadway, you should be and it became this thing that I was rebelling against because I didn't

388

00:56:48.240 --> 00:57:02.640

Wyatt Jackson: see myself in the company. I just didn't see it, but I worked at the spirit of where they would come every year they would come every year and I was a concessions boy at this theater. So I got a chance to see him, and every single time revelations happened.

389

00:57:03.870 --> 00:57:05.190

Wyatt Jackson: I felt this poll

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00:57:08.970 --> 00:57:09.600

Wyatt Jackson: And I'm like,

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00:57:11.130 --> 00:57:22.440

Wyatt Jackson: Okay. Now, people say, I should be in this company and that that speaks to me more than all the other stuff that they're doing all the modern and all that. There's something about that every year kept pulling me in

392

00:57:25.440 --> 00:57:30.360

Wyatt Jackson: So finally, after getting the courage to, you know, go to New York and audition.

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00:57:31.560 --> 00:57:42.450

Wyatt Jackson: For stuff. I finally linked up with the people who had danced with the Alvin Ailey American dance theater. And they all said the same thing. Oh man, Alvin Ailey would have loved you. Now when you

hear that

394

00:57:42.930 --> 00:57:50.250

Wyatt Jackson: That's a little bit of ego that starts to get in there and so on but but I went with what I think they meant

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00:57:51.330 --> 00:57:59.100

Wyatt Jackson: And it wasn't until 1990 when I gave my love, my life to the Lord, and I was really working a lot in Europe and doing a lot of stuff.

396

00:57:59.610 --> 00:58:09.690

Wyatt Jackson: Is when I saw the beauty of blending my worship and dance together, Reverend Cecilia Bryant, who is, you know, great, great grandmother of

397

00:58:10.590 --> 00:58:24.450

Wyatt Jackson: The me church Arts Movement. She pulled me into some of the things she was doing in the south and what she said. And this is all going to lay on you because there's so much more we could talk about, she said.

398

00:58:25.500 --> 00:58:26.610

Wyatt Jackson: That your body

399

00:58:27.870 --> 00:58:33.390

Wyatt Jackson: Is the word made flesh when you

400

00:58:34.410 --> 00:58:45.960

Wyatt Jackson: When you move to gospel music that's you know that sent it on the word good theology right you are making the word become flesh.

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00:58:47.520 --> 00:59:01.920

Wyatt Jackson: And I saw that in the places that we went to where we ministered in Texas and ministered in Baltimore and ministered in Chicago and Minister all over the place. I saw all these dance ministers.

402

00:59:02.970 --> 00:59:11.610

Wyatt Jackson: Coming. The word and it felt like revelations every

single dance that I saw felt like that revelations. Cool.

403

00:59:13.290 --> 00:59:29.640

Wyatt Jackson: So I believe the importance of worship in movement is that you really do take on the word you become the word when you are moving specially in a context like Bethel, especially in the context like Allen and the church.

404

00:59:30.840 --> 00:59:44.730

Wyatt Jackson: In New York, where people are serious about worship the serious about putting the word forth and asking the Holy Spirit to show up and providing a platform for people to take off their shoes and socks.

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00:59:45.780 --> 00:59:46.740

Wyatt Jackson: And move

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00:59:47.850 --> 00:59:50.550

Wyatt Jackson: The last thing I'll say is this, and I'll be often my

407

00:59:51.930 --> 01:00:04.830

Wyatt Jackson: Got a chance to go to Ghana West Africa. I was there for a bit a bit of time doing the movie, and we were staying in this house where one of the, I don't want to call them servants, but they were serving

408

01:00:06.030 --> 01:00:14.730

Wyatt Jackson: One of the people who is serving us name Nona Abba on Sunday morning. She came knocking on all of our doors and said, You all are going to church with me.

409

01:00:16.350 --> 01:00:19.530

Wyatt Jackson: Alright, so we went to this church.

410

01:00:21.150 --> 01:00:22.320

Wyatt Jackson: And we danced.

411

01:00:24.030 --> 01:00:25.590

Wyatt Jackson: For 45 minutes

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01:00:27.030 --> 01:00:30.960

Wyatt Jackson: Praise and worship went on for 45 minutes to an hour.

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01:00:32.520 --> 01:00:36.390

Wyatt Jackson: And it was in a circle. The women came into the circle first

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01:00:37.830 --> 01:00:39.450

Wyatt Jackson: Then the men joined in.

415

01:00:40.620 --> 01:00:46.770

Wyatt Jackson: Then the children joined in and before you know it, the whole church was going in this circle.

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01:00:47.790 --> 01:01:03.570

Wyatt Jackson: Around and around, and that went on for 45 minutes and that's when I really got hooked on why it's important to dance in church in community. These people they lived in a township called testino it's in a car.

417

01:01:04.590 --> 01:01:06.480

Wyatt Jackson: Maybe 10 people

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01:01:07.770 --> 01:01:11.190

Wyatt Jackson: They're gross income would probably make about \$100

419

01:01:12.690 --> 01:01:19.050

Wyatt Jackson: No, no money but smiles. The praise and worship the actual joy.

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01:01:20.340 --> 01:01:26.550

Wyatt Jackson: Was 10 times more than anything I've ever seen. And I still haven't experienced that since

421

01:01:28.530 --> 01:01:37.470

Wyatt Jackson: That is another reason why it's important because in praise and worship in dance the joy can be multiplied times 10

422

01:01:39.030 --> 01:01:45.210

Wyatt Jackson: Even when we're dealing with coven you can get people

will probably think you lost your mind. If you start really doing it.

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01:01:45.810 --> 01:01:56.040

Wyatt Jackson: But the reality is, yes, you will have a new mind by the time you finish really connecting with the joy and the rhythm and the movement. So I could go on and on. And I'll stop there.

424

01:01:57.330 --> 01:02:09.120

Carrington Moore: That's good, that's good. I thought, do you want to respond that was going to come back to the wire but but that point. But start a lot if you want to respond as well. Yes. What came up to me when you asked him a question about

425

01:02:10.200 --> 01:02:31.440

Akinlana B: The body and moving in worship or me back actually to what sister Leslie was referring to about the West and intentional worship in the body starts with resting, which looks like a lot like stillness. People think that movement.

426

01:02:33.720 --> 01:02:34.680

Akinlana B: Is

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01:02:35.940 --> 01:02:41.730

Akinlana B: More is a faster pace. But the first step of movement is the rest

428

01:02:43.500 --> 01:02:56.670

Akinlana B: Which is also a music movement because there are risks with the music that's a whole nother story. I could go on that, on that tangent. Also, but when we talk about mute movement and stillness.

429

01:02:57.840 --> 01:03:01.740

Akinlana B: In order for us to move with intentionality and move

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01:03:03.270 --> 01:03:09.360

Akinlana B: Our worship to have a place of intention, we need to be still.

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01:03:11.070 --> 01:03:30.000

Akinlana B: And that stillness allows us back to be being aligned and

it reminds me of just being still. When we are with nature. And that's what also brought me back to little sister Leslie was saying was that in nature. When we're still we can even feel like what direction the wind is blowing

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01:03:32.010 --> 01:03:38.400

Akinlana B: And it's really challenging if we're constantly moving to detect the direction of the wind.

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01:03:39.150 --> 01:03:53.010

Akinlana B: So when the Holy Spirit wind blows, we need to be still so that we can detect the movement so that it moves through us. And then we're moving in concert with it. So we're moving intentional instead of

434

01:03:53.790 --> 01:04:12.510

Akinlana B: That anti that direction, or we so that we are not becoming a distraction and we're not becoming noise but that we are becoming as why it says a part of the word and a part of the message so that now, other people are catching WE'VE COME ON COKE.

435

01:04:15.690 --> 01:04:17.040

Akinlana B: So catch the wave

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01:04:18.870 --> 01:04:20.100

Akinlana B: And stillness first

437

01:04:22.470 --> 01:04:37.260

Carrington Moore: That's good, that's good, y'all diva mighty word there. I love the way that brother Wyatt, you shared that to when you were moving the person told you that you want like the word becoming flesh.

438

01:04:38.850 --> 01:04:45.690

Carrington Moore: And sister I allowed to use it so much. That was beautiful. But you're saying part of beginning of our movement.

439

01:04:46.080 --> 01:04:52.500

Carrington Moore: In worship is to rest and really building office to Leslie said as well. And so thank you all so much. I ask you one more question.

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01:04:53.250 --> 01:05:04.170

Carrington Moore: There's so much saints that you all have heard already they've given us so many practical things we can do as we're thinking about the mind and body and as it relates to worship firstly told us the West.

441

01:05:05.490 --> 01:05:17.790

Carrington Moore: Rest is a part of worship, you can't do the movements that you want to do, mentally, physically and spiritually until you rest to Leslie told us just to be intentional and being

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01:05:18.360 --> 01:05:29.190

Carrington Moore: Right. Be intentional and being just be and enjoy the things that God has given to you and the here and now for the y also told us about the power of practice and joy.

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01:05:29.850 --> 01:05:36.690

Carrington Moore: To our movement. And so I'm gonna encourage you all this week, you might not be the best dancer in the comfort of your home. I encourage you

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01:05:37.080 --> 01:05:43.200

Carrington Moore: I don't know who you want to put on those. You want to put on fred hammond occurred Frank little Lionel Richie, I don't know, a mom in her lifetime, she would

445

01:05:43.380 --> 01:05:56.310

Carrington Moore: Ask the gods like four different types of music, whatever it is. I encourage you to dance and the presence of God. This week, and then brother while suggest to us the power of breathing.

446

01:05:57.150 --> 01:06:01.800

Carrington Moore: Well, I'll ask the last question. If you all you dont preach a sermon. But if you all could decide what we're going to end on this.

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01:06:02.940 --> 01:06:17.820

Carrington Moore: How can we heal and this moment, we're talking about mind, body and worship. This is going to go into our series that we're talking about the abundant life and the bundle that really busy talking about how has God called us thinking how with what you all said about worship.

448

01:06:18.900 --> 01:06:30.300

Carrington Moore: You've given us great suggestions. Is there anything else you want to share about how can we heal and this moment really goes to Leslie and then we'll go to for the why and the White House to online. I have less work.

449

01:06:32.670 --> 01:06:33.660

Leslie Michele: How can we heal.

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01:06:35.370 --> 01:06:37.050

Leslie Michele: I think for many of us.

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01:06:38.430 --> 01:06:42.990

Leslie Michele: Just like with the aspect of worship, we

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01:06:44.190 --> 01:06:58.710

Leslie Michele: Are not aware of our rituals, we create rituals in our own lives. We're used to being very clear about the intention of the worship rituals that we have in our

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01:07:00.060 --> 01:07:11.100

Leslie Michele: church services, but we can also create mental, emotional and physical rituals that can be hindrances, and we

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01:07:12.450 --> 01:07:19.650

Leslie Michele: Talked about the different levels of the different dimensions of trauma and the need for

455

01:07:20.970 --> 01:07:35.610

Leslie Michele: Being aware of what you're eating and how you're moving your body and how you're engaging in your mental and emotional healing. There are different levels. And sometimes it can be very overwhelming.

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01:07:36.750 --> 01:07:38.610

Leslie Michele: But I do believe that

457

01:07:40.200 --> 01:07:42.660

Leslie Michele: Healing comes when we start

458

01:07:43.860 --> 01:08:02.100

Leslie Michele: Invoking that intentionality taking time for rest the brings clarity and empathy and then it allows us to assess our rituals, when you get up in the morning as the first thing you do check your phone. That's a morning ritual.

459

01:08:02.940 --> 01:08:04.170

Leslie Michele: As opposed to

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01:08:04.530 --> 01:08:12.720

Leslie Michele: getting up in the morning swinging your legs over and facing the sun in prayer or meditation or deep breathing.

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01:08:13.350 --> 01:08:23.250

Leslie Michele: All of these affect every step you take affects the next step. So once you fill your mind with at the top of the day is

462

01:08:24.060 --> 01:08:38.970

Leslie Michele: Cold at 19 news and how many deaths and what the individual and Office did it set the tone and that's the intention that you will move forth with unless you come and redirect it

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01:08:39.540 --> 01:08:53.070

Leslie Michele: So, how we can grow in healing is to allow ourselves at the top of the day, if possible, to release tension by not engaging intention.

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01:08:54.150 --> 01:09:07.680

Leslie Michele: And creating consistent space for our minds to be still for us to engage as best we can. And one other thing that I think is important for healing is

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01:09:09.540 --> 01:09:11.130

Leslie Michele: Allowing space for women.

466

01:09:12.150 --> 01:09:14.250

Leslie Michele: There's so much happening in the world.

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01:09:16.560 --> 01:09:17.700

Leslie Michele: I won't name them.

468

01:09:19.470 --> 01:09:20.790

Leslie Michele: So much

469

01:09:21.870 --> 01:09:40.050

Leslie Michele: But we have access to the loving power of God. And often that flow back and forth with the power of God meeting us where we are happens when we take time to release the Mon.

470

01:09:40.950 --> 01:10:06.300

Leslie Michele: must let the Mon Ry and feel our spirits, we need to hear the moaning Atlanta was talking about the sounds tuning in, moaning hearing that rattle in your ribcage and how it arches YOUR BACK AND THE MON that comes forth is healing. And so I think that assessing

471

01:10:08.340 --> 01:10:16.200

Leslie Michele: erecting a Wailing Wall, even if necessary. It's so important to the healing process.

472

01:10:19.740 --> 01:10:22.230

Carrington Moore: Before we go to the ocular us brother. Why, I just want to

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01:10:23.400 --> 01:10:24.660

Carrington Moore: Replay which you said

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01:10:24.840 --> 01:10:25.590

One.

475

01:10:27.090 --> 01:10:31.650

Carrington Moore: We often look to our church, the physical building to give us the rituals of our worship.

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01:10:32.220 --> 01:10:38.430

Carrington Moore: Now here you less the same. We have the power to create new ones. Now, that little we already engaged in rituals in our daily life.

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01:10:38.850 --> 01:10:46.080

Carrington Moore: So being more mindful of them and creating ones that lead to healings and for many of us might get up in the morning, I can check our Facebook.

478

01:10:46.440 --> 01:10:53.850

Carrington Moore: Or Tick tock to see how many notifications that we got our email. But if you get up in the morning, acknowledge God and put your face towards the sun.

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01:10:54.270 --> 01:11:06.780

Carrington Moore: That is a beautiful ritual. So I encourage us in your own way. Find the rituals that are meaningful to you to engage in worship and again like brother why. Let's go to you, how can we heal in this moment, by the way.

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01:11:09.060 --> 01:11:10.050

Carrington Moore: Your new brother. What

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01:11:11.730 --> 01:11:14.460

Wyatt Jackson: That sorry about that was trying to respect the space.

482

01:11:16.980 --> 01:11:29.580

Wyatt Jackson: Healing from what I've experienced and what I've seen. And what I've witnessed others go through is a process that is best done in community.

483

01:11:31.350 --> 01:11:45.630

Wyatt Jackson: And community for me means not just a whole bunch of brothers sitting and talking and dealing with something or a whole bunch of dancers, saying, hey, this is what we're dealing with. And let's try to heal. It's really the diversity of community.

484

01:11:47.250 --> 01:11:58.980

Wyatt Jackson: And being able to embrace a little bit of wisdom from this person, a little bit of wisdom from that person praying about what you're hearing praying about and processing what it is that you're

485

01:12:00.030 --> 01:12:02.520

Wyatt Jackson: Holding being able to

486

01:12:03.660 --> 01:12:12.660

Wyatt Jackson: Take even music that may not be considered gospel, but has in it a whole nother conversation, but has in it.

487

01:12:13.140 --> 01:12:26.040

Wyatt Jackson: The kind of club progressions that feel like healing there's there's actual club questions in jazz in different forms of music that really have a healing element in it even songs like

488

01:12:27.330 --> 01:12:33.510

Wyatt Jackson: See sister one to Perry Joseph on the phone on zoom call, there was a piece of she did years ago called

489

01:12:34.590 --> 01:12:48.930

Wyatt Jackson: Building to serve. There was a moment where that song really ministered to us who were building a full helping to build the ministry, and there was something that was very healing for us in that

490

01:12:50.190 --> 01:13:11.190

Wyatt Jackson: In that moment to actually experienced that song together. So when we think about healing. It's community. It's getting your wisdom. So asking the Lord for wisdom on how to heal and and you know the word says it very clearly that when we asked for wisdom. It's given

491

01:13:13.110 --> 01:13:21.450

Wyatt Jackson: And so I may get a piece of wisdom right after asking that I may get that wisdom from conversation with Carrington.

492

01:13:23.220 --> 01:13:25.110

Wyatt Jackson: On the phone about doing this form.

493

01:13:26.400 --> 01:13:33.270

Wyatt Jackson: Or I may get a piece of that wisdom from just checking in with aquilano and saying, How you doing, and she says, Man, I'm just breathing bad

494

01:13:34.230 --> 01:13:50.190

Wyatt Jackson: That's what I need to hear. Right. So the idea is to be open after you ask. Because truly when you ask you do receive when you ask you do receive right it's it's having the courage to ask

495

01:13:51.510 --> 01:13:56.730

Wyatt Jackson: Ask the Lord, I need you know I need to be healed low, so I need your wisdom on my healing.

496

01:13:57.810 --> 01:14:03.510

Carrington Moore: That's good, that's good to know how I would rather wide said, which is powerful. When we can ask

497

01:14:04.320 --> 01:14:12.540

Carrington Moore: For freedom, ask for wisdom and God tells us in Scripture that if we just ask for good gifts. God is loving and just to give them to us.

498

01:14:13.260 --> 01:14:20.370

Carrington Moore: So asking for wisdom is really important. And then to God lets us know that were made for community even our precious Trinity.

499

01:14:20.700 --> 01:14:26.970

Carrington Moore: Is a resemblance of perfect intimacy and perfect community and we're called to resemble the power of the Trinity.

500

01:14:27.630 --> 01:14:34.200

Carrington Moore: By engaging and perfect intimacy with our brothers and sister, and then also want to shout Esther Wanda Perry Joseph

501

01:14:34.890 --> 01:14:42.720

Carrington Moore: I was not here. When that song or was a brought about. But I appreciate you and thank you for being on a Bible study on today. So when we give a shout out.

502

01:14:43.140 --> 01:14:55.890

Carrington Moore: To her, and thank you for all that you do for Bethel. I'm into our community. So thank you for the wife would you should turn it over to Sister Atlanta for the last word stagnant. How, how can we heal in this moment. How can we go

503

01:14:57.450 --> 01:15:04.260

Akinlana B: So I want to close with first Corinthians 13 and one that says if I could speak.

504

01:15:05.580 --> 01:15:15.900

Akinlana B: All the languages of earth and of angels, but didn't love others, I would only be a noisy gong or a clanging cymbal.

505

01:15:17.310 --> 01:15:28.800

Akinlana B: And that spoke to me specifically in the healing space because while our intention in in church is and through the gospel is for

506

01:15:30.180 --> 01:15:34.350

Akinlana B: Lives to be transformed and healing to take place.

507

01:15:35.730 --> 01:15:37.860

Akinlana B: If we don't inject love

508

01:15:39.240 --> 01:15:52.290

Akinlana B: Into our service if we don't inject love into our worship. If we don't inject love into our dance into our movement if we don't inject love into our music

509

01:15:53.970 --> 01:15:55.080

It is few tile.

510

01:15:56.970 --> 01:16:04.020

Akinlana B: It is a gong and assemble it is noise. We have the gift things down packed.

511

01:16:05.550 --> 01:16:07.650

Akinlana B: But do we have the love down packed.

512

01:16:12.060 --> 01:16:15.180

Carrington Moore: That's good. Paul says at the end of that.

513

01:16:16.770 --> 01:16:22.560

Carrington Moore: Now we have faith and hope, but the greatest of these is love. And so, thank you so much for reminding of that.

514

01:16:23.790 --> 01:16:27.810

Carrington Moore: reminding us of that that we have the power to love.

515

01:16:28.260 --> 01:16:34.230

Carrington Moore: Our brothers and sisters, that's all we have for today. Thank you all so much. I wouldn't give our panelists a round of applause for. Thank you.

516

01:16:34.440 --> 01:16:44.610

Carrington Moore: Brother Manny sister Leslie for the widest documented. It is such a wonderful job. Thank you all again we're sending blessings and love to you when figure out

517

01:16:44.820 --> 01:16:47.040

Carrington Moore: How to Have you all back into space that we can

518

01:16:47.040 --> 01:16:49.470

Carrington Moore: Learn from you as we're talking about a bunch of life.

519

01:16:50.070 --> 01:16:59.010

Carrington Moore: For the next month when I think us to Karen Copeland Thomas was done a wonderful faithful job of making the space available unto us a list Papadopoulos different coping Thomas

520

01:16:59.340 --> 01:17:05.610

Carrington Moore: And all that she does not just your bathrobe but in our community. She's everywhere all the time leading trainings showing folks how to

521

01:17:05.850 --> 01:17:11.190

Carrington Moore: learn new skills and so we're thankful for all that she does, particularly the love that she shows and expertise that

522

01:17:12.000 --> 01:17:19.770

Carrington Moore: Black folks in the community and we also want to give thanks. I'm not sure if they're on the line for our pastors pastor Gloria why Hammond.

523

01:17:20.010 --> 01:17:27.210

Carrington Moore: And pastor Ray hammer thank them for leading us and a great and mighty way in the midst of CO before so thankful. Want to

make sure that you all know.

524

01:17:27.420 --> 01:17:34.050

Carrington Moore: I have not been televised as well as I wanted to. But tomorrow. We're going to be here again at seven o'clock. We're going to send out the zoom

525

01:17:34.410 --> 01:17:41.850

Carrington Moore: Will be doing a session called Focus on the Family. This will be a series that we're going to do for the rest of the month. We're going to have a commission each week.

526

01:17:42.330 --> 01:17:52.680

Carrington Moore: Share with us some best tips and some best practices, about how we can grow as as a family. I met in your own individual families, our children at home.

527

01:17:53.100 --> 01:18:02.460

Carrington Moore: Learning with us as we do our work there. They're in their bedrooms, or the kitchen table trying to do the work and it's creating it could create chaos is difficult.

528

01:18:02.700 --> 01:18:08.760

Carrington Moore: As we want to acknowledge it and we're going to have families come together and share best practices going to be going to be with Dr. Rocky, Oregon.

529

01:18:09.300 --> 01:18:20.790

Carrington Moore: Oregon toys out of New York. She's a phenomenal clinician who was nationally known to be with us tomorrow after seven, eight o'clock so cod with any questions that you might have should be sharing best practices.

530

01:18:21.060 --> 01:18:24.450

Carrington Moore: How you all can as a nuclear family and do your best.

531

01:18:24.870 --> 01:18:32.160

Carrington Moore: To love each other well in this space and you might have children, you might be a single mom or similar data, you just might have a good thing that you

532

01:18:32.340 --> 01:18:38.910

Carrington Moore: Might be with you. Your wife, and you just like you know what my wife is getting on my name is my husband getting on my nerves. I just need some advice.

533

01:18:40.080 --> 01:18:46.920

Carrington Moore: Dr Rocca help us out. She got she's got something for everybody. And so this will be a time for Bethel for the for the next three weeks.

534

01:18:47.280 --> 01:18:56.790

Carrington Moore: From seven o'clock on Thursdays will be a time for us to kind of focus on the family. So that will be sent out later on tonight so y'all can know about that. And it's going to happen every week.

535

01:18:57.180 --> 01:19:11.700

Carrington Moore: For the rest of the month. Thank you all again panelists. You all share so much if I can use the words with Brother Manny, you don't get to keep hiding God, you don't get to play hide and seek no more. I was called to stop hiding. If I use the words of brother why God has called us to Bri

536

01:19:12.780 --> 01:19:23.280

Carrington Moore: Keep breathing is power and the breath of God. If I can use the word document or God has called us to love in this moment there is healing and the power

537

01:19:23.430 --> 01:19:24.960

Carrington Moore: Of practicing love for

538

01:19:25.440 --> 01:19:31.740

Carrington Moore: Ourselves and for others all around us use the word less than Michelle. They've all shared some of them use the words of less than Michelle.

539

01:19:32.340 --> 01:19:49.680

Carrington Moore: Be thankful for right now be in the moment, they've told us the rest. You gotta rest stop. Like I said before, you can move, you gotta rest for the why I told us to bring the left. They told us to enjoy just being at to create new and beautiful rituals, you got you got

540

01:19:51.000 --> 01:19:56.250

Carrington Moore: You all can do it this weekend. I forgot to tell us the dance dance. This week, we need to do might be the running man.

541

01:19:57.360 --> 01:20:03.840

Carrington Moore: I don't know what it is but dance this weekend, the presence of God because God midst of all this going on. Otherwise, I feel the Holy Ghost.

542

01:20:05.430 --> 01:20:11.880

Carrington Moore: Said he never saw joy like that we saw brothers and sisters calling in a circle just dancing for 45 minutes

543

01:20:12.270 --> 01:20:16.740

Carrington Moore: But as I believe that sisters, I believe that we could have that joy right now in the midst of covert so

544

01:20:17.340 --> 01:20:20.760

Carrington Moore: Please dance. Put your prayer requests in the chat. I'm going to pray, real quick.

545

01:20:21.030 --> 01:20:26.790

Carrington Moore: Answer prayer requests in the chat room to close out, put your prayer requests in the chat. Thank you all again for being with us going to be back here every week.

546

01:20:27.000 --> 01:20:30.810

Carrington Moore: For our Bible studies as we continue in the series called have been applied pressure per request in the chat.

547

01:20:31.740 --> 01:20:40.260

Carrington Moore: You can you can say, Am I allowed to give you 30 seconds to say a prayer request to do want to send my allow unmute yourself real quick and say what it is that you need prayer for will pray for that.

548

01:20:47.730 --> 01:20:51.690

Carrington Moore: All right. Let us pray. This is a pre launch call

549

01:20:53.370 --> 01:20:55.230

Carrington Moore: Reverend Arlene, are you on the phone.

550

01:20:56.550 --> 01:21:09.750

Carrington Moore: To shoot I want her to pray for us miss all good. I love sister earlier pre-load. She is phenomenal. She, she's been sharing so much. Let me so I'm so grateful for us or painful or let me see.

551

01:21:11.400 --> 01:21:14.580

Carrington Moore: I family just experienced a sudden losses to trace we're praying for you.

552

01:21:16.350 --> 01:21:22.080

Carrington Moore: Pray, I passed my certifications that beliefs as Academy. We know that you will. WE'RE PRAYING FOR BROTHER. Our

553

01:21:22.530 --> 01:21:28.680

Carrington Moore: Pastor, I want him to be well and some health challenges. And so we want to check on if you have \$1,000 check on them.

554

01:21:29.400 --> 01:21:39.690

Carrington Moore: For the house for Tyson our praying for West. I like that expanded territory was the prayer job as that you bless me indeed enlarge my territory. That's good.

555

01:21:40.290 --> 01:21:42.960

Carrington Moore: In total health and handling we're praying for health.

556

01:21:43.620 --> 01:21:51.720

Carrington Moore: For Joelle playing for new employees and new employment for brother Jason Rosen there we love him so much. Thank you, brother. Good brother, Jason. I'm sorry for not shouting you out.

557

01:21:51.930 --> 01:22:03.630

Carrington Moore: Did a great job of leading us in worship setting the tone. Let us know that I can make us over again. Again, we're praying for marriage ceremonies TERM CARE Macmillan. Amen. We're praying for that loves and the hair or praying for us to Janet

558

01:22:04.230 --> 01:22:08.550

Carrington Moore: Morrison. I looked her up in prayer. She is here. So we're praying for us to Janet

559

01:22:08.970 --> 01:22:19.230

Carrington Moore: Amen. Amen. We can see whether we could put the chat and just say, Thank you, brother. Jason completeness and worship and set Mattel we're going to make sure we have him with us again because it's putting the chat. Thank you, Brother, Jason. We appreciate

560

01:22:19.950 --> 01:22:28.800

Carrington Moore: You set the tone for us. Let us pray. Brothers and sisters, let us pray. Brothers and sisters, let us pray. We're praying for the access ministry. Amen. God, we thank you

561

01:22:30.450 --> 01:22:32.250

Carrington Moore: Lord God for having a sound mind.

562

01:22:32.850 --> 01:22:44.820

Carrington Moore: But that we thank you for having a beautiful body guy. He said we were made in your image. God. So God. We know that you are majestic. We know that you are wonderful. We know that you are beautiful and because of that guy. We can be proud.

563

01:22:45.060 --> 01:22:51.360

Carrington Moore: But God we can bless your own ego to say our beautiful too because we're made to look like you guys. We thank You Lord God for

564

01:22:51.600 --> 01:23:00.090

Carrington Moore: The melanin in our bodies. God, we thank You Lord God that for our face and for our hair for our hands. If our fingernails. God, we thank you that we can just be ourselves.

565

01:23:00.480 --> 01:23:09.090

Carrington Moore: So I pray, Lord God that we will continue to grow and being comfortable with our bodies got our President, Mr. Coleman 19 that you will keep our body safe.

566

01:23:09.330 --> 01:23:17.970

Carrington Moore: And the name of Jesus, Lord God, we have to stay at

home if we have to go into work and for the social worker downplay that you keep us safe and the name of Jesus, Lord God

567

01:23:18.420 --> 01:23:23.550

Carrington Moore: Look at. We thank you for our minds got because we're made logo resilience and

568

01:23:24.090 --> 01:23:35.820

Carrington Moore: Wonderful and powerful intellect and creativity. God, we thank you all of our panelists will God because they are blowing and they showed us so many creative things that we can do to engage them worship and God, we thank you for the opportunity.

569

01:23:37.650 --> 01:23:43.770

Carrington Moore: Oh God, because when we worship, Lord God and whatever vein we decide to do so. God speaks to our soul.

570

01:23:44.220 --> 01:23:48.210

Carrington Moore: To God, we thank you for the power of worship God love God help us to grow.

571

01:23:48.480 --> 01:23:54.780

Carrington Moore: And our own worship Practices Guide and our own rights and all the rituals well guy. So then you might be closer to you, Lord God

572

01:23:54.960 --> 01:24:01.110

Carrington Moore: And we might be more in tune with ourselves. God, we thank you for everyone lifted up here. We're praying for the our Tyson, Lord God that

573

01:24:01.260 --> 01:24:07.410

Carrington Moore: Healing my counter more our crime sister kameelah guy. We're going to know she's gonna pass her certification. We thank you in advance.

574

01:24:07.620 --> 01:24:14.610

Carrington Moore: Or praying, Lord God for her in this moment God we're praying for the access ministry and thanks for all that they've done all that they do for this church for

575

01:24:15.000 --> 01:24:26.670

Carrington Moore: We're praying for brother Jason will have gotten a new opportunities, Lord God will be open till we're praying for our pastors or God pastor Ray Hamilton pastor Gloria why him and and their family and all of the ways that you've called them to lead us

576

01:24:27.120 --> 01:24:30.630

Carrington Moore: And we'll get we're praying for our sales as we put our hands on our chest for God.

577

01:24:31.230 --> 01:24:38.220

Carrington Moore: And we thank You Lord God that we have the power to anoint ourselves got the same account that we're fearfully and wonderfully made that were

578

01:24:38.400 --> 01:24:43.410

Carrington Moore: Full of wisdom and that were full of power low guide and that you have the power to expand our territory.

579

01:24:43.650 --> 01:24:53.460

Carrington Moore: So God, we thank you for our own agency will give you praise and glory and honor the Lord God as you learn about how we continue to access the abundant life for God I pray God that you bring abundance

580

01:24:53.700 --> 01:25:02.670

Carrington Moore: All around us in the name of Jesus we give you praise to pray in the name of Jesus, the Christ, the Savior beautiful save this. We pray in Jesus name that everyone say Amen.

581

01:25:04.620 --> 01:25:06.210

Carrington Moore: Thank you all so much. We'll see.

582

01:25:08.280 --> 01:25:08.970

Carrington Moore: you all. Thank you.

583

01:25:09.870 --> 01:25:10.710

Akinlana B: Thank you.

584

01:25:12.060 --> 01:25:12.600

Good night.

585

01:25:13.620 --> 01:25:14.490

Leslie Michele: Take care.