

**“Manhood 101”**

**1 Kings 2:2-3; 1 Corinthians 16: 13-14**  
**Recap of Presentation on June 20, 2026**

The presentation began with Jackie Abrams, the program’s facilitator, explaining that the purpose of the discussion was to examine manhood from a biblical perspective rather than through the world’s standards. Society often defines manhood through power, status, and self-reliance, while Scripture teaches that true manhood is about submitting to God, pursuing His heart, and allowing Him to shape a man’s character, ambitions, and daily life.

When asked the first question, “What does it mean to be a man?”, the responses were:

1. Manhood is not about controlling others, but about controlling oneself. Your responsibility is to God and before a man is a husband, father, leader, or provider, he is first a son of God who submits his will and decisions to Christ.
2. Manhood is accepting responsibility for protecting others, providing stability, and being dependable, accountable, and purposeful.
3. Manhood is less about perfection and more about commitment to God.
4. One panelist reflected on a personal covenant he made as a young man to avoid abusive behavior, be responsible, and uphold good character.

Another question compared a man’s life to Adam’s garden and asked what areas needed better care before entering a relationship. Responses focused on self-awareness, personal growth, mental and physical health, spiritual development, and guarding attitudes such as frustration. When the topic of leadership and how men can avoid toxic machismo was asked, panelists responded that biblical leadership is rooted in humility, service, teamwork, and leading by example rather than ego or domination.

Using Joseph, Samson, and David as examples, the speakers stressed the importance of self-control, learning from failures, and seeking restoration. They highlighted the value of surrounding oneself with godly influences who provide encouragement and accountability.

In conclusion, the facilitator asked how women can support men in fulfilling their God-given roles. The panelist mentioned the following women in the Bible who supported their spouses: Priscilla, Sara, and Abigail and the following bible texts: 1 Peter 3: 1-2 and Proverbs 31:26. Also, **1)** stay connected to God; **2)** be patient; **3)** show up physically and emotionally **4)** be engaged.

Thanks to **Program Facilitator:** Jackie Abrams; and **Panelists:** Fuchsia Campbell, Ron Harlan, Ron Tunis, and Mike Abrams

**ALL NATIONS FELLOWSHIP SDA CHURCH**  
**Order of Service**  
**June 27, 2026 11:15AM**



**Opening Song** ----- ANF Praise Team

**Welcome** ----- Elder Aaron Robinson

**Opening Prayer & Scripture Reading** ----- Ena Collymore  
*Luke 21:29-36*

**Song of Praise** ----- ANF Praise Team

**Health Nugget** ----- Elder Michael Campbell

**Tithes & Offering** ----- Video

**Intercessory Prayer** ----- Courtenay Osbourne

**Special Music** ----- Video

**Sermon** ----- Elder Glen White  
*“Fragile Comfort Zones”*

**Benediction** ----- Elder Glen White

**ANNOUNCEMENTS**

- Please refrain from eating/drinking in the sanctuary.
- Please remember to support the renovation of LRC schools on your tithe envelope.
- Have an announcement? Please send email to [elders@anfisdac.org](mailto:elders@anfisdac.org) before 5pm on Wednesday.

**DADS AND GRADS!**

**Congratulations to all the graduates K-College, and Happy Fathers’ Day to all the Dads in our congregation!**

**JUNE BIRTHDAYS & ANNIVERSARIES**

**BIRTHDAYS:** Jaden Robinson (6/2), Dave Collymore (6/12), Xayda Mead (6/18), Ameerah Moore (6/23), Ailiana Denis (6/29),  
**ANNIVERSARIES:** Kelly & Jackie Denis (6/23)

**REQUESTS FOR PRAYER & HEALING**

Ron Harlan and his family on the passing of his aunt. Shawn Clayton; her sister passed, Cintron Family (nephew was murdered), William/Corvina Coleman, Caleb Bays, Dolly Robinson, Angela (Ron Tunis’ daughter), Michael Wright, Gabby Smith, Sade Carpenter (Osborne’s niece), Sophie Reyes (co-worker of Diane Wright), Jerome Atkins, Deb/Joyce Agard, Henrietta Collins, Maria/Michael Hartung, Alex Campbell, Bob (Fuchsia Campbell's nephew), Gloria Toscano, Dana (Allison’s daughter), Shirley Matthews Akins, Nicole Pratts, Winston Family, Debbie Jones, Lacey Family, Fanchon Lewis, Nirayl Israel, Nancy Mandra (husband passed), Will Carter & David S. Phelps house. Jason Frazier (Ava’s friend), Baby Lucy (Darlene’s grand daughter), Vanessa and her family (Visitor from the Mystery Dinner), Bereaved families in the church. Jerry Clay (close friend passed; another is dying;), Al (recently diagnosed with prostate cancer). Pray for our government & elected officials.



### Health Benefits of Properly Chewing Food

Chewing food properly is essential for maintaining a healthy digestive system and overall well-being. Studies show that inadequate chewing can lead to stress on digestion, bloating, and weight gain. Many people rush through meals, consuming food too quickly or washing it down with liquids, which reduces nutrient absorption and contributes to overeating. Digestion begins in the mouth, where the teeth break food into smaller pieces, the tongue assists in manipulation, and salivary glands release enzymes that aid in absorption. Chewing food 20 to 30 times before swallowing can enhance nutrient uptake, reduce digestive stress, and improve overall health. A simple habit like chewing your food thoroughly can significantly enhance your overall health and well-being. According to Dr. Mercola, taking the time to chew properly provides the following key benefits:

1. **Absorb More Nutrients and Energy.** Proper chewing breaks food down into smaller particles, allowing your body to extract more vitamins, minerals, and energy.
2. **Maintain a Healthy Weight.** Chewing slowly gives your brain time to register fullness, preventing overeating and supporting weight management.
3. **Your Food Gets More Exposure to Saliva.** Saliva contains digestive enzymes that start breaking down food in the mouth, making it easier for the body to process.
4. **Easier Digestion.** Smaller food particles and saliva enzymes reduce the workload on your stomach and intestines, improving overall digestion.
5. **It's Good for Your Teeth.** Chewing strengthens jaw muscles and stimulates saliva production, which helps protect teeth from decay.
6. **Less Excess Bacteria in the Intestines.** Proper digestion prevents undigested food from lingering in the gut, reducing harmful bacterial buildup.

### Chewing Tips to Nourish Your Body

**Chew Your Food Thoroughly:** Chewing at least 30 times before swallowing allows saliva to break down food, making digestion smoother and more efficient.

**No Liquids Around Meals:** Avoid drinking liquids with meals. Drink liquids 30 minutes before eating and two hours after eating. This gives your stomach the space and time needed to absorb nutrients without diluting digestive enzymes.

**Take Ten Deep Breath:** Pausing for deep breaths before eating calms the nervous system and prepares your body for proper digestion, your salivary glands and signals your stomach to get ready for digestion. Chewing properly and mindfully helps with better digestion, nutrient absorption, and better health.

### Chewing on Scripture: Nourishing Your Spiritual Life

Just as our bodies require thorough chewing to absorb nutrients from food, our spiritual lives thrive when we fully digest God's Word. If we rush through Scripture without truly meditating on it, we put it on a "fast track" through our spiritual digestion system, our heart, mind, and soul without ever absorbing its wisdom.

## ALL NATIONS FELLOWSHIP SDA CHURCH

### Our Mission

Building a healthy, strong and growing community of believers in Christ who work together to prayerfully, strategically and intentionally advance the kingdom of God by sharing the gospel of Jesus Christ. **Matt 24:14; John 14:1-6, 27, 28; John 3:16; John 18:36; Rev 11:15; Acts 28:31; Luke 24:13-3**

### ANF RECURRING EVENTS

- Sabbath School is at 9:45AM in the ANF sanctuary and via Zoom.
  - **Zoom ID:** 945 6406 8099; **Passcode:** ritBb4
- "Breakthrough Tuesdays" is every Tuesday of the month (except the 2nd Tuesday) at 7:30PM and remotely via Zoom.
  - **Zoom ID:** 960 9135 6728; **Passcode:** 7
- Health Meetup is every 2nd Tuesday at 6:45PM via Zoom.
  - **Zoom ID:** 865 6085 9283; **Passcode:** 3700

### ANF LEADERSHIP

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### *You Are Welcome Here*

*...to this part of God's family, a community of believers in Christ seeking to live under His Lordship. We are glad that you have joined us here today. We trust that you will receive a tremendous blessing from God as you worship and fellowship with us.*

Sabbath School	9:45 AM
Divine Hour	11:15 AM

**All Nations Fellowship SDA Church**  
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