

Elder Dr. Ralph A. Martino, Sr., Senior Pastor 1219 Hamlin Street, NE, Washington, D.C. 20017 Phone: 202-526-9266



The 2025 First Church "40 Day Fast from Defeated Thinking!"

Proverbs 23:7: For as he thinketh in his heart, so is he.

Prayer & Fasting Schedule
Thursday, January 2, 2025 – Monday, February 10, 2025

The 2025 First Church Theme is "The Year of Succeeding Though GOD's Vision!" From January 1, 2025, to February 9, 2025, we invite you to join us in the "40 Day Fast from Defeated Thinking!" based on Proverbs 23:7.

1. Fast: Please pray and ask the LORD JESUS CHRIST what type of fast that HE would like you for you to do. During this time, we will be fasting from defeated thinking, food and/or from anything that distracts us like the television and social media which normally keep us from spending quality time with our LORD and SAVIOR JESUS CHRIST. When we fast and pray, we increase our time of praying, reading, studying, and meditating on the Word of GOD. We are humbly seeking to align ourselves with GOD's heart, plan, and purpose for our lives. In Matthew 6:16-18 and Matthew 9:15, JESUS taught about fasting regularly which was also practiced by the early church in Acts 13:2. Additionally, the fast that is pleasing unto the LORD is found in Isaiah 58:6-8. "Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke? Is it not to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? when thou seest the naked, that thou cover him; and that thou hide not thyself from thine own flesh? Then shall thy light break forth as the morning, and thine health shall spring forth speedily: and thy righteousness shall go before thee; the glory of the LORD shall be thy reward."

- A. Read the Bible daily. Please read the "40 Day Fast from Defeated Thinking!" Scripture and the First Church Believers Relationship Challenge (BRC) Scripture.
- B. Pray: Please join us on the First Church War Room Prayer Line for <u>at least</u> fifteen (15) minutes a day. Additionally, please make sure that you personally spend <u>at least</u> fifteen (15) minutes in prayer, praise, and worship daily.
 - a. First Church War Room Prayer Line Zoom:
 - i. Phone Number: 1-301-715-8592
 - ii. Meeting ID: 871-4405-5956#
 - iii. Participant ID: #
 - iv. Password: 483058#) for corporate prayer for at least fifteen (15) minutes a day
 - b. First Church War Room Hours:
 - i. Sundays: 8:30 AM to 9:00 AM (EST)
 - ii. Mondays Fridays: 12:00 AM to 9:00 AM, Noon to 1:00 PM (EST)
 - iii. Tuesdays: 12:00 AM to 9:00 AM, Noon to 1:00 PM, 6:30 PM to 7:15 PM (EST)
 - iv. **Saturdays**: 12:00 AM to 1:00 AM, Noon to 1:00 PM (EST)
 - v. Daily Teachings
 - 1. Mondays Thursdays: 7:30 AM (EST)
 - 2. Tuesdays: 7:30 AM & 12:30 PM (EST)
 - 3. Fridays: 7:00 AM & 7:30 AM (EST)
- C. **Daily Teaching:** Please join us Mondays through Fridays at 7:30 AM for the daily teaching on "40 Day Fast from Defeated Thinking!" topic of the day on The First Church War Room Prayer Line.
- D. Communion: Please join us for Communion at 5:00 AM on Tuesday mornings on The First Church War Room Prayer Line.
 - a. Tuesday, January 7, 2025, at 5:00 AM (EST)
 - b. Tuesday, January 14, 2025, at 5:00 AM (EST)
 - c. Tuesday, January 21, 2025, at 5:00 AM (EST)
 - d. Tuesday, January 28, 2025, at 5:00 AM (EST)
 - e. Tuesday, February 4, 2025, at 5:00 AM (EST)
- E. Attend a Worship Service and Bible Study Weekly
 - a. First Church Worship Services on Sundays at 10:00 a.m. (EST) in person or on Zoom
 - i. First Church Address: 1219 Hamlin Street, NE, Washington, D.C. 20017
 - ii. Zoom Phone Number: 1-301-715-8592, Meeting ID: 884-1141-2224
 - iii. Social Media: Facebook: @firstchurchwash, YouTube: First Church TV
 - b. First Church Tuesday Night Bible Study at 7:30 p.m. (EST) on Zoom and Social Media
 - i. Zoom Phone Number: 1-301-715-8592, *Meeting ID*: 884-1141-2224
 - ii. Social Media: Facebook: @firstchurchwash, YouTube: First Church TV
- F. Invite at least five (5) people to First Church weekly. Please pray and ask the Holy Spirit to show you who you need to invite to worship services, Bible Study and the War Room Prayer Line. GOD bless you!

Week #1: January 2 - January 8, 2025

1. Day #1: January 2, 2025

- a. Topic: "I Don't Like Myself!"
- **b. Fasting -** 5:00 a.m. to 5:00 p.m.- Water only
- c. Read the "40 DAY FAST FROM DEFEATED THINKING" Scripture: Psalm 139:14
- d. Read the BRC.

2. Day #2: January 3, 2025

- a. Topic: "I Can't Live Saved!"
- b. Fasting All Day: Vegetables, Fruit & Water
- c. Read the "40 DAY FAST FROM DEFEATED THINKING" Scripture: Ephesians 2:8-9
- d. Read the BRC.

3. Day #3: January 4, 2025

- a. Topic: "I'm Tired of Being Lonely!"
- **b.** Fasting All Day: Vegetables, Fruit & Water
- c. Read the "40 DAY FAST FROM DEFEATED THINKING" Scripture: Isaiah 41:10
- d. Read the BRC.

4. Day #4: January 5, 2025

- a. Topic: "I'm Tired of Being Persecuted!"
- **b.** Fasting All Day: Vegetables, Fruit & Water
- c. Read the "40 DAY FAST FROM DEFEATED THINKING" "Scripture: Matthew 5:10-12
- d. Read the BRC.

5. Day #5: January 6, 2025

- a. Topic: "They Hurt Me So Bad That I Just Can't Forgive Them!"
- b. Fasting All Day: Vegetables, Fruit & Water
- c. Read the "40 DAY FAST FROM DEFEATED THINKING" Scripture: Matthew 6:14-15
- d. Read the BRC.

6. Day #6: January 7, 2025

- a. Topic: "I Can't Overcome My Addiction!"
- b. Fasting All Day: Vegetables, Fruit & Water
- c. Read the "40 DAY FAST FROM DEFEATED THINKING" Scripture: Matthew 19:26
- d. Read the BRC.

7. Day #7 - January 8, 2025

- a. Topic: "I'm Confused About What To Do!"
- b. Fasting All Day: Vegetables, Fruit & Water
- c. Read the "40 DAY FAST FROM DEFEATED THINKING" Scripture: Proverbs 16:3
- d. Read the BRC.

Week #2: January 9 - January 15, 2025

8. Day #8: January 9, 2025

- a. Topic: "I'm Always Depressed!"
- **b.** Fasting 5:00 a.m. to 5:00 p.m.- Water only
- c. Read the "40 DAY FAST FROM DEFEATED THINKING" Scripture: Psalm 42:5
- d. Read the BRC.

9. Day #9: January 10, 2025

- a. **Topic:** "I Don't Feel Like Living Anymore!"
- b. Fasting All Day: Vegetables, Fruit & Water
- c. Read the "40 DAY FAST FROM DEFEATED THINKING" Scripture: Psalm 91:16
- d. Read the BRC.

10. Day #10: January 11, 2025

- a. Topic: "I Can't Pay My Bills!"
- **b.** Fasting All Day: Vegetables, Fruit & Water
- c. Read the "40 DAY FAST FROM DEFEATED THINKING" Scripture: Philippians 4:19
- d. Read the BRC.

11. Day #11: January 12, 2025

- a. Topic: "I Always Feel Defeated!"
- b. Fasting- All Day: Vegetables, Fruit & Water
- c. Read the "40 DAY FAST FROM DEFEATED THINKING" Scripture: Romans 8:37
- d. Read the BRC.

12. Day #12: January 13, 2025

- a. Topic: "I Feel As If GOD Doesn't Love Me!"
- b. Fasting All Day: Vegetables, Fruit & Water
- c. Read the "40 DAY FAST FROM DEFEATED THINKING" Scripture: Romans 8:38-39
- d. Read the BRC.

13. Day #13: January 14, 2025

- a. Topic: "I'm Always Worrying About Something!"
- **b. Fasting -** All Day: Vegetables, Fruit & Water
- c. Read the "40 DAY FAST FROM DEFEATED THINKING" Scripture: Philippians 4:6-7
- d. Read the BRC.

14. Day #14: January 15, 2025

- a. Topic: "I Will Never Be Anything!"
- b. Fasting All Day: Vegetables, Fruit & Water
- c. Read the "40 DAY FAST FROM DEFEATED THINKING" Scripture: Jeremiah 29:11
- d. Read the BRC.

Week #3: January 16 - January 22, 2025

15. Day #15 - January 16, 2025

- a. Topic: "I'm Easily Upset!"
- **b.** Fasting 5:00 a.m. to 5:00 p.m.- Water only
- c. Read the "40 DAY FAST FROM DEFEATED THINKING" Scripture: Proverbs 25:28
- d. Read the BRC.

16. Day #16 - January 17, 2025

- a. Topic: "I'm Always Complaining About Something!"
- b. Fasting All Day: Vegetables, Fruit & Water
- c. Read the "40 DAY FAST FROM DEFEATED THINKING" Scripture: Philippians 2:14-15
- d. Read the BRC.

17. Day #17 - January 18, 2025

- a. Topic: "My Lusts Are Uncontrollable!"
- b. Fasting All Day: Vegetables, Fruit & Water
- c. Read the "40 DAY FAST FROM DEFEATED THINKING" Scripture: Romans 13:14
- d. Read the BRC.

18. Day #18 - January 19, 2025

- a. Topic: "When I'm Angry, It Is Hard To Get Over It!"
- b. Fasting All Day: Vegetables, Fruit & Water
- c. Read the "40 DAY FAST FROM DEFEATED THINKING" Scripture: Ephesians 4:26
- d. Read the BRC.

19. Day #19 -January 20, 2025

- a. Topic: I Can't Pay My Tithes!"
- **b. Fasting -** All Day: Vegetables, Fruit & Water
- c. Read the "40 DAY FAST FROM DEFEATED THINKING" Scripture: Malachi 3:8-11
- d. Read the BRC.

20. Day #20 - January 21, 2025

- a. Topic: "I Don't Believe in Paying My Tithes!"
- b. Fasting All Day: Vegetables, Fruit & Water
- c. Read the "40 DAY FAST FROM DEFEATED THINKING" Scripture: 1 Chronicles 29:14
- d. Read the BRC.

21. Day #21 -January 22, 2025

- a. Topic: "I Don't Feel It Is Necessary To Go To Church Every Sunday!"
- b. Fasting All Day: Vegetables, Fruit & Water
- c. Read the "40 DAY FAST FROM DEFEATED THINKING" Scripture: Hebrews 10:25
- d. Read the BRC.

Week #4: January 23 - January 29, 2025

22. Day #22 - January 23, 2025

- a. Topic: "I Don't Have Any Friends!"
- **b.** Fasting 5:00 a.m. to 5:00 p.m.- Water only
- c. Read the "40 DAY FAST FROM DEFEATED THINKING" Scripture: Proverbs 18:24
- d. Read the BRC.

23. Day #23 - January 24, 2025

- a. Topic: "I Can't Deal With My Enemies Anymore!"
- b. Fasting All Day: Vegetables, Fruit & Water
- c. Read the "40 DAY FAST FROM DEFEATED THINKING" Scripture: Matthew 5:44
- d. Read the BRC.

24. Day #24 - January 25, 2025

- a. Topic: "I Don't Have Anything To Offer The Ministry!"
- b. Fasting All Day: Vegetables, Fruit & Water
- c. Read the "40 DAY FAST FROM DEFEATED THINKING" Scripture: 1 Peter 4:10
- d. Read the BRC.

25. Day #25 - January 26, 2025

- a. Topic: "It Seems Like I Always Crumble Under Adversity!"
- b. Fasting All Day: Vegetables, Fruit & Water
- c. Read the "40 DAY FAST FROM DEFEATED THINKING" Scripture: 2 Corinthians 4:8-10
- d. Read the BRC.

26. Day #26 -January 27, 2025

- a. Topic: "I Never Have Anything Good To Say!"
- b. Fasting All Day: Vegetables, Fruit & Water
- c. Read the "40 DAY FAST FROM DEFEATED THINKING" Scripture: Psalm 19:14
- d. Read the BRC.

27. Day #27 - January 28, 2025

- a. Topic: "I Always Speak Negatively About Other People!"
- **b.** Fasting All Day: Vegetables, Fruit & Water
- c. Read the "40 DAY FAST FROM DEFEATED THINKING" Scripture: Ephesians 4:29
- d. Read the BRC.

28. Day #28 -January 29, 2025

- a. Topic: I'm Too Busy To Study The WORD!"
- **b. Fasting -** All Day: Vegetables, Fruit & Water
- c. Read the "40 DAY FAST FROM DEFEATED THINKING" Scripture: 2 Timothy 2:15
- d. Read the BRC.

Week #5: January 30 – February 5, 2025

29. Day #29 - January 30, 2025

- a. Topic: "I Have Too Much On My Plate To Spend Time With GOD!"
- **b.** Fasting 5:00 a.m. to 5:00 p.m.- Water only
- c. Read the "40 DAY FAST FROM DEFEATED THINKING" Scripture: Colossians 3:2
- d. Read the BRC.

30. Day #30 - January 31, 2025

- a. Topic: "I Do Not Have Time To Pray!"
- b. Fasting All Day: Vegetables, Fruit & Water
- c. Read the "40 DAY FAST FROM DEFEATED THINKING" Scripture: Luke 10:38-42
- d. Read the BRC.

31. Day #31 - February 1, 2025

- a. Topic: "I'm Envious of My Worldly Friends!"
- b. Fasting All Day: Vegetables, Fruit & Water
- c. Read the "40 DAY FAST FROM DEFEATED THINKING" Scripture: Psalm 37:1-2
- d. Read the BRC.

32. Day #32 - February 2, 2025

- a. Topic: "Every Time I'm Tempted, I Fall!"
- b. Fasting All Day: Vegetables, Fruit & Water
- c. Read the "40 DAY FAST FROM DEFEATED THINKING" Scripture: 1 Corinthians 10:13
- d. Read the BRC.

33. Day #33 - February 3, 2025

- a. Topic: "Every Time I Fall, I Blame GOD!"
- b. Fasting All Day: Vegetables, Fruit & Water
- c. Read the "40 DAY FAST FROM DEFEATED THINKING" Scripture: James 1:13
- d. Read the BRC.

34. Day #34 - February 4, 2025

- a. Topic: "I Never Seem To Get Ahead!"
- b. Fasting All Day: Vegetables, Fruit & Water
- c. Read the "40 DAY FAST FROM DEFEATED THINKING" Scripture: Psalm 75:6-7
- d. Read the BRC.

35. Day #35 - February 5, 2025

- a. Topic: "I Can't Seemingly Stop Chasing The Dollar!"
- b. Fasting All Day: Vegetables, Fruit & Water
- c. Read the "40 DAY FAST FROM DEFEATED THINKING" Scripture: 1 Timothy 6:10
- d. Read the BRC.

Week #6: February 6 - February 10, 2025

36. Day #36 - February 6, 2025

- a. Topic: "I'm Questioning My Faith!"
- **b. Fasting -** 5:00 a.m. to 5:00 p.m.- Water only
- c. Read the "40 DAY FAST FROM DEFEATED THINKING" Scripture: John 6:66-71
- d. Read the BRC.

37. Day #37 - February 7, 2025

- a. Topic: "People Always Let Me Down!"
- b. Fasting All Day: Vegetables, Fruit & Water
- c. Read the "40 DAY FAST FROM DEFEATED THINKING" Scripture: Psalm 62:5
- d. Read the BRC.

38. Day #38 - February 8, 2025

- a. Topic: "I Can't Trust Anyone!"
- b. Fasting All Day: Vegetables, Fruit & Water
- c. Read the "40 DAY FAST FROM DEFEATED THINKING" Scripture: Psalm 37:5
- d. Read the BRC.

39. Day #39 - February 9, 2025

- a. Topic: "Fear Has Taken Hold of My Life!"
- b. Fasting All Day: Vegetables, Fruit & Water
- c. Read the "40 DAY FAST FROM DEFEATED THINKING" Scripture: 2 Timothy 1:7
- d. Read the BRC.

40. Day #40 - February 10, 2025

- a. Topic: "I Am Always Seeking Approval From Men Or Women!"
- **b.** Fasting 5:00 a.m. to 5:00 p.m.- Water only
- c. Read the "40 DAY FAST FROM DEFEATED THINKING" Scripture: Galatians 1:10
- d. Read the BRC.



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Mobile APP: "FIRST CHURCH WASH"





"40 DAY FAST FROM DEFEATED THINKING!" © 2025 THEME SCRIPTURE: PROVERBS 23:7 DR. RALPH A. MARTINO, PASTOR

NEGATIVE THOUGHT/CONFESSION	COUNTER SCRIPTURE(S)
DAY 1: I DON'T LIKE MY SELF!	PSALM 139:14
DAY 2: I CAN'T LIVE SAVED!	EPHESIANS 2:8-9
DAY 3: I'M TIRED OF BEING LONELY!	ISAIAH 41:10
DAY 4: I'M TIRED OF BEING PERSECUTED!	MATTHEW 5:10-12
DAY 5: THEY HURT ME SO BAD THAT I JUST	
CAN'T FORGIVE THEM!	MATTHEW 6:14-15
DAY 6: I CAN'T OVERCOME MY ADDICTION!	MATTHEW 19:26
DAY 7: I'M CONFUSED ABOUT WHAT TO DO!	PROVERBS 16:3
DAY 8: I'M ALWAYS DEPRESSED!	PSALM 42:5
DAY 9: I DON'T FEEL LIKE LIVING ANYMORE!	PSALM 91:16
DAY 10: I CAN'T PAY MY BILLS!	PHILIPPIANS 4:19
DAY 11: I ALWAYS FEEL DEFEATED!	ROMANS 8:37
DAY 12: I FEEL AS IF GOD DOESN'T LOVE ME!	ROMANS 8:38-39
DAY 13: I'M ALWAYS WORRYING ABOUT	
SOMETHING!	PHILIPPIANS 4:6-7
DAY 14: I WILL NEVER BE ANYTHING!	JEREMIAH 29:11
DAY 15: I'M EASILY UPSET!	PROVERBS 25:28
DAY 16: I'M ALWAYS COMPLAINING ABOUT	
SOMETHING!	PHILIPPIANS 2:14-15
DAY 17: MY LUSTS ARE UNCONTROLLABLE!	ROMANS 13:14
DAY 18: WHEN I'M ANGRY IT IS HARD TO	
GET OVER IT!	EPHESIANS 4:26
DAY 19: I CAN'T PAY MY TITHES!	MALACHI 3:8-11
DAY 20: I DON'T BELIEVE IN PAYING MY	1 CYPONICI EC 40 11
TITHES!	1 CHRONICLES 29:14
DAY 21: I DON'T FEEL IT IS NECESSARY TO	WEDDEWIG 40.45
GO TO CHURCH EVERY SUNDAY!	HEBREWS 10:25
DAY 22: I DON'T HAVE ANY FRIENDS!	PROVERBS 18:24
DAY 23: I CAN'T DEAL WITH MY ENEMIES	MATTHEW 5:44
ANYMORE!	MATTHEW 5:44
DAY 24: I DON'T HAVE ANYTHING TO OFFER TO THE MINISTRY!	1 PETER 4:10
DAY 25: IT SEEMS LIKE I ALWAYS CRUMBLE	1 FEIER 4:10
UNDER ADVERSITY!	II CORINTHIANS 4:8-10
DAY 26: I NEVER HAVE ANYTHING GOOD TO	II CORINTIIIANS 4.8-10
SAY!	PSALM 19:14
DAY 27: I ALWAYS SPEAK NEGATIVELY	1 SALW 17.14
ABOUT OTHER PEOPLE!	EPHESIANS 4:29
DAY 28: I'M TOO BUSY TO STUDY THE WORD!	II TIMOTHY 2:15
DAY 29: I HAVE TOO MUCH ON MY PLATE TO	AL ARMED REEL MILE
Dill 27, Hilly E 100 Milloud Olymer I Emille 10	

COLOSSIANS 3:2
LUKE 10:38-42
PSALM 37:1-2
1 CORINTHIANS 10:13
JAMES 1:13
PSALM 75:6-7
1 TIMOTHY 6:10
JOHN 6:66-71
PSALM 62:5
PSALM 37:5
II TIMOTHY 1:7
GALATIANS 1:10

ALTERNATES:

I AM DEALING WITH HOMOSEXUAL OR	
LESBIAN TENDENCIES!	GENESIS 1:27

I WILL NEVER	R FIND A MATE!	PSALM 27:14

MY CHILDREN ARE SO BAD THAT THEY	
MAKE ME SICK!	EPHESIANS 6:4

I TAKE GOD'S CREDIT WHEN I SHOULD BE	
GIVING HIM GLORY!	ISAIAH 42:8

2025 THEME: THE YEAR OF SUCCEEDING THROUGH GOD'S VISION



FIRST CHURCH BELIEVER'S BIBLE RELATIONSHIP CHALLENGE!

			January 2025	19		
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			_	2	3	4
			Proverbs 31 & 1	Proverbs 1-2	Proverbs 2-3	Proverbs 3-4
			Joshua 1	Joshua 2	Joshua 3	Joshua 4
			Psalm 1	Psalm 2	Psalm 3	Psalm 4
			Matthew 1	Matthew 2	Matthew 3	Matthew 4
	9	7	œ	6	10	11
Proverbs 4-5	Proverbs 5-6	Proverbs 6-7	Proverbs 7-8	Proverbs 8-9	Proverbs 9-10	Proverbs 10-11
Joshua 5	Joshua 6	Joshua 7	Joshua 8	Joshua 9	Joshua 10	Joshua 11
Psalm 5	Psalm 6	Psalm 7	Psalm 8	Psalm 9	Psalm 10	Psalm 11
Matthew 5	Matthew 6	Matthew 7	Matthew 8	Matthew 9	Matthew 10	Matthew 11
2	13	14	15	16	17	18
Proverbs 11-12	Proverbs 12-13	Proverbs 13-14	Proverbs 14-15	Proverbs 15-16	Proverbs 16-17	Proverbs 17-18
Joshua 12	Joshua 13	Joshua 14	Joshua 15	Joshua 16	Joshua 17	Joshua 18
Psalm 12	Psalm 13	Psalm 14	Psalm 15	Psalm 16	Psalm 17	Psalm 18
Matthew 12	Matthew 13	Matthew 14	Matthew 15	Matthew 16	Matthew 17	Matthew 18
6	20	21	22	23	24	25
Proverbs 18-19	Proverbs 19-20	Proverbs 20-21	Proverbs 21-22	Proverbs 22-23	Proverbs 23-24	Proverbs 24-25
Joshua 19	Joshua 20	Joshua 21	Joshua 22	Joshua 23	Joshua 24	Micah 1
Psalm 19	Psalm 20	Psalm 21	Psalm 22	Psalm 23	Psalm 24	Psalm 25
Matthew 19	Matthew 20	Matthew 21	Matthew 22	Matthew 23	Matthew 24	Matthew 25
9	27	28	29	30	31	
Proverbs 25-26	Proverbs 26-27	Proverbs 27-28	Proverbs 28-29	Proverbs 29-30	Proverbs 30-31	
Micah 2	Micah 3	Micah 4	Micah 5	Micah 6	Micah 7	
Psalm 26	Psalm 27	Psalm 28	Psalm 29	Psalm 30	Psalm 31	
Matthew 26	Matthew 27	Matthew 28				











EXTENDED WAR ROOM PRAYER LINE HOURS DURING THE 21 DAY FAST FROM JANUARY 2, 2025 TO JANUARY 22, 2025!

WAR ROOM PRAYER LINE

Daily Prayer Times:

Sundays: 8:30 AM to 9:00 AM

Mondays - Fridays: Midnight to 9:00 AM, Noon to 1:00 PM

Tuesdays: Midnight to 9:00 AM, Noon to 1:00 PM, 6:30 PM to 7:15 PM

Saturdays: Midnight to 1:00 AM, Noon to 1:00 PM

Daily Teachings Mondays - Thursdays: 7:30 AM; Fridays: 7:00 AM & 7:30 AM

Dial-in Number: Meeting ID: 871 4405 5956# 1-301-715-8592 Password: 483058#

"I will lift up my eyes to the hills-From whence comes my help?

My help comes from the Lord, Who made heaven and earth."

-Psalms 121:1-2-

Connect with First Church!





