



ANNANAGAR METHODIST CHURCH

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Coming up...

5th July at 9am

**Mission and Evangelism
Sunday**

5th July at 11.15am to 1.30pm

Mission Seminar

INTOUCH

JULY 2026

Rev. Sam Sudalaiyandi

Senior Pastor

Ph: 8754986787

Rev. R.J. Christopher

Associate Pastor

Ph: 8608952359



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INTOUCH

JULY 2026

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From the Senior
PASTOR'S Desk

Dearly beloved in the Lord,

Grace and peace be unto you. We give thanks to God, the Lord of the church for His continued faithfulness in the life and ministry of the Annanagar Methodist Church. It is with humility and great joy that I along with my family have moved to AMC to carry on the pastoral ministry. I seek your earnest prayers for our ministry. We are grateful to the ministry of Rev Dr Andrew B Natarajan for his faithful ministry at AMC for the last eight years.

Upholding Hands is the overarching theme for this month. The theme is vividly portrayed in a father holding up the hand of his little child as they walk along. The path seems rugged and dark, lonely and frightening. Yet the child is joyful and confident all because the child's hand is held up firmly by the father. **Isaiah 41:10** says, **"So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand."** This was a much needed assurance to the people of God in exile

who felt rejected and abandoned by God. Nevertheless, the state of despair and hopelessness was caused by their own unfaithfulness and rebellion to the Lord. Yet the Lord remained faithful and so He says in 41:9 that He had not rejected them. Fear, dismay, feeling weak and helpless was how the exiles in Babylon encountering life in the far off land, Babylon.

To such a people came the **Word of Assurance as to the Presence of God: I am with you.** It is a statement that gives enormous amount of assurance that the almighty God was present there right in their exile. Isn't that how we too feel at times that God had abandoned us at the most desperate time. But throughout the Scripture from the beginning to the end, God promises His presence to all them that with hearty repentance turn to Him in faith.

We also have here the **Word of Affirmation as to the Person of God: for I am your God.** It was important for the exiles to know that indeed YHWH (I am) was their God even in a far off pagan society. This affirmation of who YHWH was essential to the credibility and dependability for God. Therefore when His presence is assured, the reality of God's nature, the self-existent and eternal God also is affirmed. This is crucial for us to know of the God whom we profess especially during the crisis.

This brings us to the **Word of Authority as to the Power of God: I will uphold you with my righteous right hand.** God's "right hand" symbolizes His power and strength. Think of the power of God's hand as we see it in many places in the Scripture: Your right hand, O Lord,

glorious in power, your right hand, O Lord, shatters the enemy (**Exodus 15:6**). Both riches and honor come from you, and you rule over all. In your hand are power and might, and in your hand it is to make great and to give strength to all (**1 Chronicles 29:12**). My Father, who has given them to me, is greater than all, and no one is able to snatch them out of the Father's hand (**John 10:29**).

The scriptures tell us that the hands that uphold us are representing God's presence, His Person and His Authority. It's pertinent for us to ask as to who holds our hands in our seasons of fear, doubt and anxiety. The Lord promises His power to hold us up with His righteous right hand. May each of us continue to put our whole trust in the strength and the power of God for a triumphant life, Amen.

With Blessings,

Rev. Sam Sudalaiyandi

Senior Pastor.



July - 2026

WORSHIP SCHEDULE

Annual Theme

“Is the Lord’s hand waxed short?”

(Numbers 11:23)

Monthly Theme

“Upholding Hands”

“I Will Uphold You With My Righteous Right Hand.”

(Isaiah 41:10)

5 Jul 2026

7.00 AM

Theme: Upholding Hands

Text: Isaiah 41:8-13

Preacher:

Rev. Sam Sudalaiyandi

Bible Reading:

Mr. Varghese Jacob

9.00 AM

Mission & Evangelism

SUNDAY

Preacher:

Rev. Dr. Martin Alphonse

Theme: WHY

6.00 PM

Theme: Up-Lifting Hands

Text: 1Peter 5:6-11

Preacher:

Rev. R.J. Christopher

Bible Reading:

Mr. P. Livingston Israel

12 Jul 2026

7.00 AM

Theme: Holding up Hands

Text: Exodus 17:8-16

Preacher:

Rev. Sam Sudalaiyandi

Bible Reading :

Mr. Jawahar Singh

9.00 AM

Theme: Holding up Hands

Text: Exodus 17:8-16

Preacher:

Rev. Sam Sudalaiyandi

Bible Reading:

Dr. Mrs. Priya Ramani

6.00 PM

Theme: God’s Right Hand

Text: Psalms 73:21-26

Preacher:

Rev. Sam Sudalaiyandi

Bible Reading:

Mrs. Kezia Anand

19 Jul 2026

7.00 AM

Theme: The Lord holds us up

Text: Psalm 37:23-29

Preacher:

Rev. R.J. Christopher

Bible Reading :

Dr. Mrs. Beena Thomas

9.00 AM

Theme: The Lord holds us up

Text: Psalm 37:23-29

Preacher:

Rev. R.J. Christopher

Bible Reading :

Mr. Sujeevandas

6.00 PM

Theme: Cause Upheld

Text: Psalm 63:1-8

Preacher:

Rev. Sam Sudalaiyandi

Bible Reading :

Mr. Sajin Stanley

26 Jul 2026

7.00 AM

Theme: Hand of God up on the Church

Text: Acts 11:19-26

Preacher:

Rev. Sam Sudalaiyandi

Bible Reading:

Lt. Col. S. Kumaran

9.00 AM

Theme: Engraved in the palm of His

Text: Isaiah 49:13-18 hands

Preacher:

Mr. Ravi Martin

Bible Reading:

Mr. Charles Emanuel

6.00 PM

Theme: Hand of God up on the Church

Text: Acts 11:19-26

Preacher:

Rev. Sam Sudalaiyandi

Bible Reading :

Mrs. Geetha Devakaram

Mission Seminar

5th July 2026 at 11.15 am – 01.30 pm

Speaker:

Rev. Dr. Martin Alphonse

Theme:

How

Sunday Ministries

Worship Services

at 7.00 am, 9.00 am and 6.00 pm

Holy Communion

1st Sunday at 9:00 am

2nd Sunday at 7:00 am and 6:00 pm

Sunday School

at 9:30 am

Junior Choir

at 11:15 am

MYF

at 11:15 am

MYAF

2nd Sunday at 11:00 am

Outreach Evangelism

3rd Sunday at 3:00 pm

Weekly Ministries

1st of the Month

Holy Communion 6:30 am

Hour of Power

Mon to Fri 5:30 to 6:00 am

Prayer Station

Monday 6:00 to 7:00 pm

Prayer Walk

4th Monday 6:30 to 8:00 pm

Bible Study

Wednesday 7:00 pm on Zoom

Cottage Prayer Meeting

Thursday at 7:00 pm

Wesley Cell Groups

Mon, Tue and Fri

7:00 pm on Zoom

Time of Prayer

1st Friday 10:30 am to 1:30 pm

WSCS Fellowship:

1st Sat at 5:00 pm

Methodist Men Fellowship

2nd Sat at 7:30 am

Elder's Fellowship

3rd Sat at 5:00 pm

MEMORY VERSES



July

Jul 5th

PROMISE

Fear not, for I am with you; Be not dismayed, for I am your God.

Isaiah 41:10 (a)

Jul 12th

COMMAND

I will strengthen you, Yes, I will help you, I will uphold you with My righteous right hand. Isaiah 41:10 (b)

Jul 19th

PROMISE

Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand.

Ephesians 6:13

Jul 26th

COMMAND

But thanks be to God, who gives us the victory through our Lord Jesus Christ.

1 Corinthians 15:57

NKJV Version

A Woman's Perspective on the THE ARMOR OF GOD

Ephesians 6:10–18



Mrs. Shalini Manohar

When you hear the phrase **“Armor of God,”** what image immediately comes to mind?

Many picture a warrior dressed for battle. Yet the Armor of God is not about becoming masculine, militant, or aggressive. It is about the condition of our inner being. As women, putting on God's armour means:

- Standing firm without losing our tenderness.
- Understanding that faith and femininity are not opposites.
- Discovering that strength can coexist with compassion.

The Armor of God is about being spiritually prepared, emotionally grounded, and deeply rooted in our relationship with God.

The Apostle Paul wrote his letter to the Ephesians while imprisoned in Rome around AD 60–62. Chained to a Roman guard, he used the soldier's armor as a powerful illustration of spiritual protection. The Greek

word *panoplia* refers to the complete armor worn by Roman soldiers for battle. However, Paul did not create this imagery out of thin air. He drew from the Old Testament, particularly Isaiah 11:5 and Isaiah 59:17, where God Himself is described as wearing the breastplate of righteousness and the helmet of salvation.

Before describing the armor, Paul begins with a crucial truth: **“Be strong in the Lord and in His mighty power.”** Our spiritual battle begins by recognizing our position in Christ. Strength in God must come before putting on the armor of God.

As women, it is essential to know:

- The nature of our battle.
- The identity of our enemy.
- How to stand firm.
- How to remain prepared at all times.

A soldier does not put on armor only when the battle begins. Likewise, there is no spiritual vacation, no off-duty season when we can set aside God's armor. Paul emphasizes the **whole armor of God**, not selected pieces based on personal preference.

Know Your Battle and Your Enemy

The passage reminds us that our true enemies are not difficult people, spouses, leaders, neighbors, colleagues, or family members. Our struggle is against a well-organized hierarchy of spiritual forces—rulers, authorities, powers of darkness, and spiritual forces of evil.

These forces often work behind the scenes, influencing cultures, systems, and ideologies to promote deception, division, and rebellion against God.

Their objective is to:

- Distract us from God's purpose.
- Attack our identity.
- Create doubt and discouragement.
- Distance us from God.

Recognizing the real enemy helps us avoid directing bitterness toward people and instead engage the spiritual battle with wisdom and discernment.

How Do We Prepare Ourselves?

Ephesians 6 teaches that spiritual battles require spiritual preparation. Paul presents a twofold strategy:

1. **Prepare through prayer.**
2. **Prepare through the Word of God.**

Each piece of armor serves a specific purpose and represents a vital aspect of our faith and relationship with God.

Let us consider the Armor of God from a woman's perspective.

1. Strength Does Not Mean Self-Reliance

Paul begins by saying, **“Be strong in the Lord and in His mighty power.”**

The world often defines a strong woman as someone who carries burdens silently, nurtures others endlessly, perseveres through disappointments, holds her family

together, and successfully manages countless responsibilities.

While these qualities are admirable, a woman's greatest strength is not found in herself but in the God in whom she trusts.

Today's culture encourages women to rely on self-confidence, self-sufficiency, and willpower. The emphasis is often on self—assert yourself, protect yourself, depend on yourself.

But a woman clothed in God's armor is neither emotionally hardened nor aggressively independent. She is anchored in the Lord.

True strength comes from God's power. Isaiah 40:31 reminds us that those who wait upon the Lord will renew their strength. Daily renewal is essential.

Throughout this passage, Paul repeatedly urges believers to **“stand firm.”** We stand firm when we know and believe that we are covered by God's righteousness, sustained by His grace, and strengthened by His Spirit.

2. Many of Our Battles Are Invisible

Women often face battles that remain unseen by others:

- Insecurity that causes withdrawal.
- Comparison that breeds jealousy or feelings of inadequacy.
- Fear that fuels anxiety and worry.
- Rejection, loneliness, and guilt carried in silence.
- Spiritual discouragement and dryness.

embrace what God says:

- You are loved.
- You are chosen.
- You are forgiven.
- You have dignity and purpose.
- You are valued beyond your age, status, or performance.
- You are God's delight (*Hephzibah*) and His beloved bride (*Beulah*) (Isaiah 62:4).

We are not defined by our failures, past mistakes, or the opinions of others.

God's truth stabilizes our emotions and protects us from deception. His Word reveals truth, His Spirit reminds us of truth, and His people encourage us with truth.

4. The Breastplate of Righteousness — Guarding the Heart

The breastplate protects the vital organs, especially the heart. As women, we often carry deep emotional wounds. We tend to dwell on past failures, hurts, and disappointments. We remember not only the pain but also the people who caused it.

Scars are acceptable—they remind us of what happened, but they no longer have the power to hurt us. Wounds, however, need to be cleansed and healed.

When we put on God's righteousness, it guards our hearts against:

- Shame

- Cultural pressures regarding appearance, success, marriage, motherhood, or parenting.

These struggles may be hidden from others, but they are very real.

The encouraging truth is that we are not alone. Many women face these battles daily. That is why God invites us to put on His armor every day.

Paul reminds us that our deepest battle is spiritual. When we recognize that many of these attacks do not originate from God but from the enemy, we can stop fighting people and begin resisting the true source of the conflict.

3. The Belt of Truth — Rejecting the Lies

The belt is the first piece of armor because truth holds everything together.

Women are constantly exposed to messages such as:

- "You are not enough."
- "You must be smarter to succeed."
- "You need greater achievements to prove your worth."
- "Your value depends on your appearance, status, or accomplishments."
- "You don't measure up."

Like Eve, we are often tempted to believe lies about our identity and worth.

The Belt of Truth enables us to reject those lies and

- Condemnation
- Resentment
- Bitterness
- Anger
- Unforgiveness

More than that, it enables us to view people, circumstances, and past hurts from God's perspective. As the psalmist declares, "He restores my soul. He leads me in paths of righteousness for His name's sake" (Psalm 23:3).

We are clothed in Christ's righteousness. Our hearts rest securely in His redemptive work, knowing that He is continually restoring and renewing us.

5. The Shoes of Peace — Walking with Stability

"And with your feet fitted with the readiness that comes from the gospel of peace." (Ephesians 6:15)

Women often serve as peacemakers in homes, churches, friendships, and workplaces. Yet biblical peace is much more than simply keeping everyone happy.

These shoes symbolize stability, readiness, discernment, and divine guidance. We bring God's peace by:

- Walking calmly through chaos
- Bringing reconciliation and clarity into difficult situations
- Standing firm without panic
- Carrying hope into challenging circumstances
- Speaking wisdom in times of confusion

Consider the wise woman of Abel Beth Maacah (2 Samuel 20). Through her calm and wise negotiation, she not only brought peace but also saved her city and preserved God's purposes from destruction.

In God's kingdom, peace is not weakness—it is strength under His control.

6. The Shield of Faith — Protection against Emotional Arrows

What kind of arrows are you facing today?

The "flaming arrows" of the enemy may appear as:

- Self-doubt
- Fear for your children and their future
- Betrayal and broken relationships
- Criticism and judgment
- Disappointment and discouragement
- Unanswered prayers and long seasons of waiting
- Spiritual exhaustion and loss of enthusiasm for spiritual things

As women, our minds and emotions often carry countless concerns at the same time. Thoughts race, emotions fluctuate, and worries multiply. Yet faith in God calms our hearts and shields us from despair.

When fear rises, choose to confess God's promises. Remind yourself of truths such as:

"God is still on the throne, and He will remember His own. Though trials may press us and burdens distress us, He never will leave us alone."

Faith comes by hearing, believing, and declaring

God's Word. Faith becomes the shield that extinguishes every fiery dart and protects us from discouragement and despair.

7. The Helmet of Salvation — Protecting the Mind

The battles of the mind and the cries of the heart often go hand in hand. Many of our daily struggles begin in our thoughts.

Our minds can become battlegrounds filled with:

- Negative thinking: "Nothing good will happen in my life."
- Overthinking and replaying past failures
- Self-pity: "No one understands me. No one cares."

The Helmet of Salvation is essential because it protects our minds with the assurance of who we are in Christ. Without this assurance, every other piece of armor becomes weakened.

Salvation reminds us that we are forgiven, redeemed, and adopted into God's family. This truth must remain at the centre of our lives.

Every day, remind yourself:

- I am redeemed and secure in Christ.
- I am a child of God.
- My future is in God's hands.
- I do not need to live in fear.
- God has forgiveness for my past, His presence for my present, and His promises for my future.

Jesus Christ is the same yesterday, today, and forever.

He lives within us and walks beside us. No one can erase this truth. The Helmet of Salvation gives us confidence to face every battle.

8. The Sword of the Spirit — Using God's Word with Wisdom

"Take the sword of the Spirit, which is the word of God." (Ephesians 6:17)

The Sword of the Spirit is the only offensive weapon in the armor of God. For women, this means both embracing God's truth and boldly proclaiming it.

The Greek word for "sword" is machaira, referring to a short, double-edged Roman sword used in close combat. This reminds us that God's Word is intended for active, personal engagement in our daily battles.

Hebrews 4:12 declares:

"For the word of God is alive and active. Sharper than any double-edged sword..."

God's Word:

- Cuts through deception and confusion
- Reveals truth and exposes error
- Brings wisdom in uncertainty and peace in chaos
- Provides comfort in grief and suffering
- Gives courage in difficult seasons
- Offers discernment in relationships and decisions
- Corrects us when we wander
- Renews and refreshes our spiritual lives

When we remain rooted in God's Word, we become confident in who God is and who we are in Him.

Psalms 119:97–104 teaches that God's Word makes us:

- Wiser than our enemies
- More discerning than our teachers
- More understanding than our elders
- Able to discern right from wrong
- Delighted by truth that is sweeter than honey

Let us commit ourselves to studying, memorizing, and confidently speaking God's Word in every season of life.

9. Prayer Is Not the Last Resort — It Is the Lifeline

Paul concludes his teaching on the armor of God with these words:

"Pray in the Spirit on all occasions..." (Ephesians 6:18)

Throughout history, women have carried powerful ministries of prayer, faithfully interceding for families, communities, churches, and future generations.

Prayer is not merely an emergency response when all else fails. It is a continual partnership with God.

From a woman's perspective, the Armor of God speaks powerfully into everyday life—our families, relationships, work, motherhood, leadership, singleness, caregiving responsibilities, and personal struggles.

God has not called us to fight life's battles in our own strength. He has provided everything we need to stand firm.

Let us therefore put on the whole Armor of God each day, trusting His strength, walking in His truth, and living confidently in His grace.

Prayer Pointers



- ❖ The Episcopal Leaders -
Bishop C.G. Dayanand and Madam
Sukhalatha Dayanand
- ❖ The Pastors and Office Staff.
- ❖ Ministries of Christ Methodist Church,
Vaitheeswaran Koil
- ❖ The Church Construction at Chidambaram -
For speedy approval from Government
authorities.
- ❖ Those who are sick and in pain, especially
Mrs Priya David and Mrs. Janette Michael
- ❖ Those seeking job and life partner.
- ❖ The Sunday School, MYF, Young Adults,
WSCS, Methodist Men, Elders Fellowship,
Cell groups, Bible Study, AMC choirs, Prayer
walk, Prayer station, Seekers Care Group
and Aspire Group.
- ❖ The Union and State Governments.
- ❖ The Global affairs - economy, ecology,
peaceful atmosphere.