

Special Events

Special Services

January 6th and January 13th

"In Our Father's House" (Day of Prayer)

Saturday, January 12th at 12pm-8pm

Music and Worship Night

Friday, January 18th at 7pm-9pm

Celebration Sunday! and Ministry Fair

Sunday, January 20th at 11am

"Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect."

~ *Romans 12:2*

21DAYS

Prayer & Fasting

Preview and Planning

January 1-21, 2019

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Some guidelines to remember as we listen for the voice of God

During our studies in “Emotionally Healthy Spirituality” we have learned the importance of setting aside time to listen to the voice of God. Here are some guidelines and suggestions to help us with this during our 21 Days of Prayer and Fasting:

1. Have a plan (a blank time table will be provided each week to help you)
2. Go through it before your fast begins with anyone who will be affected
3. Be flexible!! BUT not distractible!

Fasting

“By fasting we reveal to ourselves the things that control us”
- Richard Foster

Remember fasting **is a way to listen** not a bribe to get God’s attention to make sure prayers are answered or in any way to manipulate God.

It is a way of denying ourselves and making a special space in our lifestyle for listening to God. It can be a way in which God shows us things that control our way of life, potentially restricting our communication with Him. **It can be** a way to choose and obey.

Remember the key to fasting is what you do with the time and attention that you release by the activity you set aside!

“Each time I stop I give up control and trust God to run His world without me”

Here are a few suggestions as to the things that you might consider asking God if He would like you to include in your fasting plan:

Food:

- Set aside one meal each day
- Abstain from certain types of food (meat, sugar, dessert, candy, etc.) for all or part of the week.
- Drink just juices for a defined period of time
- Just water for a defined period of time

Media:

- Abstain from TV
- Abstain from the Internet
- Abstain from Newspapers
- Abstain from your iPod, iPad, etc.
- Abstain from your Smart Phone
- Abstain from playing Video Games