



If you are a guest with us today, we want to **WELCOME** you! If you have not done so already, we invite you to stop by our Guest Reception Center in the lobby at the welcome desk following the service. Someone will greet you, answer any questions you may have, and give you a gift as a **THANK YOU** for worshipping with us today!

Family Church Camping Trip!!!! Family Church has reserved camping sites at Chinook Campground in Grant, MI, from June 15 to Wednesday, June 22. This campground has many family-fun activities to enjoy! If interested, please contact Danielle@familychurch.app. You can also go to familychurch.app/events for more details.

Teens Ministry

- Students, are you in need of a break? A break from school, from busy schedules? Freeze-Out at Lake Ann Camp is the perfect chance to step away and get that much-needed break! Freeze Out is a winter retreat designed for middle and high school students! Want more info? Email keith@familychurch.app

Small-Group Ministry

- People want answers about creation. "Unlocking the Mysteries of Genesis" is a 12-week DVD class, including discussion, intended to guide you to God's Word and equip you with truth. We will examine and equip you with scientific evidence supporting and confirming scripture. Space is limited to 20 people. The cost is \$20 per person or \$25 per couple. Sign up at FamilyChurch.App/Events or through our mobile app! Register by February 8.

Outreach Ministry

- Card Making for Royal Atrium Residents is on February 1 at the Grace Campus at 9:00 am. We hope to see you there.

Women's Ministry

- Ladies! Family Church will be hosting the IF: Gathering at our Ebenezer and Grace Campuses! Mark your calendars for Friday evening, March 4, and Saturday, March 5. At IF:2022, we're going to talk about how to live in this world right now and how to navigate a life that goes against culture. How do we build community in the middle of that? How do we tell people about Jesus? There's a reason we're still alive. There's a reason we're still here. Our lives matter in this time, and we will not waste it! Find more information at the Welcome Table or online at FamilyChurch.App/Events.

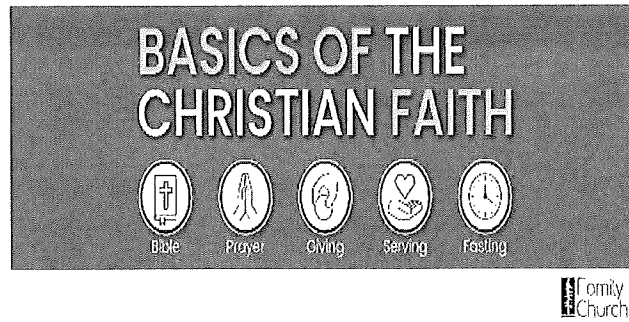
Family Church - Next Steps

- If you are new or newer to Family Church, we welcome you to attend our Discover Family Church Luncheon at the Grace Campus on Sunday, February 6 at noon. This luncheon is for anyone who wants to learn more about the history and opportunities of Family Church. Please register at the Information Table, online at Familychurch.app/events, or through the Family Church App!

Family Church - Weekly Services

- **Thursday at 6:30 pm** - Live Service at Ebenezer Campus
- **Sunday at 9:00 am** - Live Service and Kids Church at Grace Campus
- **Sunday at 9:30 am** - Live Service and Kids Church at Ebenezer Campus
- **Sunday at 10:45 am** - Live Service and Kids Church at Grace Campus

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January 30, 2022
FASTING Basics

Fasting is abstaining from worldly _____ to amplify your spiritual _____.

Matthew 6, "When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show men they are fasting. I tell you the truth, they have received their reward in full. But when you fast, put oil on your head and wash your face, so that it will not be obvious to men that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you."

Jesus _____ His followers to fast.

Matthew 4:2, And after fasting forty days and forty night

Fasting _____ wrong motives and _____ boastful attitudes.

Fasting is between God and _____.

God _____ and _____ me when I fast.

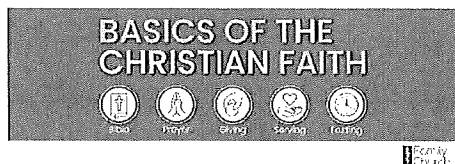
James 1:17, Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows.

**Fasting, when done biblically, _____ your spiritual connection to God
and _____ rewards from heaven.**

Life Application:

Is there something in my life where I need
God to intervene or clarify?

What can I fast to deepen my spiritual connection to God and invite God to release His heavenly reward?
James 1:17



January 9th 2022
FASTING Basics

KEY POINT: Fasting

is abstaining from worldly cravings to amplify your spiritual connectivity.

READ: Matthew 6:16-18

1. What are a few things you noticed in this passage?

KEY POINT: Jesus expects His followers to fast.

READ: Matthew 4:2

2. Have you ever considered doing a long term fast?
3. The Old Testament is filled with stories of fasting for a variety of reasons such as; mourning, to humble themselves, for protection from attacks, deliverance from bondage, approaching danger, personal afflictions, grief or loss, consecrating themselves to God, for direction/vision, confessing sin, and interceding in prayer for others.
4. Fasting is also found throughout the New Testament. What are some of the ways we see NT believers fasting?

KEY POINT: Jesus expects His followers to fast, and the list of people and reasons for fasting in the Bible is vast!

5. What is our posture and countenance suppose to look like when we fast? Why?
6. Why was Jesus so concerned about motives?
7. Jesus wanted to make very clear how TO and how NOT to fast and right here, he is telling us how NOT to fast.

KEY POINT: Fasting reveals wrong motives and resists boastful attitudes.

8. Fasting can reveal our hearts, our attitudes, and motives.

DISCUSS: When we willingly abstain from something to pursue God, God will draw near to us. He will also reveal things in you.

9. Verse 10/17 gives us some good information. What does Jesus tell us?

KEY POINT: Fasting is between God and me

10. Fasting is personal. It is a spiritual discipline between you and God that deepens **your personal** connection to Him. When we personalize our fast between us and God something amazing happens, do you know what that it?

KEY POINT: God recognizes and rewards me when I fast

11. The word reward here is a term that was used in business transactions or commerce. It meant to pay someone their dues or wages earned. So now go back and discuss the reward when one fasts with poor motives.
12. However, Jesus said when we fast personally and privately, God will reward you with something far greater and enduring than accolades from man. God will reward you with heavenly and lasting rewards. Can you think of a time this happened for you?
13. Fasting isn't an easy discipline or a fun spiritual discipline or a convenient discipline...Do you think these are the reasons we do not fast regularly?
14. Fasting, when done with the right heart, not only deepens your spiritual connection to God but it also releases rewards from heaven!

KEY POINT: Fasting, when done biblically, deepens your spiritual connection to God and releases rewards from heaven.

There are many ways to Fast, the method is not as important as the reason and heart behind the Fast. It could be breakfast, or lunch or dinner, or maybe technology, TV, or anything that requires time that you could instead spend with God.

Life Application:

Is there something in my life where I need God to intervene or clarify?

What can I fast to deepen my spiritual connection to God and invite God to release His heavenly reward?



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Loving God, Loving People and Making Disciples