

January 13, 2019

10:00 am

Order of Worship

Greeting
"Build Your Kingdom Here"
"What a Beautiful Name"
"O Come to the Alter"
Message Pastor Adam Grill
Offering
"Worthy is the Lamb"
Prayer Call

Prayer Life

- Sharon Baker, please pray for healing, she had knee surgery.
- Bert Teunissen, he is battling pneumonia.

Church Life

- **KEY DATES:**
 - January 16: Prayer Time, 9:00 a.m.
 - January 16: Women's Bible Study, 10:00 a.m.
 - January 19: Men's Ministry Breakfast, 7:30 a.m.
 - January 21: Women's Bible Study, 9:15 a.m.
- If you are a guest with us today, **WELCOME**, if you haven't done so already, we invite you to stop by our Guest Reception Center in the lobby following the service. Someone will be there to greet you, answer your questions, and give you a gift as a thank you for worshipping with us today!
- The Café Team is looking for new people, if you are interested, please come to the training meeting on January 15 at 7:00 p.m.
- **Men**, please join us this Saturday with Pastor Z as he speaks on the topic of Biblical Morality. We hope to see you at Franks, in downtown Zeeland at 7:30.
- We are **excited** to announce that Grace Chapel will have a camp scholarship fund for families who want to send their children to a Christian camp! Please contact Pastor Adam or the office for more information.
- Grace family, the directories are printed. If you need any updates regarding your information, please place those updates on a connection card.
- Terry and Susan Vandebosch will be leading a Financial Peace University class starting on February 6, from 6:00-8:30 p.m. Please sign up at the welcome desk if you are interested, the cost is \$99 and the class goes for 9 weeks.
- January 20th is Sanctity of Life Sunday. To celebrate, Grace Chapel is providing a baby bottle for every family to take home with them today. All you need to do is place your excess change in the bottle and return it next Sunday. All money collected will be given to Positive Options in Holland. This helps minister to young families facing difficult decisions. Let's make a change with our change!
- **GREETERS: SUNDAY, JANUARY 20**
 - Main: Jim and Nancy Lambert with Nicolas Pilafas
 - Lower: Wanda Wooten



What is you _____ for 2019?

Matthew 6: 16-18, “When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, 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 others 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.”

Why Fast?

1. Fasting _____ us closer to God.

Why Fast?

2. Fasting can help you _____.

Isaiah 58:3-7, ‘Why have we fasted,’ they say, ‘and you have not seen it?

Why have we humbled ourselves, and you have not noticed?’ “Yet on the day of your fasting, you do as you please and exploit all your workers. ⁴Your fasting ends in quarreling and strife, and in striking each other with wicked fists. You cannot fast as you do today and expect your voice to be heard on high. ⁵Is this the kind of fast I have chosen, only a day for people to humble themselves? Is it only for bowing one’s head like a reed and for lying in sackcloth and ashes? Is that what you call a fast, a day acceptable to the Lord? ⁶“Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke? ⁷Is it not to share your food with the hungry and to provide the poor wanderer with shelter— when you see the naked, to clothe them, and not to turn away from your own flesh and blood?

Why Fast?

3. Fast to see those _____ so you can _____ them.

Why Fast?

4. Fast for God’s _____.

2nd Samuel 12:15-17, ¹⁵After Nathan had gone home, the Lord struck the child that Uriah’s wife had borne to David, and he became ill. ¹⁶David pleaded with God for the child. He fasted and spent the nights lying in sackcloth on the ground. ¹⁷The elders of his household stood beside him to get him up from the ground, but he refused, and he would not eat any food with them.

Why Fast?

5. Fast to grow _____ on God.

Life Application:

Begin a fast tomorrow. Pray and seek what God would have you fast and for how long.

Fasting Tips:

#1 Determine the reason (WHY) for fasting.

- You have to have a cause or reason, or you will give in. Is it Spiritual renewal? Guidance? Healing? Discernment? Kids?

#2 Determine your commitment and write down what you're doing.

There is something that physiologically happens when we write down our goals. People that write down their goals are almost twice as likely to accomplish them!

Write down:

- The reason (the why behind your fast).
- How long will it last? (1 meal, one day, one meal a day, X hours a day, 21 days)
- How do hope to see God through this fast?
- What physical or social activities you will restrict?
- Write down the commitment to replace the time you were doing the thing you're giving up with time with God praying, reading your Bible, serving, etc.

#3 Prepare Spiritually

- Fasting helps us release strong hold in our lives. Write down those strong holds or sins you want to break. (2 Corinthians 10:3-5)
- Accept God's forgiveness for those sins (1 John 1:9)
- Surrender your life fully to Jesus (Romans 12:1-2)
- Pray & read your Bible.

#4 Prepare Physically

- If doing a food fast make sure to consult your physician first. Never fast prescriptions without talking with a doctor. Some people cannot fast without medical supervision.
- If fasting food, before the fast, start eating smaller portions. Avoid high fat and sugary foods. Eat more raw fruit and vegetables the two days before you start fasting.
- Turn off the things that hinder you connecting with God.
- Once fasting limit exercise and rest more.
- Prepare for headaches, crankiness, anxiety, hunger pains, dizziness, caffeine and sugar withdrawals, etc. Increasing liquid intake can help with many pains.

#5 Begin Fasting

- Replace the time you spent doing the thing you gave up with praying, reading your Bible, serving, etc.
- Re-visit your commitments as often as you need to remember why you are fasting.
- Fill the void you feel with God.
- The first 2-3 days are the hardest! Push through!
- Begin each day in praise and worship. Set the tone for your day; don't let your body set the tone.
- Invite the Holy Spirit to work in you.
- Invite God to change you. Ask God to show you how you can impact your community, your family, your church, etc.
- Pray for Jesus to give you His vision for your life and the power to live it.

#6 Ending the fast

- Longer fasts need to end gradually. Do not go from no food to White Castle or you will get sick. Do not go from no TV to an all-day TV marathon.
- End the fast celebrating what God has done in your life through the fast. If your prayers have not been answered, maybe it is not time to end your fast.

Fasting Examples:

Christian Book stores have numerous fasting plans / books you can buy if you need help.

Water Only / Nothing: Eat and drink nothing or water only for a period of time. This could mean you give up lunches for a week. It could mean going to water only for a day or more. (Exodus 34:28, 1 Kings 19:8, Ezra 10:6, Esther 4:16, Luke 4:1-2, Acts 9:9, Acts 10:30)

Daniel Fast: Eat only fruits, vegetables, nuts/grains. (Daniel 1:11-21, 9, 10:3)

Juice Fast: Drinking juices only

Screen Fast: Fast all screens when not needed for work / school. No TV, computer, tablet, phone, video games, etc.

Parenting Fast: Fast one day per child. Pray for them, their spouse, children, future, job, etc.

1 Meal Fast: Fast one meal a day for a period of time.

1 Day Fast: Fast all food / drinks except for water, for one day.

Sugar Fast: Fast all sugars. This means no processed foods with sugars or drinks with sugar.

Relationship Fast: Dedicate a period of your life to focus on God and not the opposite sex.

Book Fast: Read only the Bible for a period and no other books.

Diabetic Fast: Actually follow your diabetic diet.

Other fasting Scriptures: Luke 2:37, 2 Corinthians 11:27, Acts 13:2, Acts 14:23, Matthew 3:4.