

### Order of Worship

Prelude  
 Welcome  
 "Everlasting God"  
 "Here I Am to Worship"  
 "Holy Spirit"  
 Message Pastor Adam Grill  
 Offering  
 "Take Time to Be Holy"  
 Prayer Time  
 "Christ is Enough"

### Prayer Life

- Please remember to pray at High Noon each day as we search for our Worship/NexGen Pastor.
- Continued prayers for Don and Meribeth LeFebre as they continue to cope with Don's dementia.
- Dick Wentworth, continues his recovery at Freedom Inn.
- Dave Siegers, battling ALS-Lou Gehrigs.
- Jean Brink, Jack DeWitt, Bill Dryfhout, and Bob Elenbaas, battling cancer.

### Church Life

- **KEY DATES:**
  - January 23: Men's Bible Study, 7:00 p.m.
  - January 24: Women's Prayer Time, 11:15 a.m.
  - January 28: Pastor Adam Preaching
- 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 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!
- Women's Wednesday Morning Bible Study, beginning January 31. This study will be walking through the book "Discipling How Jesus Discipled", and will expand on Pastor Adam's sermon series Knowing Jesus. We will take this slow so that we can incorporate Pastor Adam's sermons into the study as well as have time to truly discuss how we can practically become disciple makers. This 16-week study will be led by Cathy Grill and will meet at 10:00 a.m. Sign-up at the Information Desk.
- Adult Sunday Bible Study, beginning February 4. This study will be walking through the book "Becoming a Courageous Christian", and will be led by Vince Reidsma. This study will run at least 12 weeks, but could continue longer depending on the level of weekly discussion, and will meet from 11:30 a.m. -12:30 p.m. on Sundays. Sign-up at the Information Desk.
- QUEST Fundraiser: Through your generosity, our teens were able to raise \$884 for their winter retreat in February. Thank you for supporting this vital ministry!
- 2017 Giving Statements will be mailed next week. If you have any questions, please see Larry Au or Lisa Cook.
- Tithing booklets for 2018 are available in the lobby. If you currently do not have a booklet, and would like one, please let Lisa know by calling the office or emailing [lisa@gracechapelzeeland.com](mailto:lisa@gracechapelzeeland.com).
- If you are interested in any of the old sound equipment, please contact Lisa.
- **GREETERS: SUNDAY, JANUARY 28**
  - Main: Tom and Therese Clay, Julie Barrett
  - Lower: Carl and Pam Sietsema



**Fasting is a catalyst for \_\_\_\_\_ moments in our lives.**

**Esther 3:** <sup>8</sup>Then Haman approached King Xerxes and said, “There is a certain race of people scattered through all the provinces of your empire who keep themselves separate from everyone else. Their laws are different from those of any other people, and they refuse to obey the laws of the king. So it is not in the king’s interest to let them live.”

**Esther 4: 16** “Go and gather together all the Jews of Susa and fast for me. Do not eat or drink for three days, night or day. I and my attendants will fast as you do. When this is done, I will go to the king, even though it is against the law. And if I perish, I perish.”

**What is fasting?**

**Fasting is taking something that our \_\_\_\_\_ desires and replacing it with \_\_\_\_\_.**

**Why Fast?**

**Fasting helps us through a time when we feel like we have lost \_\_\_\_\_.**

Abraham Lincoln said, “if he had 6 hours to chop down a tree he would spend 4 hours sharpening his ax.”

**Ecclesiastes 10:10**, “If the ax is dull, and one does not sharpen the edge, then he must use more strength; but wisdom brings success.”

**Matthew, 3:16 -4:2**, “As soon as Jesus was baptized, he went up out of the water. At that moment heaven was opened, and he saw the Spirit of God descending like a dove and alighting on him. And a voice from heaven said, “This is my Son, whom I love; with him I am well pleased.” Then Jesus was led by the Spirit into the wilderness to be tempted by the devil. After fasting forty days and forty nights, he was hungry.”

Matthew 4:11, “Then the devil left him, and angels came and were ministering to him.”

**How do we fast?**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

### **Fasting Examples:**

**Water Only / Nothing:** Eat and drink nothing or water only for a period. (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 / drink for one day.

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

**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.

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

### **Life Application:**

**Read Esther and being fasting to connect with God.**