



Father, Wake Us Up!

“Awake, O sleeper, rise up from the dead, and Christ will give you light.” - Ephesians 5:14 NLT

*“Arise, Jerusalem! Let your light shine for all to see. For the glory of the Lord rises to shine on you.”
- Isaiah 60:1 NLT*

“But I have this complaint against you. You don’t love me or each other as you did at first! 5 Look how far you have fallen! Turn back to me and do the works you did at first. If you don’t repent, I will come and remove your lampstand from its place among the churches.” - Revelation 2:4-5 NLT

The Difference Between Sleeping & Awake Christians:

1. SLEEPING believers live like FOOLS, AWAKE believers live like the WISE.

“So be careful how you live. Don’t live like fools, but like those who are wise.” - Ephesians 5:15 NLT

Imitate God, therefore, in everything you do, because you are his dear children. 2 Live a life filled with love, following the example of Christ. He loved us[a] and offered himself as a sacrifice for us, a pleasing aroma to God. 3 Let there be no sexual immorality, impurity, or greed among you. Such sins have no place among God’s people. 4 Obscene stories, foolish talk, and coarse jokes—these are not for you. Instead, let there be thankfulness to God. 5 You can be sure that no immoral, impure, or greedy person will inherit the Kingdom of Christ and of God. For a greedy person is an idolater, worshiping the things of this world. - Eph 5:1-5 NLT

2. SLEEPING believers act THOUGHTLESSLY, AWAKE believers act INTENTIONALLY.

Make the most of every opportunity in these evil days. 17 Don’t act thoughtlessly, but understand what the Lord wants you to do. - Ephesians 5:16-17 NLT

Don’t be fooled by those who try to excuse these sins, for the anger of God will fall on all who disobey him. 7 Don’t participate in the things these people do. 8 For once you were full of darkness, but now you have light from the Lord. So live as people of light! 9 For this light within you produces only what is good and right and true. 10 Carefully determine what pleases the Lord. 11 Take no part in the worthless deeds of evil and darkness; instead, expose them. 12 It is shameful even to talk about the things that ungodly people do in secret. - Ephesians 5:6-12 NLT

Two Things God wants us to do intentionally:

- **God wants us to SOW**

However, he has given each one of us a special gift[a] through the generosity of Christ. Now these are the gifts Christ gave to the church: the apostles, the prophets, the evangelists, and the pastors and teachers. 12 Their responsibility is to equip God's people to do his work and build up the church, the body of Christ. He makes the whole body fit together perfectly. As each part does its own special work, it helps the other parts grow, so that the whole body is healthy and growing and full of love. - Ephesians 4:7,11-12,16 NLT

- **God wants us to GROW**

This will continue until we all come to such unity in our faith and knowledge of God's Son that we will be mature in the Lord, measuring up to the full and complete standard of Christ. 14 Then we will no longer be immature like children. We won't be tossed and blown about by every wind of new teaching. We will not be influenced when people try to trick us with lies so clever they sound like the truth. 15 Instead, we will speak the truth in love, growing in every way more and more like Christ, who is the head of his body, the church. - Ephesians 4:13-15 NLT

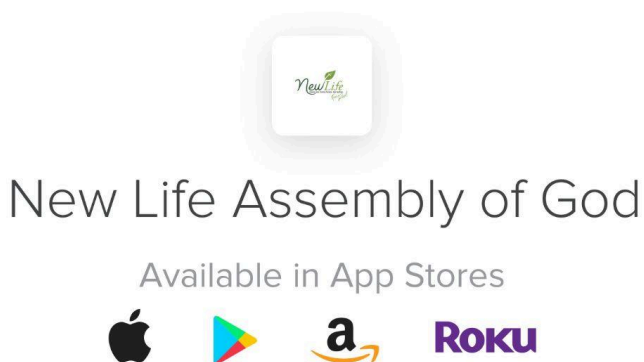
3. SLEEPING believers are constantly filling up on things that RUINS lives, AWAKE believers are constantly filling up with the One who GIVES life!

Don't be drunk with wine, because that will ruin your life. Instead, be filled with the Holy Spirit, 19 singing psalms and hymns and spiritual songs among yourselves, and making music to the Lord in your hearts. 20 And give thanks for everything to God the Father in the name of our Lord Jesus Christ. - Ephesians 5:18-20

Suggested Reading Plan: [21 Day Favor Fast](#)

Announcements:

- **Sunday Service @ 10 AM.** Nursery for children up to age 4 on weeks 2, 3 & 4; KidZone for ages 5-11.
- **Girl's Ministry** for grades K-6 *on Wednesdays @ 5:30 PM.*
- **Finish Line Youth** for ages 12-12th grade *Wednesdays @ 7 PM.*
- **21 Days of Hunger** January 8-28. Please join our church family and congregations across New York for 21 days of fasting, prayer, and seeking God! Check out the "21 Days of Hunger FAQs" below.
- **Football Sunday** February 11, 2024 @ 10 AM. Wear your favorite team's gear, and invite a friend to join us for **30 Second Theology** where Pastor Craig Groschel will use the ads that play during the Big Game to teach Biblical principles.



21 DAYS OF HUNGER FAQs

WHAT KIND OF FAST ARE WE DOING? The type of fast we are suggesting is a “Partial Fast.” It does not require complete abstinence from food but only limits food intake. There are three options we are recommending for your participation in this fast.

OPTION 1: Single Meal Fast If possible, we would like everyone to eat only one green meal per day consisting of fruits, greens, vegetables and/or soups and a generous supply of fluids. If you have any health conditions, we recommend you consult your physician before starting this fast.

OPTION 2: Daniel Fast Another variation is known as the “Daniel Fast.” Based on the Prophet Daniel's diet and typical Jewish fasting principles, this fast is similar to a vegan diet that may include fruits, vegetables and whole grains. The Daniel Fast may include multiple meals throughout the day in addition to fluids. Again, if you have any health conditions, we recommend you consult your physician before starting this fast.

OPTION 3: Media Fast For those who cannot modify their diet due to medical reasons, you may consider a non-food fast such as giving up TV, computer use, secular music, sports, video games, etc. You don't need to consult your physician for this.

Obviously, you are welcome to modify these options to suit your own schedule or lifestyle. For example, some may opt to eliminate only one meal per day or certain kinds of foods or drinks. Ultimately, our hope is that everyone in the church will participate in the 21 Days of Hunger in some way that allows them to seek after God with greater purpose.

WHY IS FASTING IMPORTANT? Fasting is a spiritual discipline promoted in scripture. Jesus, Peter and the apostles, Moses, Elijah, Esther, Daniel and many others fasted on a regular basis. To fast is to “give up” food (or other items) for a period of time in order to focus more completely on God. It is an expression of faith and spiritual diligence; it is to deny the flesh in order to emphasize building one's spirit and becoming more in tune to the work of the Holy Spirit. Through fasting one can experience spiritual renewal, deliverance from sin, receive guidance from the Holy Spirit, receive answers to prayers, and develop greater spiritual discipline.

DOES FASTING MAKE ME HOLY? Fasting should never be a means to prove one's spirituality or earn favor with God. This is nothing more than spiritual pride and will nullify your fast in God's eyes. Neither is fasting a way to obligate Him to answer a prayer because of your supposed spiritual devotion. On the contrary, fasting should bring us more fully into submission to His will and sovereign plan for our lives. Additionally, our motive for fasting should not be to lose weight or improve our health. Although these results may occur, such self-serving motives should not be our reason for fasting. Spiritual, biblical fasting is for God's glory, never for personal benefit.

IS IT IMPORTANT TO PRAY DURING A FAST? Yes! Absolutely. Fasting without prayer is nothing more than dieting. Dedicate the time and money you would normally spend on eating to God. Be sure that your schedule enables you to set aside time for prayer and studying God's Word.

HOW MIGHT MY BODY BE AFFECTED? To minimize the effects of fasting, drink plenty of fluids—especially water. Be prepared to feel “tired out” or become exhausted more quickly. You may also feel colder than usual. On longer fasts you should plan to get extra rest. Be careful not to turn into a grump. Because fasting usually results in a lack of energy, hunger and tiredness, you may get a little cranky. Resist that tendency. You can't mistreat or abuse people and expect God to honor your fast!

WHAT IF I HAVE MEDICAL ISSUES? If you have a chronic illness, eating disorder or any other health issues, you should always talk with your health professional before considering a fast. This is especially true if you are taking doctor prescribed medications.

ARE THERE SITUATIONS WHEN I SHOULD “PAUSE” FROM THE FAST? Yes, especially if you are feeling ill, excessively weak or emotionally distressed. In such situations, resume your regular (healthy) eating routine and consult your physician immediately.

HOW DO I END THE FAST? Never break a fast with large quantities of food (especially junk food). Ease back into your regular eating routine with light, healthy foods. This is especially important for fasts longer than several days. In fact, use the fast as a catalyst to improve your eating habits and eliminate sweets and fast foods from regular eating.

*“Then I proclaimed a fast ... that we might humble ourselves before our God, to seek from Him the right way for us and our little ones and all our possessions. So we fasted and entreated our God for this, and He answered our prayer.” **Ezra 8:21-23***

ALWAYS CHECK WITH YOUR DOCTOR BEFORE FASTING.