

## ORDER OF SERVICE

March 10, 2024

Gathering Music

### GATHERING

Welcome	Pastor Craig Brown
Modern Worship	“House of the Lord”
Modern Worship	“Trust in God”
Modern Worship	“Holy and Anointed One”
Sharing the Peace of Christ	

### WORD

Music of Praise	“Draw Me Nearer”
Call to Action	Pastor Craig
Offering	
Scripture	Matthew 6:16-18 CEB
Series	Practice Makes Possible
Sermon	Body Training with God
Preacher	Pastor Craig Brown

### OUR RESPONSE

Communion Prayer & Lord’s Prayer	Rev. Dr. Segbegnon Gnonhossou
Communion	

### SEND

Hymn #532	“Be Thou My Vision”
Benediction	Pastor Craig
Postlude	“I Will Sing of My Redeemer” arr. Cindy Berry Organist: Thelma Strand

### TODAY’S MUSIC LEADER

Modern Worship Director	Lisa Moe
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## SERMON NOTES

### Why Fasting Matters

#### How to Try Fasting

##### The Take-On Strategy

- Time – What is one new area where you can dedicate some time?
- Generosity – What gift might you give each day or week?
- Relationships – What relationships can be renewed each week?
- Senses – What new nourishment or experience will challenge you?

##### The Take-Away Strategy

- Food – What and when might I restrain what I eat or drink?
- Digital – How can I release the need to be “present” in digital spaces?
- Activity – What activity, if removed, would I be most often aware of?
- People – Are there people I need to take a break from?

##### The Take-Time Strategy

- Rest – Where can I carve an hour out to rest this week?
- Prayer – What routine can I start for prayer, meditation, or reflection?
- Bible – What book or books of the Bible can I read before Easter?