

Soul Training: when you fast

January 3, 2021

Matthew 6:1-16 - Jesus teaches us about religious actions and "when and why" we do them

vs.16 "and when you fast, don't make it obvious, as the hypocrites do, for they try to look miserable and disheveled so people will admire them for their fasting."

So why do we fast?

Matthew 9:14-17 "...why don't your disciples fast like we do and the Pharisees do? Jesus replied, 'Do wedding guests mourn while celebrating with the groom? Of course not. But someday the groom will be taken away from them, and then they will fast.'

Matthew 4:1-4 "...for forty days and forty nights he fasted ... But Jesus told him 'People do not live by bread alone, but by every word that comes from the mouth of God.'"

Deuteronomy 8:1-5 "...he humbled you by letting you go hungry and then feeding you with manna...Think about it: Just as a parent disciplines a child, the Lord your God disciplines you for your own good"

Fasting isn't some sort of spiritual leverage to get God to listen more, but more a practice, **a soul training** to remind us of our need for Jesus and our relationship with Him!

What are some ways we've viewed spiritual or religious actions in the past? How is God changing your view?

How can we train our souls for a better relationship with Jesus?

WE COME SERVE STAND GROW GIVE GO **TOGETHER**

CHURCHCENTER APP **New Features Added** Download the App on your Apple or Android device to register for an event, access the church calendar or directory, and so much more!

2021 VISION OFFERING **Pledge Today!** We encourage you to pray about what you will give or pledge to give toward greater online outreach, outdoor projects, and building updates for 2021. So far \$32,000 has been pledged toward our goal of \$45,000.

READ WITH US **Never too late to start!** This year we are reading through the New Testament together. Join us in the Bible App or pick up a reading schedule at the information desk.

MEMORIZE TOGETHER **52 Verses over 52 Weeks** Each week in 2021 we will be challenging each other to memorize a specific passage to fill our hearts and minds with truth for growth and transformation! This weeks passage is Luke 9:24-25...

Luke 9:24-25 NLT

If you try to hang on to your life, you will lose it. But if you give up your life for my sake, you will save it. And what do you benefit if you gain the whole world but are yourself lost or destroyed?

this week...

CROSS CURRENT **Tonight at 6pm** Our teens gather tonight at the church for a service just for them.

FAST AND PRAY WITH US **Wednesday from 6pm-7pm** We invite you to fast on Wednesday and gather together at 6pm to pray together. We will fast and pray each of the next three Wednesdays.

BRIDGE **Thursday at 6pm** 5th-7th graders gather every other week for an inspiring lesson and a fun-filled evening.

coming up...

MOTHERS OF PRESCHOOLERS **January 14th** Moms in this special stage of life gather together biweekly at 10am at the church to encourage and strengthen one another.



office hours: 10am-3pm Tuesday to Friday
info@ntcmassena.com 315-769-9951