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SOLEMN ASSEMBLY, JANUARY 7 THRU 12

It has been said that we live in a country that worships food. You cannot drive more than a mile without seeing a fast food restaurant. Pizza, burgers, chicken or tacos, we are never at a loss to feed ourselves. There are always more choices than we need. These temples and shrines dot our countryside and fill our cities.

The first week of January is our solemn assembly: a week of church wide fasting and prayer. A simple definition of fasting is...“the giving up a need of the flesh for a greater need of the spirit.” In other words, we are giving up something that is important to us, in order do something that is important to God.

While most people think fasting is just food, the Bible shows us that we can fast from just about anything. For example, sleep is a legitimate thing, but sometimes we are led by the Holy Spirit to fast from sleep and pray instead (Matt 26:41 & 2 Cor 6). Sex is a good thing within marriage, but fasting from sex can be proper. If a

couple desires to spend some time in prayer, they may go without sex by mutual consent for a period of time (1 Cor 7:5).

BENEFITS OF FASTING

Fasting for spiritual purposes teaches us self-discipline. Fasting enables us to say “No” and make it stick, and it trains us to say “Yes” to God in terms of prayer, confession, and doing what is right.

Fasting helps us to understand how much we depend on God. When we fast, we begin to understand that we need God to give us daily bread. Realizing that we need God leads to humility and greater dependence on Him.

Fasting enables us to endure suffering and sympathize with others. As we feel pain from fasting, we can better sympathize with others who are suffering.

Fasting contributes to spiritual and mental alertness. When we fast, our spiritual focus gets sharper because we are focusing less on the temporal and more on the spiritual.

Why We Fast

To draw us closer to God. Matt 4:4

To help us keep balance in life. 1 Cor 6:12

To seek direction from God. Jeremiah 29:11-14

To repent and seek forgiveness of sins. 1 John 1:9

To bring freedom in the fruit of the Spirit. Gal 5:22

SPIRITUAL PRACTICES WHILE FASTING

Bible Reading: The Bible will tell us something about ourselves, our God, our sin, and salvation. Heb 4:12

Confession of Sins: When we are fasting and praying, God gives us some insight into some of our sins. Psalm 51

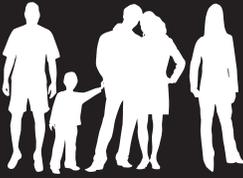
Serious Prayer: Jesus told His disciples that some things only happen through prayer and fasting. Matt 17:21

Invest in Family & Friends: When we are seeking God we make an investment in community. Celebrate Him investing in the people God has placed in your life. Acts 2:32-35

YOUR PARTICIPATION

We are asking the church body to do the following:

- Give up all food, TV, movies, gaming systems, music and electronic entertainment each day after 3pm until 6am the next morning.
- Spend the time you would normally do these activities doing spiritually based activities.

SUNDAY		PRAYER FOCUS FOR THE WEEK		
 <p>family FAMILIES</p>		<p>Each person's hunger for the lost Family members who do not know Christ be influenced by our actions Children will be raised in a Godly environment so that they will positively impact the world in which they live</p>		
 <p>men FAITH</p> <p>Husbands would lead their families under God's authority</p> <p>Single men will cherish this season of their lives and pursue godly/healthy relationships</p>	 <p>women FUTURE</p> <p>Wives would submit, respect and support their husbands</p> <p>Children/ youth will obey parents and pursue God</p>	 <p>everyone FINANCES</p> <p>To meet our capital campaign goals for a new building</p> <p>Employment for those that need jobs</p>	 <p>serve</p> <p>ministry FOUNDATIONS</p> <p>Our leaders' love, passion and pursuit of God would be contagious as they exemplify our values</p> <p>One will be a community where no one walks alone</p>	 <p>groups FRIENDS</p> <p>For the spiritual growth of the individuals in the group and the group as a whole</p> <p>Each person's hunger for the lost</p>
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY

Do you have a special prayer need? Email us at prayer@onechurchhome.org

