

PURSUING LIFE WITH GOD

community rhythms *February*

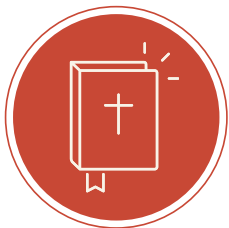
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SPIRITUAL PRACTICE . FASTING

The Life with God Bible defines fasting as “the voluntary abstention from an otherwise normal function - most often eating - for the sake of intense spiritual activity.” Scripture is filled with examples of individuals and communities fasting with a variety of intentions: to acknowledge sin (I Sam 7:6), to seek the Lord (II Chron 20:3, Dan 9:3), to make a request of the Lord (II Sam 12:16, 21-23), to humble the soul (Psalm 69:10), to return to the Lord (Joel 2:12-13, Jonah 3:5), to worship (Luke 2:37). Fasting is a valuable practice that reminds us that we are sustained by God alone. *See Handout for More*

Our Season of Fasting begins February 14th until Easter, March 31th.



SIT WITH THE WORD . PHILIPPIANS 3:7-14

“But whatever were gains to me I now consider loss for the sake of Christ. What is more, I consider everything a loss because of the surpassing worth of knowing Christ Jesus my Lord, for whose sake I have lost all things. I consider them garbage, that I may gain Christ and be found in him, not having a righteousness of my own that comes from the law, but that which is through faith in Christ - the righteousness that comes from God on the basis of faith. I want to know Christ - yes, to know the power of his resurrection and participation in his sufferings, becoming like him in his death, and so, somehow, attaining to the resurrection from the dead. Not that I have already obtained all this, or have already arrived at my goal, but I press on to take hold of that for which Christ Jesus took hold of me. Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.” *NIV*



COMMUNITY CONNECTIONS . FEBRUARY

Season of Fasting | Starting February 14th

Starting in February until Easter, we invite our community to engage and explore the practice of fasting. Together, we will learn about the practice during worship and a special class after services. We will engage in the practice starting February 14th until March 31st each in our own way and have a time to connect and reflect on our experience together. We will have two opportunities each week to gather in-person or virtually and explore our experiences and insights as we fast. This time together will also provide space for us to encourage one another, and help one another work through issues or concerns that arise.

SUNDAYS AT 9:00 AM | STARTING FEBRUARY 18

Gather in-person in the Education Building before worship.

WEDNESDAYS AT 12:00 PM | STARTING FEBRUARY 14

Gather virtually through Zoom.