ONEMOVEMENT BIBLE CHURCH

ONE IN SPIRIT | ONE IN MIND | ONE IN BEHAVIOR

OMBC Mission:

ONE with God to make disciples of Christ bearing fruit for the kingdom. (Matthew 28:19; John 15:8)

OMBC Vision:

ONEPowerfulMovement to build a spiritual and physical house to meet the total needs of God's Family.
(Philippians 2:2; Ephesians 4:4-6)

OMBC Website:
https://TheOMBC.org

Scan to Give

Your Voice Matters! Help us grow!
Sunday Feedback Form
https://forms.office.com/r/LYy8METsQg

Thank you for your donations to ONEMOVEMENT Bible Church as they are used to build God's Kingdom. Please be in prayer for the contributions received by the Church. We ask God to bless each giver generously.

Each one must do just as he has purposed in his heart, not grudgingly or under compulsion, for God loves a cheerful giver. 2 Corinthians 9:7

- Zelle Give@TheOMBC.org or 713-806-2074
- OMBC Giving Link: https://TheOMBC.org/give
- Registration: https://TheOMBC.org/register

10120 Hartsook Street • Houston, Texas 77034
713-943-2215 • https://TheOMBC.org
Dr. Ivory L. Varner, Senior Pastor/Teacher

ONEMOVEMENT BIBLE CHURCH

Dr. Ivory L. Varner, Senior Pastor/Teacher



Begins: Friday, November 6, 2026 | 6:00 AM

Ends: Friday, November 20, 2026 | 6:00 AM

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Fasting Notes & Reflections

Use this space to record prayers and answers, reflect on Scripture, plan your daily fast, and journal what God reveals throughout your journey.

Daily Readings: Luke 20 & Luke 21

ONE in Spirit, ONE in Mind, ONE in Behavior

Medication Intake

If you are on a special diet due to a medical condition, please consult your physician **before** starting this fast. If you are on prescribed medication, you should continue your dosage, as prescribed by your physician.

Remember:

- ☐ **Consult a physician before changing your special diet.**
- ☐ **Consult a physician before changing your medications.**

Tips for a Spiritually Fruitful Fast

- ☐ **Set a Daily Routine**: Dedicate time each day to read, pray, and reflect.
- ☐ **Journal Your Experience**: Write down what God reveals to you each day.
- ☐ **Pray with Expectation**: Believe that God will bring transformation and clarity.
- ☐ **Stay Hydrated**: If you are doing a food fast, make sure to drink plenty of water.
- ☐ **Stay Accountable**: Share your fasting journey with a friend or group in the church.

Breaking the Fast

It is our fervent hope that the spiritual and physical rewards experienced during the fast, will be so great that you will be compelled to make fasting a new way of life.

This altered pattern of eating has many benefits; however, if you choose to return to your former way of eating, please do so gradually.



Food Combining – Fruits

Acid Fruits

Strawberries
Grapefruit
Oranges
Tangelos
Kiwi
Lemons*
Pineapple
Raspberries
Cranberries
Gooseberries
Tangerines
Limes
Kumquat
Sour Plums
Pomegranates

* Lemons combine well with all plant foods and can be used to replace vinegar in recipes.

Do Not Combine – digests poorly together

Sweet Fruits

Bananas
Papaya
Thompson Grapes
Muscat Grapes
Persimmon
Dates
Figs
Raisins
Prunes
Other Dried Fruits

Combine – digests well together

Sub-Acid Fruits

Apples
Apricots
Blackberries
Blueberries
Cherries
Nectarines
Peaches
Pears
Mangos
Plums
Most Grapes
Passion Fruit
Guava
Papaya

Combine – digests well together

Do Not Combine Fruits with Vegetables or Grains

An exception to this rule is that you may combine leaf lettuce or celery with fruits to help deal with the excessive sugar.

Melons

Honey Dew
Cantalope
Casaba
Watermelon
Crenshaw
Persian

Eat melons alone or leave them alone, as they do not digest well with other foods. Any of the melons can be combined with each other, however.

THANKSGIVING
PRAYER & FASTING

Begins: Friday, November 6, 2026 | 6:00 AM

Ends: Friday, November 20, 2026 | 6:00 AM

Guided, Strengthened, and Renewed by God

Isaiah 58:11 (NASB 1995)

"And the LORD will continually guide you,
And satisfy your desire in scorched places,
And give strength to your bones;
And you will be like a watered garden,
And like a spring of water whose waters do not fail."

Prayer Focus Statement

As we thank God for His continued faithfulness, we seek His guidance, strength, and spiritual renewal so that ONEMOVEMENT Bible Church will grow in spiritual maturity, genuine love, unity, and faithful service, becoming a healthy and fruitful body of believers committed to fulfilling His purpose of making disciples.

ONE in Worship, ONE in Discipleship, ONE in Ministry

Specific Prayer Emphases

1. THANKSGIVING — Remembering God's Faithfulness

Psalm 100:4–5; 1 Thessalonians 5:18

Thank God for His faithfulness throughout the church's history, His provision, His protection, the teaching of His Word, and the opportunities He has given us to serve.

Prayer: Lord, cultivate grateful hearts that recognize Your goodness and respond with faithful obedience.

2. SPIRITUAL RENEWAL — Becoming Spiritually Healthy

Romans 12:2; Colossians 1:9–10

Pray that our knowledge of God's Word produces changed hearts, transformed conduct, and genuine spiritual maturity.

Prayer: Lord, renew our minds and hearts so that we are not merely hearers of Your Word but faithful doers who bear fruit.

3. UNITY AND LOVE — Strengthening Our Church Family

John 13:34–35; Acts 2:42–47

Pray for genuine relationships, compassion, fellowship, and a willingness to care for one another.

Prayer: Lord, teach us to love one another sincerely, strengthen our relationships, and make every member feel known, cared for, and connected.

4. FAITHFUL SERVICE — Strengthening Our Leadership and Ministries

Ephesians 4:11–16; Colossians 3:23–24

Pray for Pastor, the Elders, ministry leaders, teachers, shepherds, and every member entrusted with responsibility. Ask God to develop faithful, equipped, accountable servants.

Prayer: Lord, strengthen those who lead, raise up faithful laborers, and give every member a willing heart to serve according to the gifts You have given.

5. DIVINE GUIDANCE — Moving Forward in God's Purpose

Isaiah 58:11; Proverbs 3:5–6

Pray for God's wisdom and direction as OMBC moves into 2027, strengthens its Discipleship Path, develops spiritually mature leaders, encourages greater ministry engagement, and seeks to become more effective in fulfilling its mission of making disciples.

Prayer: Lord, continually guide us, strengthen us where we are weak, and make us fruitful in accomplishing Your purpose.

