



**FAST FOCUS, SUNDAY, AUGUST 20, 2017
FASTING INSTRUCTIONS**

WE WILL FAST SUNDAY AUGUST 20, 2017

We will observe the fast by abstaining from ALL FOODS (EXCEPT WATER) from 6pm SUNDAY NIGHT until 6am MONDAY MORNING

PLEASE DEVOTE THIS TIME TO READING YOUR BIBLE AND PRAYER AS TIME PERMITS

Please consult your physician if you are insulin dependent, an expectant or nursing mother or if you have a pre-existing medical condition. While fasting is a spiritually fulfilling exercise, God would not command a physical exercise that would harm His people physically or emotionally.

A Defining Moment of Our Faith

“But the hour is coming, and is now here, when the true worshipers will worship the Father in spirit and truth, for the Father is seeking such people to worship him. ²⁴God is spirit, and those who worship him must worship in spirit and truth” John 4:23-24

As we go about living our lives on a daily basis, it is painfully obvious that the world is in a state of crisis. The United States elected a narcissistic President in the person of Donald Trump. The President along with the GOP is working to make decisions that have the potential of impacting all of our lives. Numerous young lives are being lost in the streets to senseless gang violence. Christians in China are experiencing a tumultuous season by the hands of China’s atheist ruling Communist Party. This ruling party in China is working to destroy the rights of its Christian citizens who seek to worship God freely. Consequently, “Tens of millions of Christians meet underground in so-called “family churches.”” (CBS News) These are just three of many

situations that are plaguing the world abroad. Consequently, at times it leaves us with more questions than answers.

Nonetheless, as the people of God, we must wake up and recognize that this season in which we are living is actually a defining moment of our faith. By defining moment – there is a point in time in which the value and essence of our faith become clear in our lives as we mature in a true relationship with the Lord. Jesus said, “²³**But the hour is coming, and is now here, when the true worshipers will worship the Father in spirit and truth, for the Father is seeking such people to worship him.** ²⁴**God is spirit, and those who worship him must worship in spirit and truth**” (John 4:23-24, ESV).

A close examination of this passage of scripture reveals that the omniscient, omnipresent God of our salvation is creating a shift in the world. To the naked eye, it doesn't appear that much good is occurring in our midst. Nevertheless, that is why as believers “We walk by faith, not by sight” (2 Corinthians 5:7). Therefore, the revelation involving this shift teaches us that God is operating with pinpoint accuracy, down to an hour. This hour is not the time measured by the clock on the wall. Rather, this is God's time – Kairos, which, is a divinely appointed time for the Lord to fulfill his purpose and do something supernatural in our lives! However, this unique season is not discernable by the natural mind. This is a time reserved and detected solely by a people after God's own heart – the life of true worshipers. **“But the hour is coming, and is now here, when the true worshipers will worship the Father in spirit and truth...”**

True worshipers are people who have experienced the transforming power of God in their lives and as a result, trust him with their all – worshipping the Lord with love and passion for who he is rather than overemphasizing what we want or need God to do for us. Furthermore, this is not about a Sunday morning worship experience. Rather, true worship is a lifestyle in which the worshiper seeks to live a life of holiness through a surrendered life unto the Almighty. Therefore, as we go about living our lives on a daily basis in this troubled world – let us work towards developing a mindset and vision whereby we spend more time gazing upon the presence of the Lord than we spend stressing out over the numerous vicissitudes of this world.

The way that we go about acquiring the spiritual maturity needed to maximize this season of our lives is by engaging in prayer, fasting, Bible study and fellowshiping with other worshipers. Studying the word of God is essential because it provides us with the spiritual and intellectual premise needed to grow our faith in the Lord. Prayer connects us to the source of our life and strength. Fasting helps us to discipline ourselves for this spiritual journey which will be filled with trials and tribulations. Lastly, fellowshiping with other believers helps to keep us from feeling as though we are going through this life alone. Not only that – it is through these spiritual relationships that we gain strength to overcome by the testimonies of other believers.

All of this is needed in our lives because, **“God is spirit, and those who worship him must worship in spirit and truth.”**

- I. In your quiet time, consider making it a priority to begin attending Tuesday evening Bible study if you are not already.

- II. Begin devoting at least 10 minutes a day meditating on a passage of scripture.

- III. Begin developing a discipline of a prayer life. That can be sitting quietly in the presence of the Lord for at least 10 minutes. Or it can be reflecting on scripture and listening to worship music. The idea is about intentionally pressing our way into the presence of the Lord. For, “Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom” (2 Corinthians 3:17, NIV).

Submitted by Min. Richard Edwards