

TODAY'S FACILITATORS

PRAYER: Austin

OFFERING: Yomi

WORD: Pastor

WELCOME

We warmly welcome you, if you are worshipping with us for the first time. We believe you've become a member of our church family by God's grace.

Please ensure you speak to the Pastor or one of today's facilitators before you leave.

May God bless you richly (Amen).

VERSE(S) OF THE DAY

This is the kind of fasting I want: Free those who are wrongly imprisoned; lighten the burden of those who work for you. Let the oppressed go free, and remove the chains that bind people.

Isaiah 58:6 (NLT)

GROWTH & ADVANCEMENT

To build a church that is **growing, healthy and full of love**, do you have comments, ideas or suggestions? If so, please talk to the Pastor or a minister.

DID YOU KNOW?

Did you know you could join most of our services online when you are unable to attend? Talk to the technical team or the Pastor to find out how.

"Christian fasting, at its root, is the **hunger of a homesickness for God.**"

—John Piper

Starve the Flesh
To Feed the Soul

Image source(s): <https://bibilium.com/bible-verses-about-fasting-quotes-about-fasting/> // <https://www.cru.org/us/en/train-and-grow/spiritual-growth/fasting/biblical-fasting.html>



Sunday 8 August 2021

WELCOME

Redeemed Christian Church of God

Bethel

WEEKLY SERVICES & MEETINGS

SUNDAY

Thanksgiving / Worship
service
From 10am

FRIDAY

Prayer meeting / Bible study
From 7pm

RCCG Bethel Parish

Unit 13, Skylines Village

Limeharbour, London E14 9TS

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WEB: www.rccgbethel.church

Our 'must-visit' website



[Home](#) [Our Focus](#) [About us](#) [Contact Us](#) [Sermons](#) [Privacy Policy](#)

THIS IS RCCG BETHEL PARISH, DUE TO THE CURRENT EPIDEMIC. SERVICES WILL REMAIN ONLINE TILL FURTHER NOTICE

[PLEASE FOLLOW THIS LINK](#)

Our website is a treasure trove of information, and not only about our focus and mission. You could subscribe to our podcast or listen to past sermons too (<http://rccgbethel.church/sermons/>). This is particularly useful for when you are unable to attend services or for refreshing your recollection as an essential part of your private Bible study.

There's more! Details of events and outreach will almost certainly be available from relevant pages on our website and updated regularly, along with downloadable copies of our Sunday bulletins (<http://rccgbethel.church/category/bulletins/>).

So, why don't you set our homepage as one of your **startup page(s)** in your browser now? The following instructions for most of the common browsers may help.

Google Chrome

1. Open the browser and the **Settings** menu (or the **three vertical dots** to the right of the menu bar).
2. Scroll down and click on **Advanced Settings**.
3. Select **Open a specific page or set of pages** under **On Startup**.
4. Select **Set pages** and enter or add <http://rccgbethel.church/>.

Mozilla Firefox

1. Open Firefox. Press **Alt-T** on the keyboard and select **Options** from the drop-down menu or go to **Tools >> Options** from the main menu.
2. In the **Home** section, select **Homepage and new windows** and **Custom URLs...** from the field's drop down.
3. Enter or paste the URL: <http://rccgbethel.church/> or click **Use Current Page** if you are already on our website.

Microsoft Edge

1. Click the **three horizontal dots** to the right of the top menu bar.
2. Select **Settings** and select **A Specific Page or Pages** from the **Open Microsoft Edge With** section drop down options.
3. Enter <http://rccgbethel.church/>. (Click the Plus sign to add more pages if required).
4. Click the **three horizontal dots** to the right of the top menu bar again to close **Settings** menu.

FROM THE PASTOR'S DESK

Fasting

Text: Matthew 9:14-17

Fasting is something we voluntarily do, for a specific purpose. It heightens our physical and spiritual senses. It is also an act of discipline and it takes the grace of God. We sometimes follow certain traditions and practices without thought, and fasting may be one of them. It is time to ask ourselves why we fast.

Why do we fast?

These are some of the reasons we fast.

- For direction, to seek guidance from the Holy Spirit (Acts 13:13).
- To express our repentance and return to God (1 Sam 7:6)
- To humble ourselves before God. God resists the proud (Js 4:6).
- To submit and realise God is sovereign (1 Kn 21:27-29; Ez 8:21-23).
- To receive instructions from God (Ex 34:28)
- To receive spiritual strength (Matt 4:2)
- For deliverance and protection (Est 4:16; 2 Chr 20:3)
- To express grief (2 Sam 1:12)
- For intercession (Neh 1:3-4)

Types of fasting

There are several types. It could be during the day for example, from 6am to 6pm. There's the Daniel fast (Dan 1:12), drinking only water, dry or absolute fast (e.g. Moses, Esther, Jesus), corporate fast (Ez 8:21-25) and so on. Isaiah talks about the type of fast God has chosen (Isa 58:3-12). The important thing is to ensure it is by the Holy Spirit's leading (Matt 6:16-18).

It is also important to ensure you follow healthy processes. Avoid extended dry fast unless you've received guidance from the Holy Spirit and have checked with your General Practitioner or Doctor. Also, ensure you take plenty of fluids to avoid dehydration, especially if you are taking medication which requires meals.

Bottom line:

Fasting can bring us closer to God as well as help us to receive from him. But it must be done by the Holy Spirit's guidance to be effective (Isa 58:3-12). Let's avoid following the tradition of men without first making sure it is an acceptable offering to our God.

RCCG Bethel Parish

Pillar of truth ... defining the future today