

Considering fasting in support of Mission Coworkers Charles and Melissa Johnson

Biblical fasting is abstaining from food for a spiritual purpose. Without a spiritual purpose, a fast is simply a diet. Like any discipline of the spirit, it should be entered into prayerfully. Fasting, prayer and reading God's Word go hand in hand. This is a time of entering into deeper relationship with God, being changed by that relationship, and then being sent out into the world.

From the time you get up on Sunday, November 13, 2016, until 2 PM: Drink only liquids – especially water. On this type of fast you may also take in clear broth and 100 percent fruit and vegetable juices in order to maintain your strength.

Sunday school classes and hospitality workers at the church will be asked not to serve snacks on the Sunday honoring the Johnsons.

Families are asked, at the 2PM meal to pray for the Johnsons, (who have gone to Zambia to help people improve crop yields), and the people of Zambia (who suffer from an annual period called the Hunger Season and especially recently from floods and drought). This meal is time to reflect on what each family can do to connect with their brothers and sisters throughout the world. What is Jesus calling on each of us to do?

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