

Tips about Ending a Fast the Right Way

Thank you to everyone who participated in the 21 days of fasting and prayer. We don't ever remember a time where more people participated. Each day as we have gathered together for prayer, God has moved. We are thankful for such hungry, growing followers of Christ. Truly we are drawing closer to God in 2015. Let's keep it up.

For those who participated in the full fast (water and juice only the last seven days) please be quite careful how you break your fast. Your body's digestive system has been at rest and needs some time to wake up.

To allow your body time to wake up, please eat light foods (soups, salads, crackers, etc) for at least the first meal or so. Avoid dairy or red meat or processed meats for a few days if you can. That will allow your body to re-acclimate to your regular diet.

ACTION POINTS

- Make worship a daily and regular part of your life .
- Send a testimony about what God has done during these 21 days of fasting and prayer to info@graceassembly.org so others can be encouraged.
- Continue to pray and believe for what your prayer focus was during these 21 days. Many times the blessing comes after the time of fasting and prayer is over.
- Draw closer to God through prayer and fasting, consistent quiet times, regularly meeting with your spiritual family (go to church), and worship.
- Join us next Sunday for our new series.
- Attend the annual Business Meeting this Wednesday at 7pm in Worship Center.

CLOSER

Getting Closer To God Through Worship

Pastor Wayne Murray
Sunday, February 1, 2015

@TheGraceAG

#Closer

@waynemurray777

Series verse

"Come close to God, and God will come close to you. Wash your hands, you sinners; purify your hearts, for your loyalty is divided between God and the world."

-James 4:8 NLT

"But it is good for me to draw near to God."

-Psalm 73:28 NKJV

Review—We can draw closer to God through . . .

Prayer and fasting

Regular quiet times with God

Consistently meeting with spiritual family

Use these 21 days to establish a "new normal" for your life

DEFINITION OF WORSHIP

Our response to God's revelation of Who He is and what He has done

Worship invites

"But you are holy, O you who dwell in the praises of Israel."

- Psalm 22:3

"Enter His gates with thanksgiving and His courts with praise. "

- Psalm 100:4

Worship takes our focus off our problems and

“A great multitude is coming against you from beyond the sea, from Syria . . . Jehoshaphat feared, and set himself to seek the LORD, and proclaimed a fast throughout all Judah.”

- 2 Chronicles 20:2-3

“For we have no power to face this vast army that is attacking us. We do not know what to do, but our eyes are on you.”

- 2 Chronicles 20:12

Worship brings spiritual

“Jehoshaphat appointed men to sing to the LORD and to praise Him for the splendor of His holiness as they went out at the head of the army, saying: “Give thanks to the LORD, for His love endures forever. As they began to sing and praise, the LORD set ambushes against the men of Ammon and Moab and Mount Seir who were invading Judah, and they were defeated”

- 2 Chronicles 20:21-23

“May the praise of God be in their mouths and a double-edged sword in their hands.”

- Psalm 149:6

Worship brings

Paul and Silas

“...they had laid many stripes on them, they threw them into prison, commanding the jailer to keep them securely. Having received such a charge, he put them into the inner prison and fastened their feet in the stocks.

- Acts 16:23-24

*“But at midnight Paul and Silas were **praying and singing hymns to God**, and the prisoners were listening to them. Suddenly there was a great earthquake, so that the foundations of the prison were shaken; and immediately all the doors were opened and every-one’s chains were loosed.”*

- Acts 16:25-26

Worship brings

“Praise the LORD. How good it is to sing praises to our God, how pleasant and fitting to praise Him! . . . He heals the brokenhearted and binds up their wounds.”

Psalm 147:1-3

“I will bless the Lord at all times.”

- Psalm 34:1