

Welcome to



**CONNECTION POINT**  
CHURCH



*fasting*

**Contact us:**

Office Phone: 231-773-2812

Office@connectionpointmi.com

**Lead Pastor**

Aaron Gregory:

Aaron@connectionpointmi.com

**Children's Pastor**

Holly Hazekamp:

Holly@connectionpointmi.com

**Youth Pastor**

Chase DeMott:

Chase@connectionpointmi.com

Office hours:

- Closed until further notice -



**CONNECTION POINT**  
CHURCH



connectionpointmi.com



Connection Point Church



@connectionpoint.churchmi



Connection Point Church

## May 3, 2020 — Sermon Notes

**Text to Give** is available. Please text GIVE to 231-386-0644 and then follow the instructions given! You can also give online by visiting [connectionpointmi.com](http://connectionpointmi.com) and click the DONATE tab for a secure transaction. Thanks for supporting our ministries here at Connection Point.

## What the World needs Now!!

- ***Prayer! And Lots of it!! Call Someone! Video chat with someone!! We all need personal connections right now. Reach out to people you think would like to talk, even if it is just to check in and say HI! Let them know you're thinking of them! Connect with one another!!***
- ***Connect with one another! We challenge you to reach out to 5 people each week. Make sure they know you are thinking about them!***
- ***If you are in need of groceries, would be willing to purchase or donate for someone's grocery needs, please contact the office at 231-769-2424.***

**Marvelous Mondays** is POSTPONED until further notice!

**Next Steps Class** is POSTPONED until further notice.

*The Church building is currently closed until further notice. Please contact the office if you have any questions.*

# Connect



Pray

# fasting

**Further Study - May 3, 2020**

## Spring Training: Fasting

Throughout this series we will try and make many resources available to you. They will be listed on the website under the tab “Spring Training.” Group leaders, use a few of the questions or Scriptures for your conversations.

## Scriptures for Contemplation

- Sunday: The example of Christ / Luke 4:1–13.
- Monday: God’s chosen fast / Isaiah 58:1–7.
- Tuesday: A partial fast / Daniel 10:1–14.
- Wednesday: A normal fast / Nehemiah 1:4–11.
- Thursday: An absolute fast / Esther 4:12–17.
- Friday: The inauguration of the gentile mission / Acts 13:1–3.
- Saturday: The appointment of elders in the churches / Acts 14:19–23.

## Questions and Reflections

1. Check your first reaction to the thought of fasting:

\_\_\_\_\_ ugh

\_\_\_\_\_ hmmm

\_\_\_\_\_ wow!

\_\_\_\_\_ ok

\_\_\_\_\_ freedom

\_\_\_\_\_ you have to be kidding

2. How does Christian fasting differ from the hunger strike and health fasting?
3. What is the primary purpose of fasting?
4. How can fasting reveal what controls your life?
5. What is most difficult about fasting for you?
6. Fast for two meals (twenty-four hours) and give the time saved to God. Record anything you learn from the experience.
7. Try fasting from the media for one week and see what you learn about yourself during that time.
8. In his day, John Wesley required that every minister ordained in the Methodist Church regularly fast two days a week. Discuss the implications that such a requirement would have in our day.