

You Asked For It - Week 2
Fasting

Question #1: "Christian fasting - what does the Bible say?"

1. Scripture does not _____ Christians to fast. **Acts 13:2; Acts 14:23**
2. Fasting and _____ are often linked together.
3. Fasting is to be done in a spirit of _____.
Matthew 6:16-18

Question #2: What are the different types of fasts?

1. Biblical fasting is often closely linked to _____.
2. Fasting is also related to passionate _____.
3. Biblical fasting comes from a humble heart seeking God. **Isaiah 58:3–7**

Two Categories of Fasting:

1. _____ Fast - **Joel 1:14**
2. _____ Fast - **Matthew 6:16-18**

Types of Fasting:

1. The _____ Fast - **Daniel 10:2–3**
2. _____ Fast - **Esther 4:16; Acts 9:9**
3. _____ Fast - **Exodus 19:15; 1 Corinthians 7:5**

Question #3: How Should I Fast?

1. _____ the purpose of the fast.
2. _____ the fast before the Lord.
3. _____ you receive the reward
4. _____ to the Lord - **Colossians 3:16**
5. _____ to others.

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VCC February/March Events

New Ways To Give:

On-line: Go to our website: vcctracy.org to setup your account. Giving is safe, secure and convenient.

Text Message: Setup an account by texting 209-900-8368.

Tracy Community Connections:

VCC is collecting travel size toiletries which will be distributes to the homeless of our community.

Meals for the homeless: Every 2nd and 4th Wednesday beginning in April from 5 pm – 6:15 pm at Good Shepherd Community Church – Sign up at the Information Booth if you are interested.

Community Group Series – Follow – Part 2 – Now In Session

Connect Focus Group - Sunday 9 am - 9:45 am

Children's Ministry Needs You: Contact Sirsey Martinez at 209-456-0660 or sirsey@vcctracy.org

Annual Men's Retreat: September 15-17

Pick up a retreat brochure and registration form at the Information Booth.

Discipleship Ministry – One on One Discipleship

Contact Michael Shraeder at 925-209-7137 or email mnschraeder@gmail.com for more information.

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