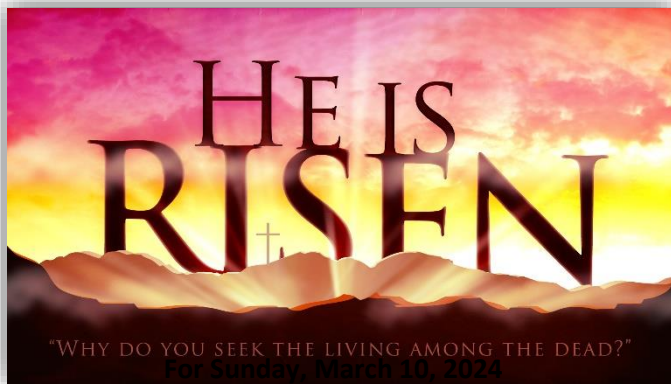


THE MESSENGER

Newsletter from Westminster

OUR MISSION IS TO SHARE GOD'S LOVE IN ALL WE DO



- April 04 ~ Dustin Dunklee
- April 06 ~ Dina Dunklee
- April 08 ~ Andie Nations
- April 09 ~ Teri Nations
- April 16 ~ Hunter Simmons
- April 22 ~ Jim Daniels

HAPPY Anniversary!

April 08 ~ Jim & Mary Daniels

The Spiritual Discipline of Fasting

April 1, 2024

Biblical fasting always centers on spiritual purposes and is a discipline that can help us grow in our faith. Fasting is a tangible way to deny ourselves—to declare before God that we know it's all about Him, not about us.

Jesus said, "Whoever wants to be my disciple must deny themselves and take up their cross daily and follow me. Luke 9:23

Jesus fasted (Matthew 4:1-4)

"Then Jesus was led by the Spirit into the wilderness to be tempted by the devil. ² After fasting forty days and forty nights, he was hungry. ³ The tempter came to him and said, "If you are the Son of God, tell these stones to become bread." ⁴ Jesus answered, "It is written: 'Man shall not live on bread alone, but on every word that comes from the mouth of God.'"

In the Bible, Moses, David, Elijah, Esther, Daniel, Anna, Paul, the Psalmists, Jesus and others, practiced fasting. Jesus said, "*When you fast,*" not "*if you fast.*" That carries with it an assumption that his followers would participate in fasting.

"When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full." Mt. 6:16

Fasting:

Fasting can be a way to humble ourselves Psalm 35:13.

Yet when they were ill, I put on sackcloth and humbled myself with fasting.

Esther fasted when faced with danger Esther 4:16.

"Go, gather together all the Jews who are in Susa, and fast for me. Do not eat or drink for three days, night or day. I and my attendants will fast as you do. When this is done, I will go to the king, even though it is against the law. And if I perish, I perish."

Ezra fasted for protection Ezra 8:21-28. ²¹

There, by the Ahava Canal, I proclaimed a fast, so that we might humble ourselves before our God and ask him for a safe journey for us and our children, with all our possessions.....

Jehoshaphat fasted in the time of the invasion of the confederated armies of Canaanites and Syrians 2 Chronicles 20:3

"Alarmed, Jehoshaphat resolved to inquire of the LORD, and he proclaimed a fast for all Judah."

The Lord called for fasting as a way to return to him.

"Even now," declares the LORD, "return to me with all your heart, with fasting and weeping and mourning."

~continued from page 2~

Fasting can renew our connection with God. Jesus said that His disciples will fast when He is gone
Mark 2:20.

“But the time will come when the bridegroom will be taken from them, and on that day they will fast.”

Fasting empowers us to fulfill God’s calling in our life. Most of the people in the OT fasted in a crisis; Jesus fasted for His calling. We should not fast only during problems, but also for our purpose. Anna was fasting for the coming of the redemption of Israel. Luke 2:37.

“There was also a prophet, Anna, the daughter of Penuel, of the tribe of Asher. She was very old; she had lived with her husband seven years after her marriage, and then was a widow until she was eighty-four. She never left the temple but worshiped night and day, fasting and praying.”

Fasting defeats the evil one Once, the disciples of Jesus could not cast out a demon. Jesus said,
“This kind can come out only by prayer.” Mark 9:29.

Fasting helps to break the bonds of wickedness, undo heavy burdens, and empower us to break every yoke Isaiah 58:6.

“Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke?”

Fasting can be done in full when one drinks only liquids for a 24-hour period of time or partially when one chooses to abstain from food say from 6:00 a.m. to 6:00 p.m. or something similar.

How does one begin?

1. Start with a clear and specific goal. Why are you fasting? Do you need something specific from the Lord? Healing, restoration, etc. Ask the Holy Spirit to guide.

2. Prepare spiritually by confessing sins to God. Ask the Holy Spirit to reveal any areas of weakness. Forgive all who have hurt you and ask for forgiveness for those you may have offended. Surrender fully to Jesus. Romans 12:1-2

“Therefore, I urge you, brothers and sisters, in view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. ² Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.”

3. How long should one fast? 1-3 days many people can do. Some may receive the grace to go longer. This is between you and God. Pray and ask for direction.

4. What to expect. When you fast, your body detoxifies and eliminates toxins from your system. This can cause mild discomfort such as headaches and irritability during withdrawal from caffeine and sugars. And naturally, you will have hunger pains. Limit your activity and exercise moderately. Take time to rest. You are following Jesus’ example when you fast. Spend time listening to praise and worship. Pray as often as you can throughout the day. Get away from the normal distractions as much as possible and keep your heart and mindset on seeking God’s face.

Saint Patrick's Day Community Event was held on March 15
Corned Beef, cabbage, potatoes, corndogs, and dessert.
Proceeds to go to Westminster's grounds and building maintenance.



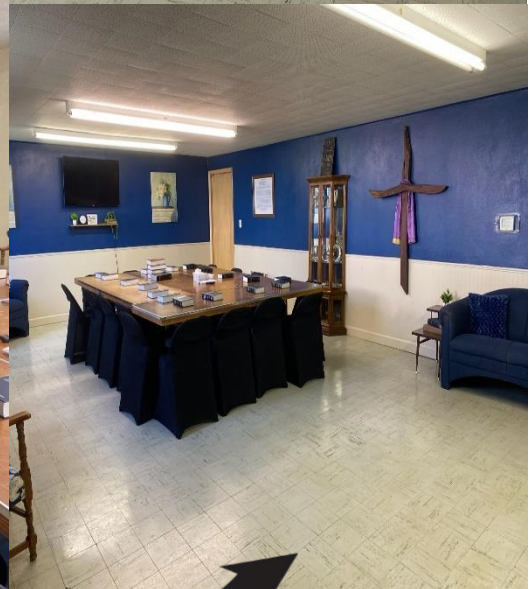
Clingan Hall has been renovated!

Many thanks to Valery and her crew, Kim, Elliott, Andie, Jlee, Mary Vandiver, and all, who helped to make this room spectacular!

We appreciate you, and all your hard work.

The room is beautiful!!

Before



After

UPCOMING EVENTS AND INFORMATION

- ▶ **TUESDAY MORNING PRAYER**— 9:00 a.m. upstairs in the conference room.
- ▶ **BIBLE STUDY**—Monday Evening “Theology on Tap”- 5:30 p.m. at Bees Knees
Tuesday morning- 10:30 a.m. (downstairs in Clingan Hall)
- ▶ **MEN’S WEDNESDAY MORNING COFFEE**— 7:00 a.m.—10:00 a.m.
(Downstairs in dining area “Hill Hall”)
- ▶ **FELLOWSHIP TIME**— please join in on “Fellowship Time” with refreshments after worship.
- ▶ **SESSION MEETS**— No meeting in April. Next meeting, Wednesday, May 15, 2024
10:00 a.m.

From: “THESE DAYS”
Daily Devotions for Living by Faith
 Monday, April 1, 2024

On This Side of Easter
John 20:19—31

We May Have Questions

*But Thomas... was not with them when Jesus came... He said to them,
 “Unless I see the mark of the nails in his hands and put my finger in the
 mark of the nails and my hand in his side, I will not believe.”*

John 20:24-25

I am a tactile learner. I touch things to understand them. Like Thomas, I would ask to see the wounds. I would examine them closely to touch and feel and understand them. I would be filled with questions.

Thomas is known as the doubter, but his need to touch and see solidify his belief. In believing, Thomas later shared the gospel beyond the Roman Empire.

On this side of Easter, we are called to share what we believe. Free to ask questions so that we might understand, we are called to share the love we know in Jesus Christ.

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*Almighty God, on this side of Easter, give me courage to share what I believe. Amen.*

—Maria Shupe, Joshua, Texas

**Tuesday Morning Prayer**

9:00 a.m. – upstairs in the Conference Room



**Bible Study**

Monday evening: 5:30 p.m. at Bees Knees

Tuesday morning -10:30 a.m.

Downstairs, Clingan Hall



**Session Meeting**

Wed. May 15<sup>th</sup>

10:00 a.m.



No Session meeting in April



SUNDAY SCHOOL

9:30 a.m.

**•Wednesday: Men's Coffee and Donuts:  
7:00 a.m.— 10:00 a.m.**

**•Join us for  
“Fellowship Time”  
refreshments after  
Worship  
(Downstairs in Hill Hall)**

**24 persons,  
average attendance  
for March**



**Offerings for March**

Pledges: \$12,015.00

Non-Pledges: \$ 655.00

Basket: \$150.00

OGHS to date: \$1530.00

We exceeded our goal!



March 07,  
Birthday lunch for  
Pastor Angie McClane  
at Handel Haus Restaurant  
in Cole Camp

## **Hours:**

**Sunday School: 9:30 a.m.**

**Sunday Worship: 10:30 a.m.**

**Fellowship/refreshments after Worship**

## **CONTACT US:**

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