## Treasuring His Word

## From the Pastor's Heart:

"So we fasted and sought our God concerning this matter, and He listened to our entreaty" (Ezra 8:23).

Who would have known that when we began our 40 Days of Prayer, that we would be encountering this COVID-19 pandemic. But what a great place to be in a time of trouble... at the feet of Jesus. Let me encourage you to include fasting in your final few days of prayer. Fasting is the act of refraining from food, so as to direct more focused attention on the need for the closeness of God.

Job said, "I have treasured the words of His mouth more than my necessary food" (Job 23:12b). When we want to draw close to God for some specific reason (seeking an answer; a need to be met; sorrow over our sin; direction in making a decision; a desire to grow in our faith; help with a problem; etc.), we "fast" to show our sincerity and to hold ourselves accountable to see our need for God in Christ more than we need even physical necessities. The following are some scriptural references on fasting: 1 Samuel 7:6; Ezra 8:23, 10:6; Esther 4:13-17; Joel 2:12-13; Acts 13:2-3.

As I shared this during last year's 40-days, remember that prayer and fasting is not a way to "manipulate" God to get Him to do what you want Him to do (James 4:3; Zechariah 7:4-6). Often, for us individually, this should be done privately to insure our motives stay pure (Matthew 6:16-18). There is no set way or time to fast. Just do as the Lord leads you. Some fast for 24 hours, some for 3 days, and some for longer periods time. Some fast from food, but still drink water. Some may even refrain from water for the shorter fasting times. I always caution people with certain health conditions to take those into consideration.

Fasting would have little value if it is done with selfish motives, as a religious ritual, or just to make one feel like a "spiritual" person. But done in sincerity to draw near to God, He will certainly draw near to you (James 4:7-8).

If you have health conditions that prevent you from fasting, you can "fast" in regard to something other than food. You may choose to refrain from the television, the phone, the internet, or anything else that would insure your focus on the Lord remains consistent. Let me encourage you to try fasting from something for at least 24 hours at some point during this final week of our 40 Days of Prayer.

## **Welcome New Staff Member**

Bro. Bill Short has officially joined the First Baptist Staff. We are excited to be working together as he takes over being our Minister of Music and Education. Considering our inability to meet due to the virus, we will work at getting you acquainted with him in other ways.

Again, many thanks go to Bro. Corey Traywick for his faithful service to manage our music ministry during the interim period!

We look forward to sharing Easter Morning Worship together this coming Sunday. Listen by way of the radio (FM 95.5) or through Live Streaming on the church Facebook page. Jesus is alive! Praise the Lord!