

**Title: The fast and the together 3**  
**Pastor: Heinrich Titus**  
**Date: 17 July 2016**  
**Time: 9:00am**



## **Keeping our eye on the prize**

**Philippians 3:13(b)-14** <sup>13</sup>....But one thing I do: forgetting what lies behind and straining forward to what lies ahead, <sup>14</sup> I press on toward the goal for the prize of the upward call of God in Christ Jesus.

## **Our goal: being a biblical church**

Acts 2:46 shared **meals together**

Acts 2:23-24 faced **crises together**

Acts 4:34; 6:1 shared **resources together**

Acts 5:42 did **life together** at “church” and at homes

Acts 2:42 **grew together** under biblical teaching

Acts 2:42 **prayed together**

## **Our “together” goal**

**Passion for Jesus.**

**People to serve.**

**Power of conviction.**

**Purpose** to pursue: reaching nations and generations through disciple-making, developing leaders and planting churches.

## **Prayer: TEFILLAH**

**To the Hebrew believer prayer was more than just talking to God, but also evaluating their actions, behaviour and attitude against God’s holiness.**

These next **three days** are days to talk to God, but also to evaluate ourselves, to realign with His standard for our lives.



## The power of fasting

Jesus **did it**: Matthew 4:2

Jesus **taught it**: Matthew 17:21

Jesus **prophesied** that we would do it: Luke 5:35

Jesus's **disciples did it**: Acts 13:2-3; 14:23

## Possible considerations

- One meal a day/
- One meal a day for three days/
- One full day/
- Three full days/
- One delicacy/hobby for three days/
- Social media:



## WE'RE ADDICTED TO CHECKING OUR PHONES

**58%**  
OF SMARTPHONE USERS

**DON'T GO  
1 HOUR  
WITHOUT CHECKING  
THEIR PHONES**



AGE 18-34:	68%
AGE 35-44:	61%
AGE 45-54:	55%
AGE 55+:	36%

lookout



“My eyes anticipate the night watches, that I may meditate on Your word.” Psalm 119:48

What is the last thought you take with you to bed? What is the first place your mind goes to when you wake up?

- a. Get off Facebook/Twitter/Internet/
- b. Leave the phone outside the bedroom/kitchen/
- c. Read a hard copy of the bible instead/
- d. Read your e-mails only on your work-PC or during work hours/
- e. Have a listen to Digital Addiction: Brad Huddleston, Shofar Johannesburg Facebook Page.
- f. Instead of a virtual comment, phone/visit/connect with an actual person at church, the garage, school, hospital, police station, fire brigade.

**Pray, read, write and share.**

**Breaking fast together: Wednesday, 6:30pm**