





Improve our faith by rediscovering the power of prayer in fasting

Great faith begins – and ends – with confession of our heart. Whether it is short or long, prayer has the power to captivate, motivate, educate, and boost our faith by keeping us engaged with God. Understanding ways to construct the faith in our prayer enhances the intimacy with God to improve our faith. Among many ways, I would like to introduce the power of a prayer in fasting, which may not be familiar to western Christian culture. This explanation comes from my personal and universal comprehension based on the Bible, which has already been accepted without regard to ethnic, cultural, and linguistic differences.

Why pray in fast matters?

In the Bible, there are about 50 mentions of fasting. It is very important. Matthew 6:16 Jesus repeatedly mentioned, "when you fast..." Jesus assumed that believers would be fasting, not "if" but "when you fast."

Fasting is to refrain from food. The point is not to refrain from food. But the point is to meet God, and fellowship with God, and live by God's will. It is the laying

down of our bodily instinct to eat, deny, and say no to our mental wants and desires. And by so doing, our spirit grows stronger, and we can meet God. So it is also fasting to say no to our desires, not only physically but mentally.

Fasting is to not only abstain from food but to separate ourselves from the world and our desires for a certain period of time. "Fasting" comes from the fact that we eat dinner, and while we sleep, we do not eat, and that is why we call it "break+fast" to break the fast of eating.

We have 24 hours in a day and are up about 16 hours. But how many hours in a day are devoted to food? Includes times for thinking, shopping, preparing, eating, dessert, cleanup, and then thinking of the next mealtime is about 10 hours a day. And then how much is our time taken up by the media? That time in a day is long! But if we were to lay aside that time and focus on God, and how profitable that would be! And how much we would mature!

Why do we fast?

(1) To know God's will accurately and obey. We have many thoughts in life arising from problems and issues that occur daily, and we spend a lot of time thinking about the many ways we should solve these problems, and we cannot discern what the solution is. So we need to ALDO (Ask, Listen, Discern, Obey). But if 90 percent of my thoughts are from myself, and about 3 percent is God, maybe the rest is Satan. So if we can put down that 90 percent of our self-thoughts, then how much better we can find God's will. Lay down all my chaotic and busy thoughts and ALDO. Then we can obey. That is why in Acts 13:2-3, "While they fasted and prayed, the Holy Spirit called Barnabas and Saul." So when we appoint church leaders, we need to fast and pray- why? Because when we decide leadership based on our own limited relationships or knowledge, we make a mistake. But instead, by ALDO, we put our self-thoughts to rest and discern God's direction.

(2) Isaiah 58:6, The fast that I desire—(this indicates that there are fasts that God does not like). Is to be set free "loose the bands of wickedness, undo heavy burdens, let the oppressed go free, break every yoke." This means when we have things in bondage, whether health, kids, addiction, family, relationships or legal. Whatever the bondage, we ask God to set us free. That is what God wants.

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(3) When an urgent situation arises, we need to seek God's help urgently. In 2 Chronicles 20:3, God told Jehoshaphat (and Esther) to fast when there is an urgent situation. It is because there is no worldly solution, and only God can rescue. We set down all of our own ways and selves and seek the Lord.

(4) To repent and return to God and be restored. In Jonah, the Ninevites repent, and Jonah 3:5-10, even the king took off his robes and declared the fast, and declared a national day of fasting and humbling themselves to call upon the Lord and turn from evil.

(5) To experience the supernatural miracle of God. We can come to experience God and thus trust Him more. In Mark 9, the epileptic son's father said, "if you can," and Jesus answered, "If I can? All things are possible for one who believes." But later in this verse, Jesus explains that this kind can only come by prayer and fasting.

Thus, the fundamental is to lay down myself, my flesh hunger, my body's desires, and then my mind will not be taken up by other thoughts.

Types of Fasting in prayer

(1) Moses fast- Total fast of food and water. (Deut 9:9) (2) Whole fast- no food and just water. (3) Partial fastabstain from certain foods only. (Daniel 10:1-3) (4) Give up something- Not only food, but it can be media or social media fast, or alcohol, or sweet drinks, or sweets, or night eating. Whatever it is, we give up something that takes away our attention as we put it to death or put down our flesh and soul self to seek God.

How long should we fast? A day? A week? 21 days? 40 days? Breakfast only? Dinner only? Alone or together? Do not insist on one way. ALDO and ask God and when God says yes, ask how long and what kind. And ask what He wants me to fast from. As we seek God, we fast from what is blocking us from seeking Him. The important thing is to do ALDO first, ask and get permission from God. Discern what He wants.

Wrong fasting

(1) To impress God so that I can obtain what I want. That is self-centered fasting. (2) To impress others with our fasting. Whenever someone does a 40-day fast, we know that they let everyone know, even though we should not let our left hand know what our right hand is doing.

What is a fast that pleases God?

(1) To lay down myself and seek God. (2) To lay down what is stealing our thoughts, perspective, time and give that to focus on the Lord. In conclusion, fasting is good. But even in fasting, God must be the Lord of our fasting. ALDO as to whether, how much, how we should fast, and then we draw closer to God.

What does that dissatisfaction tell us? What does a longing for better things tell us? C.S. Lewis looked at it and said it tells us we're made for a world different than this flawed one.

"If I find in myself a desire which no experience in this world can satisfy, the most probable explanation is that I was made for another world. If none of my earthly pleasures satisfy it, that does not prove that the universe is a fraud. Probably earthly pleasures were never meant to satisfy it, but only to arouse it, to suggest the real thing. If that is so, I must take care, on the one hand, never to despise, or be unthankful for, these earthly blessings, and on the other, never to mistake them for the something else of which they are only a kind of copy, or echo, or mirage. I must keep alive in myself the desire for my true country, which I shall not find till after death; I must never let it get snowed under or turned aside; I must make it the main object of life to press on to that other country and to help others to do the same." (C.S. Lewis, *Mere Christianity*)

Pastor Kim

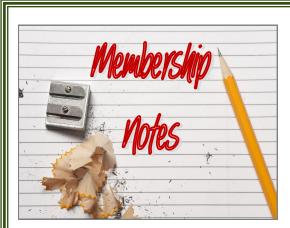
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If you are unable to attend on Sundays, or wish to continue to limit your in person contact, you may view our Sunday services online at www.YouTube.com and search NCFUMC. Or watch on our Facebook page at https://www.facebook.com/fumcnewcarlisle.





In the last two months we have seen the loss of four of our long time members to the Role of the Victorious. One of the members, who was a "Pillar of the Church", Dick Smith passed on September 20th. In the 20 plus years he was a member, he devoted endless hours to the support of the church in his work as trustee and as head usher. Dick was responsible for upgrading several of the restrooms to be more handicap accessible, installing energy efficient lighting, working with the puppet troupe with lighting for their performances, installing new water fountains, helping with projects for Guiding Shepherd school, insuring maintenance got done on all the heating and cooling equipment, making sure the walks and steps were kept clean during winter weather, checking to make sure lights got turned off and doors locked and many other

items too numerous to mention. He also was very faithful in Sunday service attendance and kept the count of weekly attendance for the annual report.

During October, we transferred two other long time members to the Role of the Victorious: Don Stevison passed on October 4th. Don had been a member for almost 30 years. He was very musically inclined and was a master of the banjo. He frequently, along with some of his friends, provided special music for the worship service and was inducted into the American Banjo Hall of Fame. On October 17th, one of the oldest members was transferred, Cathy Harvey. Cathy joined the fellowship in 1957 and was faithful in attendance and service. She was very active with the United Methodist Women in the Faith Circle.

The church owes a large debt of gratitude to these 3 members and their families as they represent over a 100 years of support to the church. Our sincere sympathy to the Smith, Stevison and Harvey families.

We also maintain a roll of inactive members, those who have moved out of the area or are no longer actively participating in the fellowship. During the past 2 months we learned that Laura Gracy has married Jacob Treadwell and now lives in Maine. A local celebration was held recently to meet and congratulate Jacob and Laura. We also learned one of our older inactive members, Vanna Clark, passed on September 2nd.

The annual charge conference will be held in November. There will be two lists presented for approval. The first reading list will be Professing Members who have not been active for over 3 years. If approved, these members will be encouraged to again become active, transfer their membership or move to the inactive member roll. A second list will be presented for the second reading and approval. The second reading are those members who were on the first reading in 2020 and have not returned, transferred, or moved to inactive status. By approval of the charge conference, these members will be moved to the inactive roll until such time as they choose to return, transfer or pass on.

As a closing note, one of our long time members has moved to a senior living complex: Norma Jean Hull is now at 590 Isaac Prugh Way #352, Kettering, OH 45429. Her new phone number is 937/297-4098. She would enjoy hearing from some of her friends up here.

Jess Underwood Membership Secretary

Online Giving/Tithing

Remember! You can set up your weekly giving online at <u>https://firstumc.breezechms.com/give/online</u>.



The Noisy Offering for the remainder of the year will be designated as follows:

- Nov: Sponsor a child in Tanzania
- Dec: Love tree

Communications Upgrade

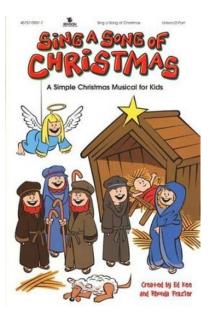
We are in the process of upgrading our church website in order to make it our communications hub. Instead of going to YouTube or Facebook when you want to watch a church service or find out the latest information on meetings or activities, you will go to our website. Before we make this important change, we would like to improve our website design and would welcome your input. If you have seen something on another website that you like, please send the office a link and tell us what you like about the website. We will gather your suggestions and consult with a web designer to improve the usability of our website and hopefully communications to our members and the general public.



The Love Tree will be set up in the Narthex Thanksgiving weekend. FUMC will again sponsor 20 families this Christmas. You may choose ornaments from the tree with food items to donate or you may make a cash donation. Please mark any monetary donation "Love Tree." All donations need to be received by Sunday, December 19th. Thank you for your support.



Guiding Shepherd Christian School will be presenting a Christmas pageant on Tuesday, December 14th in the sanctuary. We are Very happy to be able to bring back this annual tradition with a special tribute to the birth of Baby Jesus with a program entitled "Sing a Song of Christmas." The program will begin at 6:30 P.M. All are welcome to attend.





Join us for the Christmas Eve Service on December 24 at 7:00 pm in the Sanctuary.

We will be Hanging the Greens on Saturday, November 27th at 9:00 am. Many hands make light work. Help us to make the church a beautiful place this Christmas season.



Our Mission and Vision

"Our Mission as a United Methodist Church is to make disciples of Jesus Christ for the transformation of the world. We do this as we worship and participate in ways that lead us to know God's grace in our lives and share that grace with others. We are called to be a thriving and vibrant congregation of worshiping people who love and serve others together in the name and spirit of Jesus Christ."

the Lamplighter

NOVEMBER 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat				
	1 12p AA Meeting 7p Girl Scout Unit Mtg 7p Knitting Group	2 5p Dance 7p Charge Conference	3 4-6p Christmas Basket Sign-ups 6:30p Cub Scouts	4 4:30p Ballet 8p AA Meeting	5 9a Retired Men's Breakfast 9-11:30a Guiding Shepherd in Wesley Hall 12-2p Christmas Basket Sign-ups	6 SPALL SPACK				
7 8:30a Sunday School 9:30a Worship 10:45a Sunday School 6p NA Meeting 6:30p Prayer & Share	8 12p AA Meeting 7p Knitting Group	9 5p Dance	10 4-6p Christmas Basket Sign-ups 6:30p Cub Scouts	11 4:30p Ballet 8p AA Meeting OFFICE CLOSED VETERANS DAY	12 9a Retired Men's Breakfast 9-11:30a Guiding Shepherd in Wesley Hall 12-2p Christmas Basket Sign-ups	13 Wesley Hall & Kitchen reserved all day				
14 8:30a Sunday School 9:30a Worship 10:45a Sunday School 6p NA Meeting 6:30p Prayer & Share Noisy Offering	15 12p AA Meeting 6:30p PPRC Mtg 7p Knitting Group	16 5p Dance 6:30p Worship Mtg	17 4-6p Christmas Basket Sign-ups 6:30p Cub Scouts	18 1p Charity Circle 4:30p Ballet 6:30p Scout Committee Mtg 8p AA Meeting	19 9a Retired Men's Breakfast 9-11:30a Guiding Shepherd in Wesley Hall 12-2p Christmas Basket Sign-ups 5-8p Girl Scouts	20				
21 8:30a Sunday School 9:30a Worship 11:00 Thanksgiving Brunch 6p NA Meeting 6:30p Prayer & Share	22 12p AA Meeting 7p Knitting Group	23 5p Dance	24 4-6p Christmas Basket Sign-ups 6:30p Cub Scouts	25 8p AA Meeting OFFICE CLOSED	26 9a Retired Men's Breakfast OFFICE CLOSED	27 9:00 am Hanging of the Greens				
28 8:30a Sunday School 9:30a Worship 10:45a Sunday School 6p NA Meeting 6:30p Prayer & Share First Sunday of Advent	29 12p AA Meeting 7p Knitting Group	30 5p Dance 7p Trustees		November Noisy Offering will go to sponsor a child in Tanzania						

DECEMBER 2021										
Sun	Mon	Tue	Wed	Thu	Fri	Sat				
December Noisy Offering will support the Love Tree			1 6:30p Cub Scouts	2 4:30p Dance 8p AA Meeting	3 9a Retired Men's Breakfast 9-11:30a Guiding Shepherd in Wesley Hall	4 8a-3p Wesley Reserved				
5 8:30a Sunday School 9:30a Worship 10:45a Sunday School 6p NA Meeting 6:30p Prayer & Share	6 12p AA Meeting 7p Knitting Group 7-8p Girl Scout Unit Meeting	7 5p Dance 7p Leadership Mtg	8 6:30p Cub Scouts	9 4:30p Dance 8p AA Meeting	10 9a Retired Men's Breakfast 9-11:30a Guiding Shepherd in Wesley Hall	11				
12 8:30a Sunday School 9:30a Worship 10:45a Sunday School 6p NA Meeting 6:30p Prayer & Share Noisy Offering	13 9a-3p Guiding Shepherd in Sanctuary 12p AA Meeting 7p Knitting Group	14 5p Dance 6:30p Guiding Shepherd Christmas Program	15 6:30p Cub Scouts	16 4:30p Dance 6:30p Scout Committee Mtg 8p AA Meeting	17 9a Retired Men's Breakfast 9-11:30a Guiding Shepherd in Wesley Hall	18				
19 8:30a Sunday School 9:30a Worship 10:45a Sunday School 6p NA Meeting 6:30p Prayer & Share	20 12p AA Meeting	21 5p Dance Christmas Basket Set up in Wesley	22 Christmas Basket Pick up in Wesley	23 8p AA Meeting	24 7p Christmas Eve Service	25 Merry Christmas!				
Fourth Sunday of Advent 26 8:30a Sunday School 9:30a Worship 10:45a Sunday School 6p NA Meeting 6:30p Prayer & Share	27 12p AA Meeting 7p Knitting Group	28	2-4p Church Reserved for Vow Renewal	30 8p AA Meeting	31					



As of November 14, 2021

Ray Bunch Judy Sweeney Mike Vukovic Bob Freeze Ed West Brian Welbaum

Those Keeping Near <u>Their Home</u>:

Carolyn Gracy Connie Urban Margaret Young Sandy Hasting

Friends and Loved Ones of Our Church Family:

Aline Jaydyn Lynn Hinshaw Faith Jim Shelden Shelley Grout & Family Shannon Lewis David Gross Carol Beelick **Dudley & Judy Greeson** Tim Loudin **Blaine Collins** Toma Kathy Straley Tisha West **Kathy Justice** Libbee Hasting Jerry & Brenda Souders Gordon & Cinda Shea Joyce L Sally Howe

Those in Extended Care Facilities

Brookhaven Retirement Community Barb Lee

Koester Pavilion Marilyn Leatherman

Northwood Assisted Living Martha Silvers

One Lincoln Park Norma Jean Hull

Story Point Joan Brandt

Trinity Community (Patriot Ridge) Carolyn Ossege

Wickshire Senior Living Charles & Barbara Frazier



ATTENTION....newsletter info!

NEWSLETTER ARTICLES (DUE BY 20TH OF EACH FEB, APR, JUNE, AUG, OCT, DEC) Email articles to: Regina Jeffers at

rjeffers63@gmail.com

We're on the Web and Facebook!

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ADDRESS SERVICE REQUESTED

November/December 2021

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