



MOUNTAIN STREAM NEWS

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www.mountainstreamchurch.com

FASTING

MESSAGE FROM PASTOR



Matthew 6:16-18
“And when you fast, do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others. Truly, I say to you, they have received their reward. 17 But when you fast, anoint your head and wash your face, 18 that your fasting may not be seen

by others but by your Father who is in secret. And your Father who sees in secret will reward you.”

By using the phrase “When you fast” instead of “If you fast,” Jesus appears to be assuming that fasting would be a regular part of a Christian’s life. It is true that when Jesus made his observation, fasting was a

regular part of the Jewish community’s religious activities – to the point where it began to be an external show (verse 16) – but further statements by Jesus suggest that He expected fasting to become a part of His followers’ lives. For example, when challenged about His disciples failure to fast while those of other religious figures did, Jesus declared that His disciples would not fast while He was present, but that after He left, they would (Matthew 9:14-15).

So, what is fasting? Fasting is the intentional abstinence from pleasures (usually food) in order to do focused praying and communion with God. Fasting can be a regular feature of a Christian’s life intended to foster intimacy with Christ and to instill spiritual discipline, or it can be a season of targeted prayer for a

specific issue. Whatever the purpose, fasting should be times of private intimacy with God in order to have maximum impact.

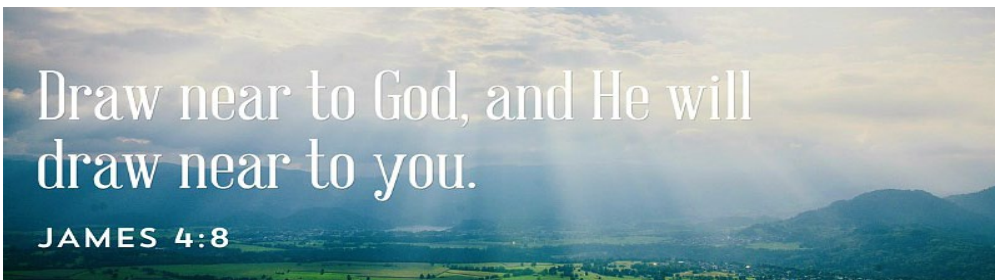
Perhaps you have developed the discipline of fasting already. May God help you to adhere to the guidelines in Matthew 6:16-18.

Perhaps God is laying it on your heart to explore fasting. Why not follow His prompting this week and do some fasting? It is better to start simply, for a short duration, and let God lead you into longer fasts over time ...

God bless you,

Pastor James

DRAW NEAR TO GOD - FAST



WHAT'S HAPPENING THIS WEEK

<p>CORPORATE PRAYER TUE @ 7 PM</p> <p>March 2 Join us via Zoom video Please contact Pastor James for log on information at rcantio@gmail.com</p>	<p>MONTHLY EVENING SERVICE EVERY 3RD SUN @ 6 PM</p> <p>March 21 Please contact us by phone (570 856 3310) or email (mountainstreamchurch@gmail.com or rcantio@gmail.com) for login information.</p>	<p>WORSHIP SERVICE SUN @ 11 AM</p> <p>March 7 In-person service and livestream. Livestreaming only on Facebook and our church's website.</p>
<p>ONLINE GROWTH GROUPS THU & FRI @ 7 PM</p> <p>March 4 (in-person) & March 5 (online) Sign up at the information center or online to join. email: mountainstreamchurch@gmail.com or call for log on details.</p>	<p>YOUTH GROUP FRI @ 6:45 PM</p> <p>March 5 Youth meetings are in-person at church.</p>	<p>VIRTUAL KIDZONE SUN @ 4 PM</p> <p>March 7 Kidzone is available every Sunday. Contact Candice at candicebrich@gmail.com for log on information.</p>

ANNOUNCEMENTS

- **Explore Mountain Stream classes** for folks interested in becoming members or just finding out more about Mountain Stream continue this Sunday at 10 am on the lower level.
- **Growth Groups** continue. Please sign up at the Information Center or online to attend. Meetings are in-person Thursdays 7 pm at church and Fridays online at 7 pm.
- The **2021 Church Directory** will be published soon, if you need to update your information or want to be included please visit our website, click the **ABOUT** button at the top of the page or use this convenient link.
- **Bible reading plans for 2021** are available at the Information Table and on our website. Pick up a copy or download one today. Also, please read Pastor Jimmie's daily blog on the readings.
- We are excited to have you at our in-person worship at 11 am on Sundays. Please call ahead to 570 856 3310 or email us at mountainstreamchurch@gmail.com to let us know you are coming.
- Through the generosity of your brothers and sisters, we are able to provide a **no contact mini pantry** in the trailer at the rear of the church building. Please help yourself to whatever you need at whatever time is convenient to you.
- Please see our webpage for detailed information on in-person gatherings.

QUICK TIPS

Two ways to give your offering. Traditional with a check by mail or through our secured website online giving is now possible. Please remember to hit "SAVE" after you give if you did not set up an account so the church can have a record of who gave for tax purposes. Thank you!