

The Lord's Prayer:

Fasting

Matthew 6:16-18

Types of fasts

Reasons to fast

Considerations for the week

What is the goal and reward for prayer and fasting? See [Matthew 6:6](#) and [Matthew 6:18](#).

Consider the role that fasting can play in finding greater freedom from the grasp of sin.

How could fasting increase our love for God and His Word?

What is a successful conclusion to prayer and fasting? Read: [Jonah 3:5-10](#) (Ninevah); [2 Samuel 12:16-20](#) (David's son); [Mark 9:25-29](#) (demon); [Mark 14:36](#) (Gethsemane)

Please consider fasting and prayer for God's movement in our church, our city and our nation.

Sometimes we brush off sins as insignificant, as not-so-bad compared to others' sins, choosing to forget God sets the standard, not others. Fasting can be a valuable aid in recognizing sin and in repentance. Consider choosing to fast this week. It may be that fasting along with others would be beneficial, perhaps with a friend or others in your small group. If you do, please be conscious of the tendency toward pride and to do these things to be seen.

Please use these considerations for personal reflection, small group discussions, and with friends and family.

Fasting is not about giving something up; it is to be paired with prayer in order to receive more of God.

Plan twenty minutes alone with Jesus' teaching recorded in Matthew 4:4:

It is written: "Man shall not live by bread alone, but by every word that comes from the mouth of God."

Being consciously attentive to the Spirit, write down everything that comes to mind. Maybe set a timer where you can't see it. When it seems as though you've written all you can, keep at it and continue as you let your mind wander and your spirit interact with the Word.



Yet even now," declares the LORD, "return to me with all your heart, with fasting, with weeping, and with mourning; and rend your hearts and not your garments. – Joel 2:12-13

Scripture read today during worship:

[John 15: 4-5; 9-10](#)

[Colossians 3:12-14](#)

[Romans 15:5-6](#)

New to RTBC? Welcome!

Please scan to visit our website and, if you'd like to, fill out a virtual visitor's card.



We're glad you came.

Today's order of service

Prelude, *This Is My Father's World*

Call to worship

Hymn 488 in the hymnal
He Keeps Me Singing

Confession and assurance

Hymn, *10,000 Reasons*

Hymn, *Make Room*

Offertory

Reading

Special music, *All the Earth*

Message

Hymn of response
God, Whose Purpose Is to Kindle

Benediction

Postlude, *All Creatures of Our God and King*

Weekly Events

Today after benediction, Cookies & Coffee, in parlor

Young adults fellowship, Monday at 6:45 pm. Dinner and discussion for those in college or starting careers

Mom's Day Out, Tuesday and Friday, 9am – 2pm
pre-registration required

Women's Bible study, Tues. at 10 am or Thurs. at 7 pm

Wednesday

Kids' Music Class, 5-6 pm

Dinner served 5:30-6:30 pm. This week: sausages, roasted new potatoes, broccoli with cheese, fruit, salad, French bread, ice cream

Prayer, 6:30 pm in the prayer room

BLAST! Children's Bible study and fun, 5:30 pm

Ladies' international Bible class (Zoom), 6:45 pm

Sermon discussion on Zoom, 7 pm

Choir rehearsal, 7:45 pm

Joy Program, Thursday, 9am-noon, conversational English classes, Bible study, crafts, and handbells

Financial Peace (Dave Ramsey study), Thursday, 7 pm

Young internationals Bible study, Saturday at 7 pm

Sunday morning

Adult Bible study, 9:30 am

Worship, 10:45 am

Children's Church at sermon time

The church office has information on events.

Phone: 713.559.6875 Email: office@rtbchurch.org

The office is open Tuesday - Friday, 9am-4pm

Summer Kick Off Party

June 5

We are looking for volunteers!

VBS needs

shells, yarn, small rocks, sea glass, stickers

Templegram Our weekly update and newsletter comes to us by email, usually on Tuesdays. If you'd like to receive it, please send an email (office@rtbchurch.org) to let us know.

Church ministry fair We'll have lunch and celebrate the work we are doing as a church in ministry. Today after worship.



Please be advised that our services are livestreamed to Rumble. Your participation in the service serves as your consent to the broadcast of your image and voice and to the broadcast of the image and voice of your participating minor children.