



**GROW  
IN  
GRACE**  
NEWSLETTER

Volume 45, No. 10, March 10, 2020 / Southside Baptist Church / P.O. Box 1594  
1028 South Water Avenue, Gallatin, TN 37066 (615) 452-5951 / **The Grow in Grace Newsletter is a WEEKLY Bible Study**, plus local church news notes — designed first and foremost for members and those attending services at Southside Church; and is sent forth with the desire to aid one and all, (including friends far and wide), in the experience of 2 Peter 3:18. ***“But grow in grace, and in the knowledge of our LORD and Savior JESUS CHRIST. To Him be glory both now and forever.***

**CALLING OUR CHURCH FAMILY TO 31 DAYS  
OF PRAYER and FASTING— March 16 - April 15** [Part  
1]

**We are way overdue for another such call! The LORD and His Work are worthy of SERIOUS commitment! There are more than a few reasons we could set forth as to why we are giving a call for a time of Prayer and Fasting— here are primary ones!**

**1. Chief among them is that we need to be much more focused in INTIMACY with and in the worship of the KING OF KINGS and LORD of LORDS!**

**2. Moreover, we need to be much more focused upon and effective in the work of the KINGDOM OF GOD— modeling the good news of the GOSPEL with our lives and proclaiming the GOSPEL with boldness.**

**3. SURELY these are days to heed the Biblical prayer call of 1 Timothy 2:1-3 — “... I admonish *and* urge that petitions, prayers, intercessions, and thanksgivings be offered on behalf of all men, for kings and all who are in positions of authority or high responsibility,**

That, [outwardly], we may pass a quiet *and* undisturbed life [and inwardly] a peaceable one in all godliness *and* reverence and seriousness in every way. **For such [praying] is good *and* right**, and [it is] pleasing *and* acceptable to God our Savior, ...”(Amplified)

**4. CORONAVIRUS/ ELECTION YEAR/ ETC**— regardless of the truth about these matters, there are ‘powers that be’ who desire to flood our lives with UNCERTAINTY and growing fears. There are people in high places who seek to create CHAOS— for it can help bring a New World Order.

**BUT HERE IS WHAT IS REALLY IMPORTANT!** In good times or difficult/fearful times— FOR THE CHRISTIAN living in the West, it is a HUGE challenge to be FOCUSED SEEKING FIRST THE KINGDOM OF GOD! ***PRAYER and FASTING is greatly needed at this time!***

**5. SURELY, these are days WHEN WE NEED to be much more committed** \*\*\* to PRAY PRAYERS OF WORSHIP and PRAISE TO GOD; \*\*\* to PRAY FOR one another; \*\*\* to pray for MISSIONARIES; \*\*\* to pray for those who still abide under the wrath of God; \*\*\* and to pray for BOLDNESS in proclaiming the GOSPEL!

**6. THEREFORE... LET US SET ASIDE 31 DAYS for PRAYER and FASTING— March 16 - April 15**

**TO HELP PREPARE US... HERE IS SOME practical insight/instruction Regarding Fasting** (Edited from several sources)

\*\*\* ***The typical fast.*** The Bible teaches that normal fasting means totally refraining from solid food. The typical fast mentioned in the Bible did not involve abstinence from liquids.

\*\*\* **The complete fast.** The complete fast, also called an absolute fast, involves no food or water (Acts 9:9). This is a severe fast and can be dangerous. A person should not begin fasting on a complete fast for more than one day. Also, if a person has a serious health problem, he/she should consult his physician before engaging in a complete fast.

\*\*\***A partial fast.** The partial fast has several applications and is distinguished by the things that can be eaten, and the frequency of eating.

\*\*\* **First, the partial fast involves** abstaining from certain foods. Some authorities interpret Daniel's actions as a partial fast (Daniel 1). Daniel and the young men of Israel were asked to eat from the Babylonian king's table; they declined. They did not want to defile themselves and asked for a ten-day test case. During that time, Daniel and the Israelites only drank water and ate pulse, a type of vegetable. They abstained from the meat and wine of the king's table (Daniel 1:12).

**When this partial fast is used today,** people abstain from certain aspects of their meal. On several occasions John Wesley ate only bread when he fasted. God may lead some people to abstain from certain foods as a test of their sincerity, especially when searching for a specific answer to prayer.

\*\*\* **Second, the partial fast involves** abstaining from food for a specific time period. Some fasts involve abstinence only during the daylight hours. A person would wait until after the sun had fallen to eat the evening meal. The usual fast in the Old Testament began at sundown and extended to sundown the second day. When the partial fast was used, a person would abstain from food only during the daylight hours.

**\*\*\* Third, the partial fast may include** abstinence from sexual relationships between husband and wife. Paul taught the husband and wife, "Defraud ye not one the other, except it be with consent for a time, that ye may give yourselves to fasting and prayer" (I Corinthians 7:5a). Just as some people abstain from the enjoyment of eating food, so in the partial fast marriage partners abstain from martial relationships for a time. Paul exhorted, however, that when the fast is over the husband and wife are to "come together again, that Satan tempt you not for your incontinency" (I Corinthians 7:5b).

***Length of Fast:* Most often the fast in the Bible lasted only one day.**

It ranged from sunset the first day until sunset the following day. A person would not eat the evening meal after the sun went down; nor would he eat throughout the daylight hours of the following day. At sunset the second day food could again be eaten (Judges 20:26; I Samuel 14:24; II Samuel 1:12; 3:35). The Old Testament one-day fast followed the Jewish method of reckoning a day from sunset to sunset (Genesis 1:5, 8, 31).

On at least one occasion, a fast lasted only throughout the night (Daniel 6:18). Perhaps that fast did not last longer because Daniel was out of danger by the next morning. However, the king did fast throughout the night because his Jewish friend faced the perils of the lion's den. Esther called for a fast of three days and three nights. This was a crisis situation in which Israel faced extinction (Esther 4:16).

**Only three occasions mention the 40-day fast.** Moses, Elijah, and Jesus each fasted for 40 days. On each occasion, God had a

special message to reveal to His people. **NOTE: Today.** GOD speaks directly through His Word, quickening it to us by the Holy Spirit.

***Fasting is not merely abstaining from food.*** Many people do without food for health reasons, but they are not fasting biblically. Others fast because they want to lose weight. This is not biblical fasting either. Also, many people miss a meal because they are busy, but this is not fasting. (Nothing wrong with the above... but it is not Biblical fasting.)

***Fasting involves prayer, repentance, and searching one's heart. Fasting involves the right reasons and biblical methods.***

The Old Testament describes fasting as "afflicting one's soul" (Isaiah 58:3). There must be a spiritual purpose to fasting if it is to be a testimony to God.

**The Bible does not tell how often or how long we ought to fast.** Nowhere are there specific regulations on fasting. Yet, this does not mean that fasting can be ignored. When a person feels a need in his Christian life, it is appropriate to fast. We can only assume that since all Christians have problems and difficulties, all Christians should fast at some time, but they should seek the will of God and fast in a voluntary manner. LIKEWISE, a congregation may join together in special times of prayer and fasting.

### **Suggestions for Getting Ready To Fast**

***Determine the length of your fast.*** Suggestion: Begin with a one meal or one-day fast. Experience such to the glory of God; later, longer fasts if God so leads. It is better to have 'short' successes and build on those, than to start 'long' only to have

failure. ***Begin by refraining from solid foods, but drink liquids.*** Perhaps at a later time you can increase the scope of your fast.

***Plan to spend long periods of time in prayer.*** When we fast, let us meditate upon and seek the face of God. Our prayers should be ROOTED in the HALLOWING of God's name and giving Him PRAISE and THANKS! ***(Our prayer requests are not answered according to the amount of time we spend in prayer!)*** But the child of God will want to spend much time in fellowship with his heavenly Father. We become more conformed to the image of God as we commune with God in prayer.

***Begin by repenting.*** David humbled himself before God. "When I wept, and chastened my soul with fasting, that was to my reproach" (Psalm 69:10). If a person does not repent with the right attitude in his heart, his abstinence from food is useless. Repentance in part is a deep commitment to completely forsake or avoid pet sins and moves out from there. **God warned Jeremiah,** "When they fast, I will not hear their cry; and when they offer burnt offering and an oblation, I will not accept them. . ." (Jeremiah 14:12). Let us make sure that you are and/or that we GET INTO proper relationship with God; and that there is not hidden sin in our life. "Cleanse thou me from secret faults" (Psalm 19:12).

**The Bible teaches, "If we say that we have no sin, we deceive ourselves, and the truth is not in us" (I John 1:8). "If we say that we have not sinned, we make him a liar, and his word is not in us" (I John 1:10).** The first verse emphasizes the fact that we have a desire to sin; the second verse emphasizes the fact that we actually sin. After God points out our sin, He provides the remedy.

***FOLLOW REPENTANCE with RESTING in and REJOICING IN forgiveness.*** God's Word promises, "If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness" (I John 1:9). The basis of cleansing is not how long we pray. The basis of our cleansing is the blood of Jesus Christ, God's Son (I John 1:7). Therefore, we should not be defeated or discouraged when we begin our fast. We should claim victory (I Cor. 10:13; I John 5:4-6).

***OUR LORD'S MODEL PRAYER CALLS US TO FOCUS ON GOD HIMSELF!! Let us pray as He instructs!! (Matthew 6:9-13)***

**"Pray without ceasing"** (I Thessalonians 5:17). During a time of fasting, set aside several periods during the day when you can pray to God for specific requests. Since you are not eating, why not spend the time in prayer that you usually spend in eating. At each mealtime, pray for each request on your list.

***We should seek to pray in faith.*** "Let him ask in faith, nothing wavering" (James 1:6). Jesus says, "Ask, and it shall be given you; seek, and ye shall find, knock; and it shall be opened unto you" (Matthew 7:7). "Ask," "seek," and "knock" mean to keep on asking, seeking, and knocking. [LORD JESUS, I BLESS YOUR NAME... THAT YOU ARE AT WORK IN \_\_\_\_\_'S LIFE!!]

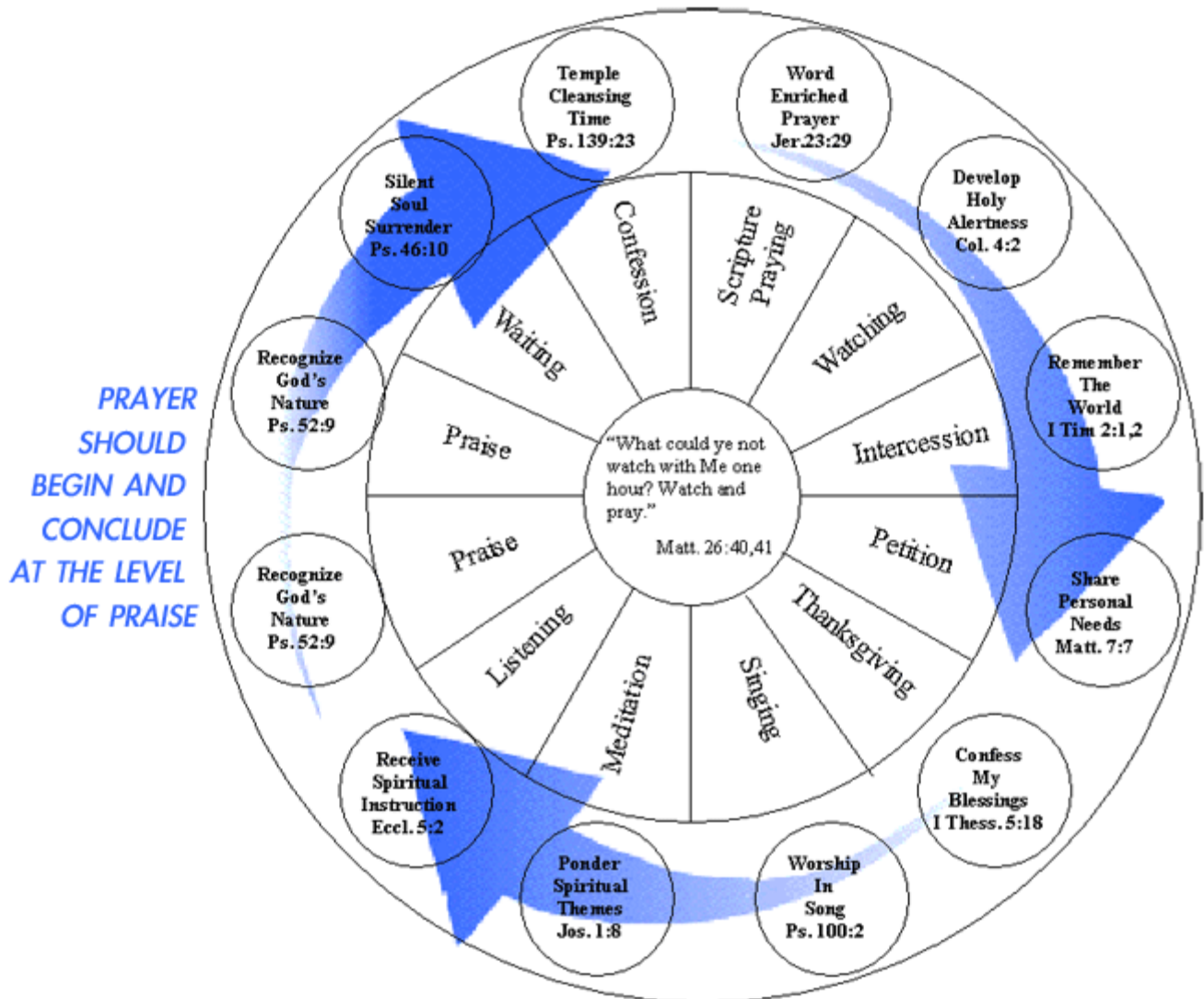
***Read large sections of Scripture.*** The Word of God will increase our faith (Romans 10:17) and can become the basis of answered prayer. Psalm 119 is powerful on the importance of the Word of God. (John 15:7; I John 3:23). ***Select key verses or passages to meditate upon.*** Perhaps these verses will become a stimulus for more faith in trusting God for the answers he seeks. (Psalm 1) ***Fast and worship God.*** Anna served God through her prayers and daily fasting. "And she was a widow of about

fourscore and four years, which departed not from the temple, but served God with fastings and prayers night and day" (Luke 2:37). We worship and magnify Him. One of the best ways to magnify God is to contemplate His greatness and power. Just the consideration of God and His attributes is an act of worship.

**Another way to worship God is to thank Him for all He has done for you. When we realize what God has done in the past, we will have confidence to GIVE TO God our every petition.**



## THE HOUR THAT CHANGED THE WORLD



**SIGN UP SHEET FOR SOUTHSIDE'S 21 DAYS OF PRAYER AND FASTING— March 16 - April 15!** We ask that on the day you choose, you commit to pray at ONE hour and fast at least one meal.

**Sunday, March 15, SIMPLY SIGN YOUR NAME AND write the Phone # by which you can best be reached.** The Secretary will call and give you a brief friendly reminder of the day you have

agreed to cover. It is 'legal!' to have more than one person and/or to sign up for more than one day! So feel free to sign!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>March 16</b>	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	<b>April 1</b>	2	3	4
<b>April 5</b> _____	6 _____	7 _____	8 _____	9	10	11
<b>April 12</b>	13	14	<b>April 15</b> _____	_____	_____	

\*\*\*\* **SHARE the Preaching of the Word of God!**

<http://www.southsidegallatin.org/>

*Listen\_to\_other\_sermons\_on\_sermonaudio/*

**GRACE TO ALL IN CHRIST!**

**James Bell**

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[www.southsidegallatin.org](http://www.southsidegallatin.org)

## **SOUTHSIDE NEWS NOTES:**

**TUESDAYS:** Come and sing every Tuesday night at Gallatin Health Care Nursing Home. Meet at the front door at **5:15PM.**

**WEDNESDAYS:** → **6:30pm— Wednesday CHURCH PRAYER SERVICE**

➔ **Enter via IRON STEPS, side door.**

**WEDNESDAYS: ➔ 6:30pm— Youth** Activities and Bible Study— enter, side double doors.

**WEDNESDAYS: ➔ 6:30pm— Family Prayer Time!** THIS IS a time of Bible study and prayer **geared toward families with children in the nursery and pre-K class.** Enter at double doors, under AWNING.

**\*\*\* LADIES BIBLE STUDY: NEXT MEETING** scheduled for **MARCH 17<sup>th</sup> 2020 @ 11:00am; NEW STUDY ==> LESSONS FROM WOMEN IN SCRIPTURE!** ENTER at the back of the church building, *[Under AWNING, open at 10:30am... re-locked at 11:10am]*

**\*\*\* MEN's Fellowship/Bible Study: EVERY SATURDAY @ 8:00am: (WE ARE STUDYING THE GOSPEL OF JOHN!) ENTER AT THE** back of Church building... DOUBLE DOORS, under the drive-thru awning. **[DOORS OPEN FOR FELLOWSHIP, Juice, coffee, Hardee's biscuits, & Donuts at 7:30am!]**

**SUNDAY SERVICES FOR MARCH— 15, 22, 29**

**\*\*\* MARCH 15 ... LORD'S SUPPER... after the morning worship service**

**\*\*\*\* MARCH 22 ... CHRISTIAN DISCIPLESHIP FOR ALL ... at 6:00pm** (SPECIAL PRESENTATION: Otto Koning, reveals the moment when God so worked in his life... that the TRIBALS said of him—"YOU'VE BECOME A CHRISTIAN!" It's all in the PINEAPPLE STORY!)

**\*\*\*\*\* MARCH 29... CHURCH-WIDE EVENING OF SINGING AND SCRIPTURE SHARING (Connect with Adam or Bradley about participating!**