



WEEK THREE:
Prayer and Fasting
1 Thess. 5:16-18
Matthew 6:16-18
Philippians 4:5b-7

A. The Placement of Prayer

- 1. Joy in Christ As Energy
“Rejoice always...” 1 Thessalonians 5:16 (ESV)
- 2. Sincere Prayer As An Ongoing Exercise
“...pray without ceasing...” 1 Thessalonians 5:17 (ESV)
- 3. Willful Gratitude As A Recovery Exercise
“...give thanks in all circumstances; for this is the will of God in Christ Jesus for you.” 1 Thessalonians 5:18 (ESV)

Mirror Moment: Our ordinary life—work, conversation, home, stress, rest—can continually be lived as worship to God.

Notetakers are History Makers:

B. The Additional Placement of Fasting

- 1. Fasting strips away secondary comforts to reveal underlying reliance.
“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.” Matthew 6:16 (ESV)
- 2. Fasting strips away secondary comforts to keep us dependent on God.
“But when you fast, anoint your head and wash your face, 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.” Matthew 6:17-18 (ESV)
- 3. Fasting paired with prayer retrains our spiritual appetite.
“The Lord is at hand; do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and minds in Christ Jesus.” Philippians 4:5b-7 (ESV)

Mirror Moment: When we temporarily set aside food, media, or comforts, it immediately exposes our spiritual dependencies—showing us whether we're relying on God (by praying) or just self-medicating our stress and anxiety with earthly comforts.

Notetakers are History Makers:

C. YOUR SPIRITUAL WORKOUT



1. GET STARTED

Take the first step
Challenge: 40 Days of Prayer and Fasting. Fill out the card. Hand it in at The Hub or put it on the altar.



2. COMMIT TO IT

Make it a habit
Challenge: Practice micro-habits. Every time you experience physical hunger, a stomach rumble, or the impulse to reach for a snack during a fast, let that physical sensation act as an automatic alarm. Pivot that sensation into a short prayer, such as "Lord, you are my daily bread".



3. INCREASE INTENSITY

Go deeper
Challenge: Write down the specific worries, decisions, or people you are bringing to God during each fast. Record instances where God answered a prayer or provided His peace.

Bottom Line:

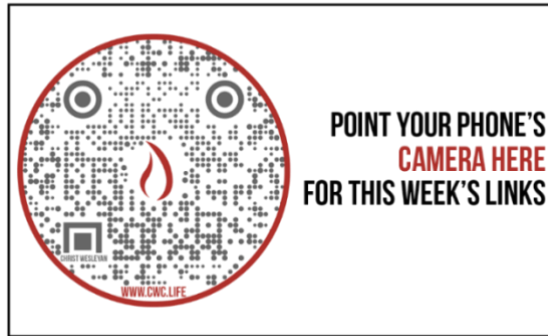
Prayer and fasting are never ways to pressure God. They are rhythms for us to stay dependent on Him.

To begin a relationship with Jesus...
Text: “Jesus” to 570-273-0088

Next Sunday:
Spiritually Fit – Biblical Disciplines that Get Results

Week 4: Solitude and Silence
Luke 5:16, Psalm 46:19, Psalm 62:1

Milton Campus: Pastor Holly Mestach
Sunbury Campus: Pastor Billy Robel



Giving & Attendance Update

Giving last Sunday: 71.9%
Giving year to date: 90.3% of goal
Attendance Last Weekend: 1,831
Salvations to date: 49 | Baptisms to date: 55

Upcoming Happenings:

September 13 – November 22 - Marriage Matters:
Intentionally Growing Healthy Relationships
(During First Service)

Sunday, 10/4 - After 2nd service. Next Welcome Party!

Friday, 10/9 - 6:00pm Classics Mark Cable Concert, Youth Center

Sunday, 10/11 - 10:45am Baptism Class – Youth Center

Saturday, 10/17 - 9:00am Soul Sisters DIY Painting, Youth Center

Friday, 10/23 – 6:00p Trunk or Treat!

“Reach the One” Campaign Update

486 Total Participants
\$4,000,000 – Giving Goal by Nov. 2027
\$2,528,120.52 - Donations Anticipated by Nov. 2027
\$2,197,415.33 - Received Donations – 55% of \$4M Goal

Want to pledge, donate, or learn more?

Scan:



- *If you are new* or if you’ve been around a bit and are looking to build friendships with others, our Welcome Party is for you! *Get to know others* who are newer at CWC as well as our welcome team and our pastors in a relational environment. There will be light refreshments and the opportunity to hear about our small groups, baptism, and your next step of Growth Track. If you’re asking the question, “*How can I make friends here?*” then this is for you! No registration is required, you can just show up. Look for the signs on the first Sunday of the month.

Growth Track: 3-week classes/Sunday morning in-person and Wednesday evening online

- Growth Track exists to help you learn about the vision of CWC, the gifts God has given you, and how you can use them in specific opportunities to serve His church. The classes will guide you to not only become a vital part of our ministries, but more importantly, how to use what you learn to continue growing in your faith to share with others. We are excited to now have online-facilitated evening classes in addition to the existing in-person Sunday class opportunities. You can see what classes are available by going to cwclife.churchcenter.com/registrations and select the Next Steps filter.

Membership Class: Once a quarter on Sundays after 2nd service

- Membership class is the last step of fully assimilating at CWC. Learn about our denomination, The Wesleyan Church and the bigger movement we are a part of across the world. This 3-hour class with the lead pastor provides you a place to **ask important questions about our beliefs as a church** and allows you to become eligible for our local board of administration. You also become eligible for denominational events like our district and general conferences. To sign up for our next class, let us know at the Hub or email: loretta.paulhamus@cwc.life

Looking for your next step at CWC?

Welcome Party: 1st Sunday of Every Month