

# Pleasant View Proclaimer

**Pleasant View church of Christ**

## Fasting: Finding Balance

**November 30, 2014**

**Issue 190**

Without fear of contradiction, I'd say that a small minority of Christians have ever fasted. I think there are three main reasons for this. First, the subject is rarely addressed from the pulpit. That's understandable since there are just a few verses in the New Testament that mention the topic. So, since it's rarely discussed, it's rarely practiced. Second, most Christians wouldn't know how to fast even if they wanted to. Ancient Jews were accustomed to fasting. We aren't. Third, many Christians today—since fasting is not discussed, and since they don't know how to do it—have a hard time seeing the benefit.

We need to remember that fasting just means that you deprive yourself of something for a particular period of time, for a particular reason. For instance, Paul said that married couples may deprive themselves of sexual contact in order to focus on spiritual matters, but they shouldn't abstain too long or else be tempted to sin (I Cor. 7:5). That's a form of fasting.

In the Sermon on the Mount, Jesus discussed three spiritual disciplines: praying, giving, and fasting. All three of these are to be practiced in a personal, private way, never for the glory of men (Matt. 6:1, 4, 6, 16). We also know that the early church fasted be-

fore sending out missionaries (Acts 13:3) and when some elders were appointed (Acts 14:23). It seems like these were food fasts.

Fasting focuses the heart and soul on spiritually important things. It shifts us from the common to the profound, from the ordinary to the extraordinary. Subtract TV for an hour a day and add family time. Subtract food from sun up to sundown (if you are physically capable) and add prayer during normal meal times.

You might find the practice of going without to be a valuable addition to your life.

### Items of Note:

- Sympathy is extended to Canetha Walker on the loss of her nephew, J.R. Mitchell. Services were Wednesday in Dickson.
- We continue our study of the apostles on Wednesday night in the auditorium. This week we'll study Andrew.
- Give names to Doug of those who need a fruit basket this year.
- Pray for Mildred Walker, Addie Farmer, Rick Reed & Judy York.

## Building Fund Contribution Today!

**If You Set A New Year's Resolution, You've Only Got One More Month!**

THOSE WHO WILL SERVE THE CONGREGATION

Sunday School

Read: BJ. Buchanan

Pray: Garrett

Morning Worship

Wait on the Table: Terry Walker

Serve: Demonbreum, L. Newell, M. Reed

Pray: E. Walker

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Pleasant View church of Christ  
2500 Highway 49 East  
P.O. Box 189  
Pleasant View, TN 37146

Sunday School: 9:30  
A.M. Worship: 10:30  
P.M. Worship: 6:00  
Wednesday Bible Study: 7:00 pm  
Phone: 924-9714

Psalm 100:4  
"Enter His gates with  
thanksgiving and His courts  
with praise. Give thanks to  
Him, bless His name."

"No man ever steps into the same river twice,  
for it's not the same river, and he is not the  
same man."

Heraclitus

"Every time you do a good deed you shine the  
light a little farther into the dark. And the  
things is, when you're gone that light is going to  
keep shining on, pushing the shadows back."

Charles DeLint

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## You Think It Doesn't Matter, But It Does

Our culture is slouching further and further toward a "Who cares?" attitude. The traditional family unit doesn't matter. Respect for authority doesn't matter. And so on. Here are a few things that matter regardless of what the world thinks:

(1) *Your reputation matters.* Really. You might be someone who says, "I don't care what others think of me. I do whatever I want. God is my judge." That sounds nice, but I don't believe you. Why don't I? Well, your life shows that you care a great deal about the opinion of others. You cared what that boy or girl thought of you on your first date. You cared what the manager thought of you when you inter-

viewed for that job. You cared what your boss thought of you when he or she was handing out Christmas bonuses.

(2) *Your appearance matters.* You might be thinking, "What's on the inside is all that matters. Why should I be concerned about my appearance?" But think of it this way: Did you care about what you wore on your wedding day? Did you pay special attention to your looks when you attended that funeral? We dress according to the occasion, and we dress according to who we are meeting. If you were invited to the White House tomorrow, you'd care about your appearance. *Everyone* you meet in life will judge you based on

your appearance the first time you meet.

(3) *Your demeanor matters.* It is hard to shine the light of Christ with a grouchy or childish or confrontational or caustic attitude. "That's just the way I am" is not an excuse. We all have bad days, and we are all wired by God with different personalities. No doubt about it. But at times we have to put aside our interests for the interests of others (Rom. 12:3; Phil. 4:3). If you do not seem to enjoy being a Christian, you won't convert anyone.

So if you're asking, "Who cares?" the answer is: everyone.

James Hayes

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