

**Series: Cultivate**  
**Part 2: Fasting**

Main Thing: We Must Get God Before We Get Anything From God

1. Fasting is a battle between our passion for \_\_\_\_\_ and our passion for His \_\_\_\_\_.  
Genesis 22:1-2

2. Fasting reveals a \_\_\_\_\_ for God  
Matthew 9: 14-15

3. Fasting adds spiritual \_\_\_\_\_ to prayer  
Mark 9:29

**Practical Fasting**

1. Know why you are fasting

- \_\_\_\_\_ for God
- Seeking a specific \_\_\_\_\_ to prayer
- Expose \_\_\_\_\_

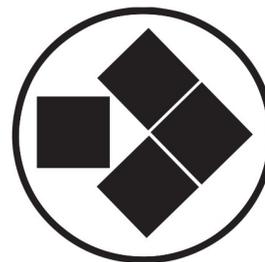
2. Overcoming your \_\_\_\_\_ of fasting

1. Modern society has convinced us that unless we have three meals a day, with several snacks in between, we are on the verge of \_\_\_\_\_
2. The concept of \_\_\_\_\_ - \_\_\_\_\_ is so foreign in our culture that we are very suspicious of it
3. Fasting is actually very good for you \_\_\_\_\_

3. Ten Health Benefits of Fasting

1. Promotes \_\_\_\_\_
2. Rests \_\_\_\_\_ system
3. Helps sooth \_\_\_\_\_ and inflammatory response problems
4. Reduces blood \_\_\_\_\_
5. Increases \_\_\_\_\_ breakdown
6. Corrects \_\_\_\_\_ blood pressure
7. Promotes \_\_\_\_\_
8. Promotes a healthy \_\_\_\_\_
9. Boosts \_\_\_\_\_
10. Helps overcome \_\_\_\_\_

What do we care so passionately about that we would be willing to go without food to see it happen?



**catalyst**  
Christian Church

August 12, 2018



Welcome to Catalyst Christian Church!

We're very glad you've chosen to worship with us today. At Catalyst, we are all about **Planting Reproducing Gospel Communities Here, Near, and Far.** It's all about the Great Commission and making disciples. That's it. If you would like to be a part of a church that does that every day, every week, every month, and every year, this is the place for you.

Enjoy your worship experience today- we are glad to meet you!

God bless you,  
David Kibler  
Senior Pastor

**Staff**

**David Kibler** - Senior Pastor  
dkibler@catalystchristian.net

**John Kelley** - Executive Minister  
jkelly@catalystchristian.net

**Rob Harlamert** - Youth & Family Minister  
rharlamert@catalystchristian.net

**Elders**

**David Kibler**  
**Darrell Jordan**  
**Charlie Gregory**  
**Tim Wheaton**

**HERE**  
**NEAR**  
**FAR**

To learn more about Catalyst, please check out our welcome table and display located in The Hub. It's the first thing you'll see as you enter the sanctuary. There you can learn more about our ministries and volunteer opportunities.





**Catalyst  
Student Ministry**

**Catalyst Student Ministry will be starting back up August 22nd,  
7-8:30 PM!  
#HereIAm**

### **High School Fall Retreat 2018!**

Dates: September 7-9th (Leave after School)

Where: Howells Mill Christian Assembly

Cost: \$75

Register online at [CatalystChristian.net](http://CatalystChristian.net)

### **Women's Retreat "Search and Seizure"**

When: Oct 26-28th

All Women ages 18+ (may be limited on number who can stay all night)

Food, fun, worship and activities

Cost: Full payment for those registered is due by Sept 23rd.

### **Baptism Ministry**

Would you be interested in helping people as they have made the biggest decision of their lives? We are looking for people to help with baptism prep on Sunday mornings when people come forward. You would help with providing towels, clothing for baptisms, and helping people get ready. If this is you, please contact our elders, Charlie Gregory or Tim Wheaton for more info.

### **Visitors**

If you're visiting with us today, please fill out one of the connect cards in the pew, and place it in the offering plate during the service.

### **Service Day 2018**

On Saturday, August 18th, we'll be heading into Jessamine County to serve. Whether it's mowing yards, ministering to people in a nursing home or doing a car wash, there is something for everyone. Sign ups start July 29th. Be sure to wear your #LoveNich t-shirt that day and let people know that we love our city and the people in it.

### **Catalyst Orphanage India**

If you are interested in learning more about the Catalyst Orphanage in India and how you can become a sponsor, please contact Benson Gregory at [bensondgregory@gmail.com](mailto:bensondgregory@gmail.com).

### **Near Ministry**

In support of our mission of creating reproducing gospel communities Here, Near, and Far, we have three opportunities to get involved in Near Ministry. We need coordinators, doers and supporters. Feel free to contact Charlie Gregory to find out more about these opportunities via email: [charlieg5212@gmail.com](mailto:charlieg5212@gmail.com)

### **Prayer Requests**

If you have any prayer requests please send an email with the subject line "Prayer Request" to [Prayer@CatalystChristian.net](mailto:Prayer@CatalystChristian.net)!

If you would like to join our prayer team send an email with the subject line "Prayer Team" to [Prayer@CatalystChristian.net](mailto:Prayer@CatalystChristian.net) as well!