

Team Lift: Fasting

by Dan Stanford

*Answer Key is available on back

Matthew 11:29-30

"Take my _____ upon you...

For my _____ is easy and my burden is light." (1)

Fasting is mentioned over ____ times in the BIBLE (2)

Matthew 6:16-18

"_____, do not look somber...

But _____, put oil on your head and wash your face... (3)

Deuteronomy 8:3

"...man does not live on _____ but on every word that comes from the mouth of the Lord." (4)

Psalms 139:23-24

_____, God, and know my heart; _____ and know my anxious thoughts.

See if there is any offensive way in me, and _____ in the way everlasting. (5)

2 Chronicles 20:3, 15 "Jehoshaphat was afraid and turned his attention to seek the Lord; and proclaimed a _____thus says the Lord to you, Do not fear or be dismayed because of this great multitude, for the battle is not yours but God's." (6)

This week, let's read about Fasting:

Sunday: Exodus 34

Monday: Ezra 8

Tuesday: Isaiah 58

Wednesday: Joel 2

Thursday: Matthew 6

Friday: Matthew 9

Saturday: Acts 13

Answer Key

1. Yoke

2. 70

3. When you fast

4. Bread Alone

5. Search me, test me,
lead me

6. Fast throughout all
Judah

Here's What's Coming Up at The Well:

Men's Breakfast at Golden Corral

Saturday, 1/20 at 8am

On the 3rd Saturday of each month, the guys of The Well meet for breakfast. Please see Keith Foster (our friendly Sunday greeter!) if you have questions.

Cafe Night at The Well

Saturday, 1/20 at 6:30pm

We had such a great time at our last Cafe Night, you won't want to miss this one!

We will have snacks, treats and cafe drinks while listening to a local musician.

Cost: \$5 suggested donation per person. Please see Karen Djibinski if you would like to help!