

ELDERS

Nathan Adkins
937-798-3267
Greg Conley 923-8238
Greg Hall 325-4255
Mark Parks 831-3081
Chris Scott 356-4368

MINISTER

Mark Day
606-831-1975

INTERN MINISTER

Daniel Goshorn
606-939-0615

DEACONS

Daniel Goshorn
J.C. Hughes
Brad Morris
Nathan Parks
Jeremiah Smith
Matthew Vonderheide
Steve Wallace

SERVICES

Sunday Bible Study 9:45am
Morning Worship 10:45 am
Evening Worship 6:00 pm
Wed. Bible Study 7:00 pm

WEB PAGE

[www.flatwoodschurch-
ofchrist.org](http://www.flatwoodschurch-ofchrist.org)

MISSIONS

-Jerry Sturgill
Tri-state area
-Dustin Bolks
Sioux Center, Ia.
-Dahn Ramkelawan
Suriname, SA
-Michael Mayo
Thailand, SE Asia
-Herman Joseph
Guyana, SA
-Mohamed Ally
Guyana, SA
-“In Search of the Lord’s
Way” TV broadcast

SEARCH TV

Sundays 7:30 am (on Fox)

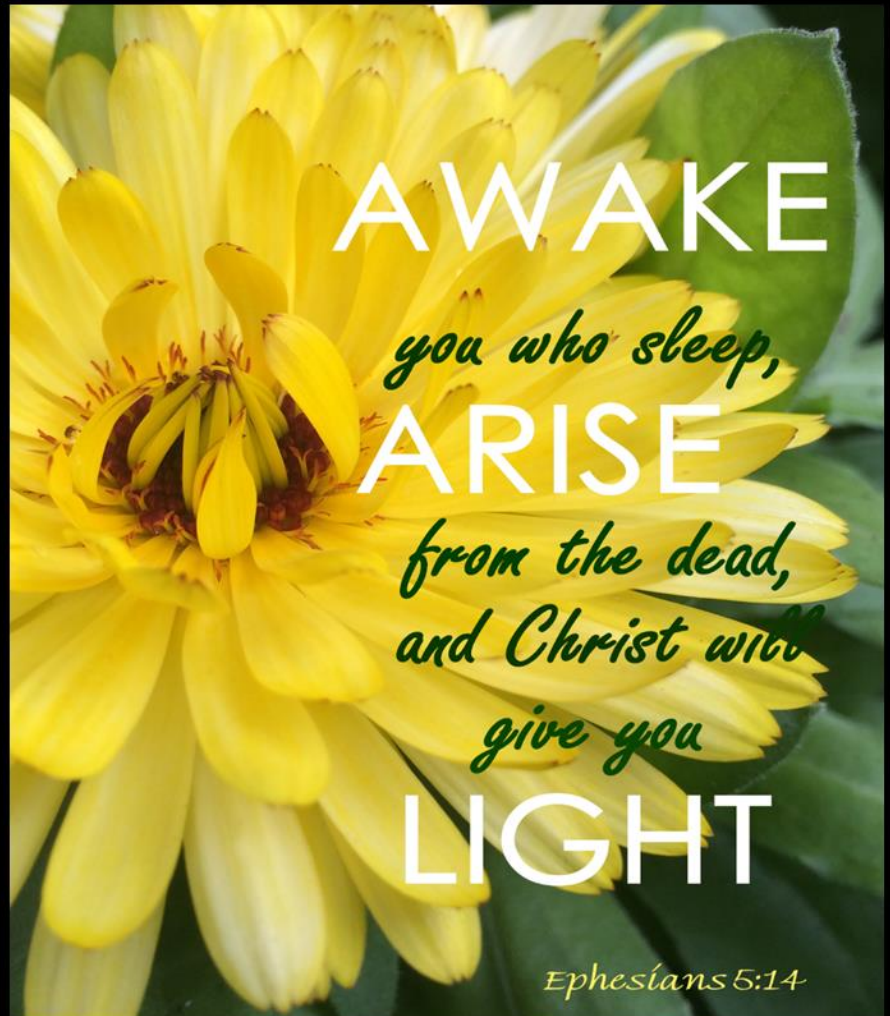
FLATWOODS CHURCH OF CHRIST HERALD

PO Box 871, 2100 Argillite Rd, Flatwoods, KY 41139
(606) 836-4207

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We offer FREE: 4 Bible correspondence course series by mail:
an 8 lesson series by Hurt, a 6 lesson series “Acts Of The Apostles”
by Pharr, the “Studies In The Bible” 30 lesson series, and the
20 lesson series “Getting To Know Jesus” by Pharr. Let everyone know!

When to Fast

The disciples of John the Baptist and those of the Pharisees often practiced fasting in connection with prayer (Lk. 5:33). First-century Pharisees lived a very rigid life of self-discipline; however, the disciples of Jesus ate and drank as they followed Him without following a strict schedule of prayers and fasting. Jesus was asked about this difference and gave three illustrations to answer why His disciples did not fast at that time. First, Jesus described Himself as the groom and the disciples as his friends (v. 34). As friends of the bridegroom, they were to enjoy being with Him. While the bridegroom was there with them, they needed to be learning from Him and enjoying His presence, rather than being isolated, weeping and mourning over sins. Soon enough the time would come when Jesus would be arrested, crucified, and raised to go into heaven. Then, when He was away from them, they would fast (v. 35). Second, Jesus refers to a piece of new cloth put into old clothing (v. 36). An unshrunk cloth sewn into an old garment would pull and make the tear worse (cf. Mt. 9:16; Mk. 2:21). The two did not match. Third, Jesus said new wine—unfermented grape juice—needed new wineskins (Lk. 5:37-39). Though the KJV has the term “bottles,” Jesus is not referring to modern glass bottles. Dehaired skins of small animals, such as goats, were sewn together in those days to hold beverages such as water (Gen 21:15), milk (Judges 4:19), and wine (Josh 9:4, 13). Old wineskins were already stretched from the aging process of the wine and had lost their elasticity. The new was not compatible with the old. Jesus was not going to push a strict fasting routine on the disciples for which they were not ready. They were still spiritual babes and needed time to grow. The Bible does not regulate the frequency of fasting, but builds upon the practice by highlighting proper motivations. Jesus taught that fasting should occur during especially appropriate situations.

According to the Scriptures there are different reasons for fasting. Some fasting is done out of necessity—not eating because there is no food. The reason Jesus multiplied food to feed the four thousand was because they had been following Him for three days and had no food; He did not want to send the multitude away fasting and for them to become faint on the return trip (Mt. 15:32). Jesus travelled often, which is not conducive to fasting. Sometimes fasting is a natural reaction to trauma. David had a child that was very sick to the point of death, and though he was encouraged to eat, he did not (2 Sam. 12:16-17). This was a time of tremendous grief for David. He was not inclined to eat. When Saul died, the valiant men buried him in Jabesh and fasted seven days (1 Chron. 10:12). Often when the death of a loved one occurs, you just don't feel hungry. That kind of distress naturally causes you to not want to eat. Sometimes people fast when they are expressing sorrow for sin (Jonah 3:5). If we are upset over our transgressions and focusing on the guilt of our sins, then it isn't the time to eat (Ecc. 3:4).

Fasting, in the sense of choosing to go without food for a period of time, may accompany major trials, challenges, and important works. Moses fasted when receiving the law (Ex. 34:28). Daniel fasted and prayed during his concern over the desolation of his homeland (Dan. 9-10). Jesus told his disciples that some demons would only be cast out through prayer and fasting (Mt. 17:21). Fasting and prayer accompanied sending out Paul and Barnabas to missionary work (Acts 13:2-3), and when they, in turn, ordained elders in the congregations they had planted (Acts 14:23). As an exception to regular intimacy in marriage, Paul said that husbands and wives can consent to abstain for a time to give themselves to fasting and prayer (1 Cor. 7:5). Thus, fasting is appropriate for Christians at times of special, spiritual meditation to get away from distractions and focus on the Lord.

-Mark Day

News & Notes



Sermons Today

10:45AM: Mark Day- The Merits of the Cross

6:00PM: Daniel Goshorn- Godly Manhood

Scripture Reading: Ephesians 5:25-29

"**25** Husbands, love your wives, just as Christ also loved the church and gave Himself for her, **26** that He might sanctify and cleanse her with the washing of water by the word, **27** that He might present her to Himself a glorious church, not having spot or wrinkle or any such thing, but that she should be holy and without blemish. **28** So husbands ought to love their own wives as their own bodies; he who loves his wife loves himself. **29** For no one ever hated his own flesh, but nourishes and cherishes it, just as the Lord *does* the church."



Dates to Remember:

Apr 24— elders/deacons/preachers meet- 4:30p

Apr 26— Prime-timers— annex— 10:00a

Apr 29— ladies luncheon- Texas Roadhouse- 12:30p

May 28— Layne & Houston Williams wedding reception at the Adkins home in Ohio— sign up on the foyer board to RSVP

May 29— Goshorn send-off potluck luncheon- annex— 12p

Jun 1— Goshorns' send off prayer service

Jun 3— Goshorns' target departure date

Jun 4— Davis Brown's graduation party— 1p- annex- everyone is invited

Jul 25-29— Vacation Bible School

Attendance & Contribution Goals

	04/17/22	Goal	04/18/21
Bible Study	58	90	87
AM Worship	117	130	123
PM Worship	80	90	83
Mid Week	83	90	72
Contribution:	\$4482.00	\$6000.00	\$6320.40

Condolences

Deepest sympathy to the family and friends of our sister Helen Burton, who passed away April 18th.

Elders, Deacons & Preachers Meet

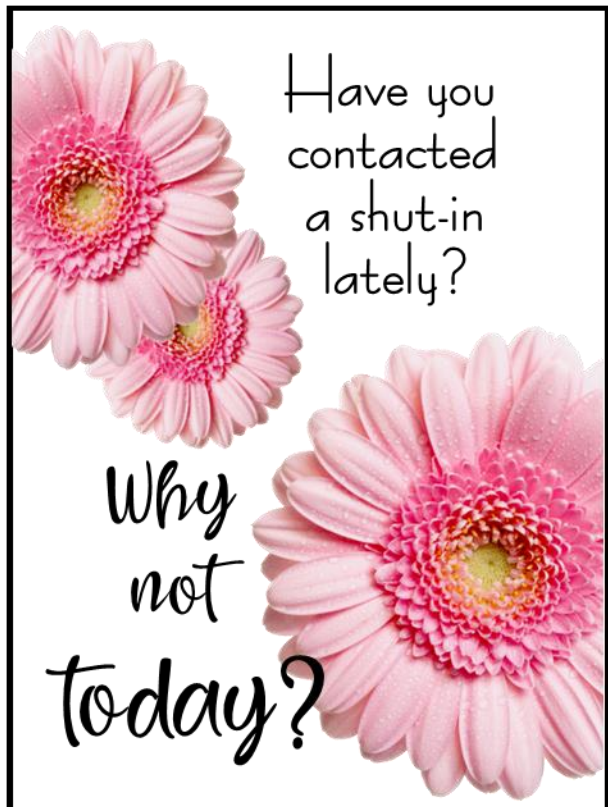
This group will meet at 4:30pm today in the annex large classroom.

Ladies Luncheon To Resume

The ladies of the church will begin to meet for lunch again this Friday at 12:30pm at the Texas Roadhouse on the 29th are welcome.

Directory Pictures

Daniel Goshorn is updating member photos. Please, arrange a date with Daniel to take or retake your pictures for both the directory and the foyer picture board. Thank you. This is a great help to new members and visitors.



☞ Today's Servants ☞

WELCOME:

AM/PM: Greg Conley

SONG LEADER:

AM: Steve Wallace

PM: Ranie Wohnhas

FIRST PRAYER:

AM: Brad Morris

PM: Nathan Parks

LORD'S TABLE*:

Presiding AM: Mark Parks

Assisting: Chris Legg,
Jacob Brown, Chris Scott

Presiding PM: Nathan Adkins

*gluten-free bread

SCRIPTURE READING:

PM: Gabe Scott

CLOSING PRAYER:

AM: J.C. Hughes

PM: Braydon Snell

☞ Wednesday Servants ☞

WELCOME: Chris Scott

SONG LEADER: Braydon Snell

PRAYER: Mark Parks

DEVOTION: Greg Conley

☞ Weekly Servants ☞

LIVE STREAM: Jackson Morris

POWER POINT: Luke Wallace

BLDG. ATT.: Brad Morris

COORDINATOR: Steve Wallace

ATTENDANCE: John Gambill

★★★ Youth Notes ★★★

★★★ Sundays ★★★

Pew Packers

5:45pm

**in the front of the
auditorium-**

**geared to age 12 & under, but
everyone is welcome to attend**

★★★ Lads2Leaders ★★★

**Congratulations to all
participants!!**

Well done!!



Welcome, Visitor!

**We are so pleased to have you as
our guest today.**

If you are a first-time visitor with us, please, fill out a 'visitor card' that you will find on the back of the pew. You may put it in the collection box or give it to one of the men at the auditorium doors as you exit.

We have tract racks on the wall in the foyer with free tracts and literature. We also have Bible correspondence courses you can sign up to receive by mail at no cost to you. Let our preacher know if you would like to set up an in-home Bible study. Thank you for attending.

We hope to see you often.