From the Pastor



I hate to fast. Let me rephrase that, my flesh hates fasting. That's because, in spite of the fact that I enjoy eating, the main reason Jesus requires fasting as probably our most difficult spiritual discipline is so that we will have the opportunity to stare

down that sin that so easily besets us.

That's number one. John Piper says it this way: "The only authentic fasting is fasting that includes a spiritual attack against our own sin."

As you will see in this sermon today, the fasting that pleases the Father will lead to the development of an Impact Center. Seems like we might have gotten the cart before the horse. Listen carefully today because the Lord is giving us the Great Physician's prescription for health and well-being, not a job description that earns wages from Him. This is so very important.

Sadly, we lost a great warrior and pillar of our church community this week. For the last 37 years, Jouleen Cotton has served the girls of our Fellowship with grace and distinction. Suddenly and without any forewarning, God called her home to her great reward. Her Memorial Service will be this Friday, November 22nd, here in the Sanctuary at 11 am. Please make arrangements to be here.

We love you all,

Pastor Randy & Pam

NEW TO OUR CHURCH?

Welcome to Trinity Life Center! We are so glad you joined us today. Here are some things you can do to be connected:

Please fill out our **Connection Card** (right in front of you) and exchange it for a gift from us at the Information Desk in the Lobby.

SUNDAY MORNINGS

9AM - Connect Point—all ages (see campus map for locations)

Insights Prayer Sanctuary

10AM - Worship Service Sanctuary

Kids Zone Rm# C106, 107

CONNECTION WEDNESDAYS

7PM - Worship Service Sanctuary

Royal Rangers Rm# 201, 202, 204

Girls Ministries Rm# 203
IgNITE for Teens Rm# C111

THURSDAY MORNING

9AM - Mountain Movers Sanctuary

Randy & Pam GreerLEAD PASTOR



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November 17, 2019



Pastor Randy Greer

"Do We Really Need to Fast?"

Isaiah 58:1-12



EVENTS

THE 2:42 CLUB HOLIDAY SCHEDULE...

Our groups will continue to meet in their assigned homes this week, Nov. 20. The following Wednesday, Nov 27 all groups will combine together here at church for the Thanksgiving Candlelight service. Dec 4, 11 & 18 they'll continue to meet in their assigned homes. We will take a break on Dec 25 and Jan 1 to spend the evening with our families.

GOBBLE! GOBBLE! GOBBLE!...

It's time for our Annual Turkey Drive. Next Sunday, Nov 24 please bring donations of food, turkeys & goodies and place them at the altar. Items will go to help those in our church going through hard times. Grocery story gift cards are welcome as well. Please give them to an usher or Pastor Vic anytime during the holiday season. If you may need assistance please don't be bashful—see a pastor.

CHURCH CHRISTMAS DECORATIONS...

go up on Tuesday, Nov., 26. We invite you to come and join us at 10am as we prepare our church for the holidays. Lunch will be served. It promises to be great fellowship!

OUR ANNUAL THANKSGIVING CANDLELIGHT

SERVICE... will be Wednesday evening at 7pm in the Sanctuary on Nov., 27th the night before Thanksgiving. Communion will be served and testimonies will be shared revealing that for which we're grateful. Together it promises to be a beautiful way to begin the holiday season.

DETAILS OF EVENTS AND REGISTRATION SHEETS ARE LOCATED IN THE MAIN LOBBY

UPCOMING EVENTS



SERMON NOTES